



# the Commentator

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## Greater Turnout for Homecoming



PHOTO: SHANNON BEST

The class of 2017 students and volunteers cheer on their float during the Homecoming Parade.



PHOTO: GIMMELL



PHOTO: LINDAMOOD

Photos (left to right) Homecoming Queen Ellie Girardi poses with her dad John Girardi during halftime at Friday night's Homecoming King Coleman Greene poses with his date Sarah Lindamood.

Maddy Waldon  
Editor-In-Chief

This year's homecoming game raised approximately \$14,000 in ticket sales, proving itself one of the biggest homecomings ever.

Not only was it the biggest, but the week of Oct. 12-16 was full of Homecoming celebrations culminating with a Sadie Hawkins-style dance in the small gym. Andrea Baker, Freeman Homecoming coordinator said that it takes a great deal of cooperative planning.

Mrs. Baker said she is responsible for "everything from princess nominations to the parade and everything that happens Friday night."

This feat is accomplished by Suzanne Criswell, activities director, Mrs. Baker and her support staff: Carrie Yates, FACS teacher, and Stephanie Gutierrez, exceptional education teacher.

errez, exceptional education teacher.

A four-day week of spirit days, a powder puff football tournament, and a pep rally in the Big Gym were all planned to generate spirit for the game against Tucker. Spirit Week themes included: USA Day, Pink Out (for breast cancer awareness), Space Day, and Blue and Gray Rebel Day.

"I didn't love the Space Day because it was hard to dress for. Pink Out was probably everyone's favorite because it was easy and fun to dress for," said junior Brianna Smith.

At the pep rally, seniors Jinks Jervy and Reese Pounders were recognized for showing the most spirit throughout spirit week. Then, Mason Chakales, Ethan Becker-Mowery, Michael Ebron, and Devon Collins, physics teacher, all on the senior class team, won the "Whip" and "Nae Nae" dance contest.

The Powderpuff football game, which is a fundraiser for the Class of 2016, took place on

Oct. 13. After the sophomore girls defeated the juniors in the first game, they upset the seniors with a score of 6-0 in the championship game.

"It was a really good class bonding, and fun-friendly competition between the grades," said senior Ana Myrtetus.

"It is really fun to have the girls come together. It is a great opportunity to be together since we all play different sports," said sophomore Shannon Galt.

After a short, school-spirited week, Homecoming weekend was kicked off with Friday night's parade which had a "Race to the Finish" theme. As the classes competed to best represent the spirit of their grade, several class floats made their way from Tuckahoe Middle to the Freeman's student parking lot.

According to Mrs. Baker, there were 54 vehicles, 52 princesses and 6 princes in the parade- a DSF record.

The juniors were victorious with their float depicting Freeman

Field Day. This defeat was the second win for the class of 2017 in the past three Homecoming parades.

The float included several students and volunteers from the Little Feet Meet, a Freeman sponsored event for children with special needs.

"Having the Little Feet Meet kids participate was really fun, and I loved that everyone was really spirited. It really made a difference," said Catie Grayson, junior float attendant.

A fan favorite was the Freeman Furs Club who brought their dogs to participate in the parade.

After the parade concluded, the football game began in typical Homecoming fashion: with navy and grey flooding the bleachers. With a score of 21-9 at halftime, the princesses made their final walk down the track to name the Queen and Maid of Honor.

Senior Ellie Girardi was crowned Homecoming Queen, and senior Maddy Waldron was named Maid of Honor.

"I was really excited and honored to be chosen as homecoming queen. I was a little nervous to be in front of so many people, but I had a great time at the dance with all of my friends," said Ellie.

Elizabeth Pollard, last year's homecoming queen, returned from UVA to crown Ellie the new queen.

The Rebels defeated the Tucker Tigers with a score of 45-15 and furthering their season's record

to 7-0. Sophomore Ned Mize scored two touchdowns and Trey Laughlin threw for 200 yards and scored four touchdowns.

Throughout the game, the student section remained full of energy and school spirit.

"Though it was cold, the stands were heated. It was a great game and the student section was super hype," senior Cole Campbell said.

The Sadie Hawkins dance was coordinated by the SCA, and in Sadie-Hawkins style, the girls bear the burden of asking a date.

The homecoming dance began at 8 p.m. on Saturday, and was seemingly near full capacity at 9 p.m. in the small gym. The DJ proved to be a crowd favorite by playing current and classic hits such as "Watch Me (Whip/Nae Nae)" by Silento and "Crank That" by Soulja Boy.

After the DJ responded to requests made by the student body, the students filed into the stands for the crowning of the Homecoming king.

Clad in a suit and cane, senior Coleman Greene was prepared to take on his duties as king.

"The dance was just one shining moment of the incredible night that I had with my friends and girlfriend," said Coleman.

After the crowning, the king and queen had their annual dance to Jamie Foxx's "The Best Night of My Life."

After the annual dance, the students returned to the dance floor to enjoy the rest of the evening.

## Freeman Revamps the Honor Code

The new pledge will read: 'I never lie, cheat, steal, nor tolerate those who do'

Emily Finto  
Staff Writer

The bell rings and students clamor up the stairs, through the halls, and file into the classrooms, eager to begin the school year. This year, Freeman is re-enforcing the Honor Code for its students and faculty, taking steps to encourage integrity and responsibility.

The rewording of the Honor Pledge - "I will never lie, cheat, steal, nor tolerate those who do," - is similar to Virginia Military Institute's, a school known for its strict honor code.

"In the past, there have been too many issues with the students saying that they didn't even know they were cheating," said Testing Coordinator Laura McKinney. The straightforward wording of the Pledge "leads itself to try and be more encompassing of different ways that students cheat," said Ms. McKinney.

Administrators intend for students to write the Honor Pledge at the top of each assignment. The hope is to deter students from cheating before they begin the assessment.

The Honor Code is not restricted to only students.

"We want students to know the expectations we have of them, but also the expectations they should have of their teachers and school. We are happy to meet with anybody interested

in implementing a campaign to refresh our memories about it," said Principal Anne Poates.

While the new honor system seems to be enforced by the faculty, Mrs. Poates and Assistant Principal Warren Ahrens say concerned students and teachers initially raised the issue.

"Over the summer, there were meetings that tried to chart a course by using the students' direction combined with Henrico's existing policy," said Mr. Ahrens.

Junior Katie Rowe is the student leader of the developing Honor Committee. This committee, including juniors Malavi Ravindran, Anna Lyle Collett, Kate Sjovold, and Mackenzie King, aims to raise the bar regarding the honor system.

Due to Henrico Schools' student confidentiality and liability policies, the students would not be allowed to form a typical Honor Council, such as those in private schools. Students would be barred from judging integrity violations associated with a classmate's name. Therefore, Katie suggested the idea of an anonymous form to be submitted to the official Honor Council. The members would determine a consequence based off the information on the paper, without revealing the student's identity.

Working closely with the faculty this school year, Katie said she "hopes to get applications out to other students" to join the Honor Committee and, eventually, make a formal Honor



The Honor Committee (left to right: Kate Sjovold, Katie Rowe, Mackenzie King, Malavi Ravindran and Anna Lyle Collett) discusses the changes with Mrs. Kaplan.

Council, similar to the Council at the Maggie L. Walker School and local private schools. It is just a matter of "logistics," said Katie.

"We hope to change the environment at Freeman in general," said Katie. The Committee is currently working on making cover sheets, printed with the new Honor Pledge, for teachers to administer to students. Applications will be available from Katie in the second marking period for anyone interested in applying for a position in the Honor Committee.

Because it is the beginning of

the school year, it is hard to tell whether the new Honor Code has impacted students. In the coming year, teachers and students, like Katie, hope to see a decline in integrity violations, in and out of school.

"The fact that students are talking about [the Honor Code] and it's at the forefront is probably impacting the way students are taking tests. It is a hot button issue among the student leadership and I hope that more students are cognizant of its relevance," said Mr. Ahrens.

The year has started with students and parents hoping to

renew the honor system. The faculty and emerging Honor Committee want to provide the students with the necessary support to avoid further integrity issues.

Mrs. Poates said that regarding the Code of Student Conduct, the emphasis is not on punishment but responsibility: "We all want to encourage students to be a person who stands up, not stands by."

"We are happy to meet with anybody interested in implementing a campaign to remind us all of the importance of following the honor code," Mrs. Poates said.

# RVA Hosts International Bike Race

Thomas Best  
Staff Writer

Last month, Richmond welcomed the world to the 2015 UCI World Road Championships. From Sept. 19-27, some of the best cyclists from around the globe competed in a series of races that took place across the Richmond area.

With so many people traveling to Richmond and watching worldwide (roughly 300 million according to the event's website), the race had an impact on not only downtown RVA, but also the surrounding counties and cities. For example, both Hanover and Henrico County Public Schools closed on Sept. 23 for a student holiday in response to the expected high traffic.

Sophomore Joe O'Connor took advantage of his day off by making the trip downtown to see the Men's Elite Individual Time Trial.

"I just wanted to go down to see it all," Joe said. He thought it was an interesting experience "because there were so many different countries represented by racers and fans in Richmond."

Junior Katie Cunningham also took advantage of the race's proximity to Freeman. Katie went to see the Women's Team Time Trials on Sept. 20 and the Men's Elite Road Circuit on Sept. 27.

"I think it's amazing how all the people from around the world came to our town and how important it was to people that they traveled so far," Katie said.

"It was also cool watching

them race because they just know exactly what they are doing," Katie said.

Although Freeman kept a strong presence in the audience, the Rebels also maintained an active role in race volunteering and organizing. For his summer internship project, senior Nate Armentrout created and managed the website of a professor at VCU who had been selected to teach a course about the race.

"Her class revolved around creating the social media campaign and team for the race, I became part of that team while updating and editing the site," said Nate.

Freeman's Key Club was also present on the last weekend of racing. Volunteers helped supervise cleanup at CarMax's Kid-Zone in the Greater Richmond Convention Center. Among these volunteers were juniors Jack Neary and Ted Palmer.

"Our main job was to make sure that all the kids stayed safe and that the area was clean," Ted said.

"It really wasn't that hard, but you could tell all the organizers were grateful we were there," Ted said.

With cities like Copenhagen, Denmark (2011) and Florence, Italy (2013) hosting the race in the past, many were surprised when UCI announced Richmond as the next home of the World Championships.

"The World Championships, in cycling anyway, they alternate years in and out of Europe, so this is an out of Europe year. When we were initially bidding for it, it was Montreal, Qatar and Richmond. The fact that Richmond was even in contention to get the race I thought was amaz-



Fans cheer on competitors in UCI World Road Championships.



Competitors race in UCI World Road Championships.

ing," said Steve Zanetti, avid cyclist and AP Economics teacher.

Mr. Zanetti said that he was interested to see how Richmond native Ben King would do in such a high-intensity competition. He

was also looking forward to the atmosphere of an international race in his own hometown.

Whether you're an avid cyclist like Mr. Zanetti or just a spectator like Joe, the UCI Road World

Championships offered the world a chance to come together and celebrate diversity-and it all happened in Freeman's own backyard.

## Freeman Experiments with Club Period



Ben Fabian, AP Government teacher, leads Key Club a meeting in library during club period.

Nick Newton  
Staff Writer

This year, the administration has introduced a club period to give students who would typically find it difficult to participate in extra-curricular activities the opportunity to do so. This occasion

created a time during the school day for clubs to meet as opposed to simply before or after school when some students may have conflicting obligations.

Club period occurred on Friday Sept. 25, between fourth and fifth period. To create time for this event, every period except fourth period was shortened by five minutes. This club period

was designed as a trial to help administrators gauge its effectiveness, and they are now considering implementing it with some regularity.

"The time wasn't that big of a deal because it was only five minutes. It was kind of like a pep rally," said history teacher Laura Curry.

Students who did not attend

club meetings went to the small gym for an observed study hall. The observed study in the small gym was, "disorganized," said senior Bethany Morgan.

One of the main goals of the club period was to, "create better accessibility for extra-curriculars for students who normally find it difficult to participate, specifically bus-riders," said Michael Massa, associate principal.

He also hoped that the extra time and attention would be a "boon" for clubs.

Many believe that club period achieved these goals.

"I absolutely believe that it made participation easier for students" said Mrs. Curry.

"I think this is definitely a positive thing for students academically," said junior Nick Ackies.

Clubs may have received the most benefit out of any group. Club period brought attention to many clubs that were not as well known.

"I was talking with my friend the other day and he said he had no idea we had so many clubs," said senior Rubble Kazi, president of the Political Discussion Club.

Even established clubs received new interest.

"Most people there had never attended a History and Human Rights meeting before," said

Mrs. Curry.

However, there was also a downside to all the new members. They had to learn about the club before the meeting could begin. As a result, many of the clubs were forced to use this time as an informational session instead of a typical club meeting.

The meeting of the scrabble club was representative of most club period meetings. For the first part the sponsor, Mr. Peck, explained the goals of the club and provided future meeting dates. By the time he was finished, students had only 5-10 minutes to play the game.

"Many of the members belong to different clubs and were sort of conflicted about which meeting to attend," said Mrs. Curry.

Her solution was to have club period regularly so students could have an opportunity to attend their different clubs.

"I would love to see them happen more often, maybe like once a month," said Mrs. Curry.

Following the trial run of the club period, it will be up to the administration to determine whether or not this will be a regular event.

## Faculty Member Overcomes Viral Meningitis

Livi Justis  
News Editor

Most students and teachers have had to take a sick day at one point or another during their high school career. Whether it be for the common cold, flu, or running a fever, students and teachers alike have missed out on classroom time. However, very few have had to miss the beginning of the school year for viral meningitis.

On September 15, Bill Seegar, business and marketing teacher, began to feel what he believed to be a tension headache.

"At around four in the afternoon, I was about to leave school and a mild headache came on, I just thought it was a tension headache," said Mr. Seegar.

"By 8 at night, my headache became excruciating, so I went to take a Tylenol but it didn't do anything, so I just tried to go to bed," said Mr. Seegar regarding

the progression of his symptoms.

Earlier in the week, his daughter had been sick with flu-like symptoms and Mr. Seegar assumed he was coming down with the same thing.

"The next morning, I called in sick to work with a fever of 100 degrees," said Mr. Seegar.

In order to combat his symptoms, Mr. Seegar took more Tylenol and tried to rest as much as possible.

"Around noon that day, my wife called to check on me," said Mr. Seegar.

"Although I didn't want my wife to call me a 'baby,' I was ready to go to the doctor," said Mr. Seegar.

Mr. Seegar expressed his complaints of a "stiff neck, headache, and overall achiness," to a doctor at Patient First who then performed blood work.

"After they took my blood, they told me, 'you need to go to the emergency room immediately,'" said Mr. Seegar.

"At this point my mind started

to race with all of the potential things that I could have," said Mr. Seegar.

Once he arrived at the emergency room, he was told that he may have meningitis, a sometimes life-threatening condition.

"I figured that I didn't have bacterial meningitis because I would probably be dead at that point," said Mr. Seegar.

Quickly after arriving at the hospital, Mr. Seegar was subject to further blood tests, a CT scan to rule out the possibility of an aneurism, and a spinal tap to test for meningitis.

"Before my spinal tap, the local anesthetic felt like a bee sting, then I couldn't even feel the spinal tap," said Mr. Seegar.

"It was a good news, bad news story. I didn't have bacterial meningitis but I did have viral meningitis," said Mr. Seegar.

"The doctor came back in afterwards with hazard gear on and a sign went up on my door. I was that person at the hospital," said Mr. Seegar.

Mr. Seegar spend the next night in the hospital to be sure that he was in a stable enough condition before returning home.

"I got released from the hospital on Friday afternoon and from Friday to Wednesday, the only thing I could do was lie there because any movement was painful," said Mr. Seegar.

"The doctors believed that I contracted viral meningitis from the same virus that my daughter had, it just transferred into my central nervous system," said Mr. Seegar.

"I never had surgery or a broken bone before this, so to be admitted to the hospital and have to stay overnight for a couple of days was definitely a new experience that I wasn't ready for," said Mr. Seegar.

Mr. Seegar returned to school on Monday, September 27 after missing 12 consecutive days of school at the beginning of the year.

"It was not how I intended to start the school year off," said



Mr. Seegar.

"I think that I have a solid plan as to what I want to accomplish now that I am back. When you miss so much time it is like a gap that is lost and it kind of puts me behind," said Mr. Seegar.

After missing more than a week of classroom time due to viral meningitis, Mr. Seegar plans on making up for lost time.

HIGH SCHOOL MYTH BUSTERS

Upperclassmen Bully Freshmen

Myth: First of all, most of us can't even tell freshman from sophomores. Secondly, we've got bigger things on our mind than thinking up ways to torment freshmen...



just classic seniority. Wait your turn and one day you too will be the big dog in town.

Cheerleaders and Jocks Rule the School

Myth: We've all seen the movies - hot cheerleaders strutting the halls in their uniform every day (we hope they wash them) and jocks walking around with footballs or basketballs in hand...



school every day and anyone seen dribbling down the halls is more a hazard than a dreamboat.

Band is for Nerds

Myth: Band is comprised of some of the smartest, nicest kids you'll ever meet, and they are what make our spirit events truly exciting. Anyone that says otherwise is probably a cat person.



Being a Nerd is a Bad Thing

Myth: Being a nerd is awesome. We are well past the point where getting bad grades makes you cool. Not caring isn't a good thing. Being passionate, well-educated, and hard-working are qualities students admire...



Teachers are Out to Get You

Myth: Admittedly, some teachers are better than others, but none of them have bad intentions. They all want you to learn, that's why they're in this line of business. If you feel like your teachers aren't being fair just talk to them!



Students Form Cliques

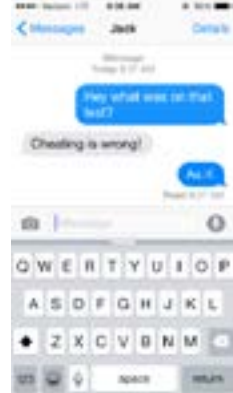
Justified: Whether it is an inevitable occurrence of high school or something that can be avoided, cliques are prevalent at Freeman. Usually called 'friend groups,' they serve practical purposes but can also be quite impractical.



can make people feel left out. It's also important to realize that not everyone wants to be popular, or part of a particular crowd. High school isn't as much about fitting in as it is about standing out!

High Schoolers Cheat

Justified: Whether it be just glancing at a friend's exam, exchanging questions between classes, or straight up bringing a cheat sheet to class, different levels of cheating exist at school. Just because it happens doesn't mean it's ok.



Eventually, you will cultivating a mind-set where cheating and being dishonest is an appropriate way to get ahead.

PHOTOS BY: GRACE GEMMELL, RACHEL VARON, JACK WEST

SADIE HAWKINS: SHE SAID HE SAID



Rachel Varon and Jack West Opinions Editors

Is it sexist?

Jack: I think Sadie Hawkins is a step in the right direction. I would like to see a day when girls ask boys and boys ask girls without there being pressure on just one gender to do all the asking.

with friends, and even girls going without dates. Women are in charge of their own lives now, they don't need Sadie Hawkins, it's just a fun way to shake things up.

Who asks better?

Jack: Girls ask better because girls usually come up with the ideas for guys to ask girls anyway, so the fact that they just get to use their own ideas this time just enhances the execution.

Rachel: Girls ask better, no competition. Girls are usually asking with the objective of a good picture in mind to commemorate their creative proposals.

Can guys say no?

Jack: Guys can say no just as

much as girls can say no. Guys talk a big game about saying no but I think most everyone is courteous enough to so yes. I think there is a greater expectation of girls to say yes rather than guys because, in general, girls are nicer.

Rachel: I think, unless you really, really don't want to go with someone, you shouldn't say no regardless of which gender is doing the asking. It's just one dance, not a marriage proposal. It takes a lot of courage for someone to put himself out there and ask someone to be their date, and with a lot of the proposals it takes a lot of effort too!

Can girls call dibs?

Jack: Can guys call dibs? Yeah. But with guys, no one respects the dibs anyway so it doesn't matter in the end. Girls are the ones that have to deal with all the drama and the passive-aggressive cat fights.

Rachel: Dibs are dumb - plain and simple. If the person in question is single then all bets are off! The early bird gets the worm. I think it's so disappointing when girls get in fights with each other



Senior Caroline Plashal asks senior Evan Wells to Homecoming.

and put friendships on the line because of something as silly as a date to the homecoming dance. There is no need to discuss and coordinate, but if you really feel the need to, at least be nice to each other about it.

Who should pay/drive?

Jack: Girls. Guys pay and drive every other year so now girls have to step up. I've been waiting for this ever since I spent \$100 for homecoming my freshman year. But I'm paying for our tickets and dinner so I don't know what that says. I guess I'm whipped.

Rachel: If guys pay when they ask, then girls should pay when the tables turn. But, to all the gentlemen out there, it's polite to steer away from the more expensive stuff on the menu. We always do it for you. However, if any guys out there are willing to pay, I encourage you to do so. Not because of gender expectations, but because girls already drop so much money into homecoming between dresses, shoes, manicures, hair styling, jewelry and other extravaganzas that paying for all the tickets and meals too can really cripple some wallets.

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

A MESSAGE TO DRUNK DRIVERS



Jack West and Rachel Varon Opinions Editors

It's not a secret that underage drinking occurs in high school, but this article will not be discussing the morality of underage drinking, rather our opinions on drinking and driving.

We all know it's wrong, and yet it happens every weekend. News flash: no one is good at drunk driving. There is nothing good about driving inebriated. The fact of the matter is, when you've been drinking you don't know how you're driving.

Drinking slows down your

reflexes, it impairs your vision, reduces concentration, makes you drowsy, and causes overconfidence which leads to risky behavior. So next time you or your friend says "I'm fine bro" and grabs the keys to the car, remind yourself or your friend of these facts. No one is fine to drive with any of those symptoms, and no one is immune to those symptoms, despite how "confident" they are otherwise.

These risks are serious. Those that choose to drink and drive are making not only an incredibly stupid decision, but a shamefully selfish one. The consequences include getting a DUI, wrecking your car, injuring and often killing yourself or others. If you want to put your own life at risk, that is stupid but it is your choice. However, nobody has the right to decide to put the lives of others at risk just to avoid the inconvenience of finding a driver or sticking to soda.

We are amazed that, even after so many deaths, teenagers not only drink and drive, but are also unashamed! They think because they've gotten away with it once, they must be above the effects of alcohol, which is arrogant, egocentric and wrong. We wouldn't be writing this article if we didn't think it was a problem, but the fact is that drinking and driving



2014 drunk driving seminar.

is prevalent at our own school. And, by the way, for those of you who think drinking and driving is irresponsible, but claim that drinking and smoking is different, news flash: you are wrong. Marijuana impairs motor coordination, reaction time and responsible judgment. If you think driving a two ton machine 45 miles per hour without functioning at your complete capacity, you need to reconsider.

We don't say this because we enjoy killing everyone's vibe. We say it because we care, and you should care, if not about yourself then about the people you could harm, the lives you could ruin and even end. If you're ever in a situation where you can't find a ride home, I'm sure your parents would rather get a call late at night from you begging for a ride, than a call from the police to ID a body.

# Exchange Students Are Welcomed to Freeman

## *Junior Marga Don Visits From the Netherlands*



PHOTO: JAMIE BACON

Marga performs acting exercises during theater class.

Ashley Frederick  
Features Editor

There are twice the amount of people in the Netherlands in the same amount of space in Virginia. Junior Marga Don is an exchange student from the very

populated city of The Hague, Netherlands.

"The Netherlands has about 17 million people and it's only the size of this state. However, the schools are smaller. There were only about 800 people in my school, so it had less classes to offer," said Marga.

Although she is a junior here,

she will have two more years of high school once she goes back to Holland.

"This year doesn't count as an academic year in Holland. I wanted to experience American culture in a high school. I have the most important two years coming up, so I thought this would be a good time to take a break," said Marga.

In Marga's exchange program, students aged 14-18 years old can go to Ireland, Great Britain, or the United States.

"The program goes all over the US. Regional coordinators pair you with a family and you live here for one year," said Marga.

Her favorite class in Holland is physics while her favorite class at Freeman is theater. Classes offered at her high school are less geared to the arts and more focused on academics.

"I now have much more of an idea of if I can sing and act. Otherwise, I just wouldn't really know because I didn't have the chance to try," said Marga.

Marga's acting skills will be highlighted in the fall play this year. She is one of the three main

female leads.

"I'm really happy to have the opportunity to be in the play because I'm only here for one year. I'm so impressed by how professional it is and how much the students do when it comes to costumes and makeup," said Marga.

During theater class, Marga is described as dedicated and always prepared.

"She also often times will bring a different perspective to class because she's had to make a few adjustments. She asks questions about things like syntax and idioms because her primary language is not English and the play is set in 1940's New York," said theater teacher Mary Spears.

When Marga isn't singing, acting, or watching Netflix, she is passionate about traveling.

"This summer, my dad and I went to Austria for two weeks and hiked in the mountains. After that, I went to a camp in Pennsylvania to get settled to American culture before I started school here," said Marga.

This isn't her first time in the US, however.

"I've been here twice before and both times were in St. Louis. There was a robotics competition that my high school in Holland participated in. We went to the world finals," said Marga.

Fortunately, Marga has had few minor difficulties in the US.

"Sometimes I really have to physically switch from Dutch to English. When I'm tired, my accent really comes out. No one else speaks Dutch in the world, so English is mandatory for grades 6-12. I also know a little French and some German," said Marga.

Overall, Marga describes her experience in the US as incomparable.

"My plans are to go back to Holland and finish high school. When I choose a university, I might as well go to an American school. I'm thinking about America much more seriously than before," said Marga.

## *Norway Native Marte Bjerkestrand Comes to Richmond*

C.R. Nease  
Staff Writer

Freeman welcomes foreign exchange student Marte Bjerkestrand. Marte is from Norway and came to the US at the beginning of August through a program called Education First.

Education First is a program that allows students to spend a year in another country and get to experience a new culture. Throughout the application process, Marte received support from Education First in finding a family and school that fit her personality.

Marte has been to Florida, Virginia Beach, the State Fair, the Richmond Symphony, Carter's Mountain in Charlottesville, the

UCI Bike Race, and to Hunter Hayes at the Innsbrook Pavilion.

Marte is staying with the Pacious family. The Pacious family decided to host a foreign exchange student because all three of their kids graduated and are in college. Their daughter, Genevieve, graduated from Freeman last year.

"It is important for American families to host exchange students because it helps kids experience life in another country and culture. Marte is very easy going and takes everything in stride," Cheryl Pacious said.

To show Marte a true American experience, they are going to Washington D.C. sometime this fall.

Marte's expectations of the United States were very high as she expected there to be many friendly people.

"One of the hardest transitions as an exchange student is making friends due to everyone already being in a group," Marte said.

She communicates with her family and friends twice a week usually through Skype and Facebook messaging.

School in the United States is not that different from school in Norway.

"The biggest difference is that in Norway, there are no clubs or school teams," Marte said.

Marte is president of the German club. She is also in family career and community leaders club. Outside of school, Marte plays soccer for strikers and hopes to be on Freeman's varsity team.

Whether it is heading to the YMCA, cooking dinner, visiting friends, or traveling to another city, Marte is up for anything.



PHOTO: MARTE BJERKESTRAND

Marte spends time outside with her dogs.

# Freshman Fixes Antique Bikes in Spare Time



PHOTO: JAMES MCMULLIN

James showcases one of his refurbished bicycles.

Maddy Waldron  
Editor-in-Chief

Hands covered in sticky grease, the smell of old rust, and the satisfying feeling of a finished project - a mere description of an afternoon in the life of freshman James McMullin.

James spends his spare time at home building and restoring bikes and mopeds.

"He probably works on his bikes at least five times a week," freshman Bayley Harlow said.

"After I finish a bike I sell the

fully made ones on Craigslist," James said. He also gets most of the parts and unfinished bikes he needs from Craigslist.

Not only does James fix up old bikes, but also he collects them.. Currently, his collection stands at seven antique bicycles not including his modern bicycles.

Not all of his bikes come from Craigslist, though. James also will attend swap meets in the area in effort to find the items he's looking for.

"VCU has a lot of swap meets and I usually go with my dad when he takes me," James said. The swap meets consist of other bike collector fanatics in the

Richmond area.

Both Bayley and James share a passion of riding bikes. Though Bayley doesn't share the same interest in fixing the bikes, he does enjoy riding them with James.

"We usually ride them around the Tuckahoe Elementary area or Belle Isle," Bayley said. Bayley and James typically ride with each other or with one of their fathers.

"I've done it my whole life and it's a good way to get around," Bayley said.

Despite the convenience of bike riding, James's hobby was sparked when a friend asked him to fix up their old antique bike.

"I like working with my hands," James said.

Considering James's need for hands-on activities, working on bikes and his woodshop class is a perfect fit for him.

Bikes aren't the only thing James aspires to restore, though. When he grows up, he hopes to travel the states looking for restaurants that have gone downhill, purchase them, and reestablish them elsewhere.

"I want to go into hospitality and take restaurants that have good food but are run down and take them to big cities and make them big again and then sell the place and then start over," James explained.

"I would describe James as intuitive, creative, and trustworthy," Bayley said.

A young and inventive entrepreneur like himself, who always wants to work with people, has the potential to be the next Jon Taffer of restaurants.

With high hopes and ambitions for the future, James looks forward to what high school has to offer him for the next four year and is particularly excited about attending the fall football games.

# A Day in the Life of



Senior

Matthew Baka

- 6:10- Wake up and get ready for school
- 6:45- Drive to marching band rehearsal
- 7:45- Run from band room to early bird Calculus BC
- 8:35- Wander around until first period starts
- 10:00- Do homework for next period
- 12:57- Eat lunch with fellow self-proclaimed nerds
- 1:30- Do homework for next period, again
- 3:05- Go home
- 3:20- Mess around on piano loudly
- 3:40- Watch Youtube videos
- 8:00- Start treacherous homework
- 11:00- Go to bed

# Students Spend Summer on a Mission

*Sophomore Provides Dental Work to Hondurans*



Thomas Gentry poses with children he worked with in Honduras.

When he wasn't helping, he was hanging out with the local children or playing soccer with the children at the end of the day. Thomas even went on an adventure with a some of them.

"There were these eight kids I had befriended that day and they led me to the side of a nearby mountain. The kids were messing around the edge of the mountain pushing each other and such; it was scary but I had a lot of fun," Thomas said.

Thomas is currently in Mr. Fencer's Spanish III class. He said that studying Spanish benefited him because he was able to partially communicate with the patients and the children.

"I actually knew what they were saying for the most part. My generic knowledge of Spanish helped me out so much," Thomas said.

Though there were two native translators that assisted the team, they weren't capable of being at every station at all times. Thomas said that most the time they were with the surgeons or wounded patients.

"I was able to help out the dentist, who spoke Spanish, by finding out what was hurting the patient and help tell her what to do," Thomas said.

At the beginning of the week each of the students on the trip was given a cross to wear, and at the end of the week they would give it to someone who made an impact on their lives.

"I gave [my cross] to this little boy, Pedro, who was about six years old. After we helped him, he wouldn't leave my side and at the end of the day he gave me his only action figure toy, and that meant so much to me," Thomas said.

Overall, Thomas called this trip an opportunity of a lifetime.

Students interested in Thomas's trip should look into the Friends of Barnabas foundation.

## Other Students' Mission Trips

**Name:** Olivia Warner  
**Grade:** Senior  
**Location:** Honduras  
**Went with:** Saint James Episcopal Church



**Name:** Liza Laughlin  
**Grade:** Sophomore  
**Location:** Charleston, South Carolina  
**Went with:** Appalachian Service Project



**Name:** Mimi Stjepanovic  
**Grade:** Junior  
**Location:** Serbia  
**Went with:** Saint Bogorodica Orthodox Church



**Name:** Avery Finkelson  
**Grade:** Junior  
**Location:** Dominican Republic  
**Went with:** Rustic Pathways



Deija Bowden  
Staff Writer

that would take about an hour," Thomas said.

Once all the equipment was set up, the mission team would go to their assigned departments to begin their day.

Pediatricians on site were aided by the mission team and administered anti-parasite medicine and Vitamin A pills to kids six and under, Fluoride pills to kids twelve and under, and worm pills to everyone. All of the general pediatricians were provided by the church.

Thomas personally assisted one of the dentists.

"She cleaned each of the patient's teeth, filled their cavities, and provided fluoride," Thomas said.

Thomas also said this experience taught him to be grateful for health care and clean water.

As a token of gratitude, in each village they visited the Honduran people gave the mission team fresh coffee and bread," Thomas said.

Sophomore Thomas Gentry, went on a medical mission trip to San Pedro Sula, Honduras from July 12-22 with his church, Reveille United Methodist.

The mission team stayed next to a college which was protected by the military.

His trip consisted of visiting five different villages in a week and a half and working from 8a.m.-4 p.m. each day.

"We would have a meeting each morning with the village we were in at the time and one person would go out and read off the stations where people would go," Thomas said.

After the meeting, the mission team broke up into their groups to perform their separate duties.

"I would help unload the bus and set up our equipment and

# Lacrosse Player to Graduate with Class of '16

KeAnna Anglin  
Staff Writer

"My parents tell me that life is 10 percent of what happens to you and 90 percent of what you make of it," said senior Carley Craddock.

Previously a member of the class of 2017, Carley is graduating early due to the Craddock's relocation to Goochland.

"The school found out I was living in Goochland, and they wouldn't give me a variance. They said the only way I could stay at Freeman was if I graduated a year early," Carley said.

In order to meet the graduation requirements, Carley had to take English 11 over the summer. This year, she is taking AP U.S. History, Trigonometry, English 12, AP Psychology, Oceanogra-

phy, Sports Marketing, and Government. Having "a bunch of extra credits from earlier years," Carley is on target to graduate with the class of 2016. Although graduating early is a possibility, it has presented Carley with some emotional obstacles.

"I was really looking forward to SCA, but I couldn't take it because it isn't a class with a credit. Also, I am really upset that I won't get to walk the stage with my best friends. I was really looking forward to doing all the senior activities with them," she said.

Despite this seemingly untimely event, Carley received a pleasant surprise this summer: a D1 lacrosse scholarship.

"I have played lacrosse for six years now, and I have wanted to play (in college) for a while, but I just didn't expect it to happen out of nowhere. It came at me without me even expecting it," she said.

After graduating this summer, she will head to Radford University to play lacrosse as a midfielder and attacker. When talking about lacrosse, a visible change came over her: her eyes smiled, her voice was cheerful, and her mood: eager and optimistic.

"I visited there, and I loved it. I loved the academics. I will have a lot to do there, and honestly, I'm pretty excited to go straight to college and be on my own," Carley said.

Her father is excited also excited about her future.

"Knowing that Carley is set for college, and knowing she has her future years planned out already is great. What I've learned most about her recently is that she really can handle taking care of herself," said Andrew Craddock.

Carley is looking forward to the coming years and is ready to make the best of any situation thrown her way.



Carley plays against Deep Run in a Freeman lacrosse game.

# Iraqi Student Finds a Home in Freeman Family



PHOTO: YASHIA BURRELL

Mohammed sits at his desk doing his work in class.

Mackenzie King  
Staff Writer

While many students think of leaving home to travel the world as an adventure, sophomore Mohammed Hamed might disagree. Born in Baghdad, Iraq, he has experienced a different lifestyle than the typical West End student.

War in Iraq forced Mohammed and his family to live somewhat of a nomadic life. Having to leave his home in Iraq for Syria in 2003, Jordan in 2007, and finally Richmond this past May, Mohammed describes the constant moving as "boring."

According to Mohammed, he has experienced an easy transition to American life.

"It is hard to lose friends," Mohammed said.

Being from the Middle East,

he was also surprised to see all the green Richmond has to offer compared to the cold temperatures and lack of trees in Jordan.

Mohammed's desire for education has helped him through each move. "I want to learn everything," he said.

"I especially love physics. I like the way of numbers. You keep a lot of numbers in your head that you will need in your life," Mohammed said.

While his mother was a middle school English teacher and his father managed a television channel, Al - Bablay, in Iraq, Mohammed trained as a cameraman, monitor, and computer hardware fixer.

Embracing a true rebel attitude, Mohammed uses his knowledge to help his Arabic speaking peers.

Melissa Campbell, the English Language Learning [ELL] teacher, helps students like Mohammed.

She is responsible for teaching reading, writing, speaking, and listening. "Mohammed excels in speaking," Mrs. Campbell said.

Mohammed uses his English

speaking skills to translate for Mrs. Campbell and the other two Arabic speakers in the class.

"He seems like he loves it," Mrs. Campbell said.

When Mohammed is not focused on schoolwork, he spends his time playing soccer.

"I played left back for the Under 21 National Soccer Team in Iraq," said Mohammed.

Mohammed did not have to worry about leaving the team when he moved to Syria; war in Iraq soon forced the team to move to Syria where Mohammed could continue his passion. He would like to play for the Freeman soccer team this year as well.

"I hope they have a good team," he said.

Soccer has always been a way for Mohammed to make new friends while traveling. His uncle is the over 21 national soccer coach and very influential when it comes to training for soccer.

"I always go to my uncle with soccer questions," he said.

He worries about how to go about training, though. Mohammed is frequently upset when

called a terrorist at the gym.

"I want people to understand that not all Iraq people are killers," he said, "Being called this is the hardest thing you could ever have."

Despite these few bad encounters, Mohammed has not experienced this at Freeman.

"I feel comfortable at school. The people here are helpful and friendly," Mohammed said.

Planning to join the soccer team and receiving the gift of ELL t-shirts from the History and Human Rights Club contributed to making Mohammed feel at home in the Freeman community.

"He was very excited to have something from DSF," Mrs. Campbell said.

After years of travel, Mohammed is proud to say that he "will stay in America."

Freeman has become a safe haven for Mohammed Hamed in the midst of adjusting to a new life.

"Here, he has inclusion," said Mrs. Campbell.

# WELCOME TO THE FREEMAN FAMILY

## New Assistant Principal, Queen Bailey



Mrs. Bailey shows her fashionable outfit while posing for her head shot.

William Omberg  
Staff Writer

Mrs. Queen Bailey, first year assistant principal at Freeman High

School, can always be found talking to students, whether it is about school, sports, or daily life.

"Caring. She's really dedicated to establishing relationships with all of

her students. She authentically cares for everyone in her day to day interactions," said Mr. Massa.

Mrs. Bailey was born and raised in New York, where she did not always dream of teaching.

"I wanted to be a lawyer until junior year in high school when I worked at a summer camp for homeless children in New York," said Mrs. Bailey. From that point on, she chose to spend her life continuing to work with and help children.

After high school, she moved to Richmond, where she attended Virginia Union University for undergraduate and then continued her studies at VCU, where she got her masters in Administration Educational Leadership.

"Richmond is a nice place to raise your family," said Mrs. Bailey. She is married to her husband Michael Bailey, the Activities Director at Highland Springs High School. They have two boys, Brandon and Deven, and one girl, Jordan.

Before becoming a Rebel, Mrs. Bailey taught at John Rolfe Middle School for seven years, at Brooklyn Middle School, and at Virginia Union as the Assistant Athletic Director.

While teaching eighth grade Civics and serving as an Administrative Aide at John Rolfe Middle School, Mrs. Bailey also coached basketball. She was the coach for senior Virginia Irby when she was in sixth grade.

"Mrs. Bailey always has a smile on her face. She's one of those people that is very serious about what she is doing but knows how to have a good time at the same time," said Virginia.

Despite this being her first year at Freeman, Mrs. Bailey can easily pick her favorite part about the school.

"I love the students and how friendly they are. I like high school more than middle school because in high school, we are past the silliness," said Mrs. Bailey.



**Joanna Metz**

Teaches: English

What are your impressions of Freeman and your students so far?

*It is interesting to see how the student body has changed since my graduation. The students are different from my previous school, but I love working with teenagers of any age.*

What are some of your hobbies?

*I enjoy reading, watching movies, eating good food, and spending time with my family.*

What is your favorite thing about Richmond and why?

*Richmond is a diverse city that continues to evolve year after year.*



**Katie Striker**

Teaches: US History and Government

What is your favorite thing about the subject you teach?

*I really enjoy seeing how students think about historical events and government issues and watching their views change and grow throughout the year.*

What are your impressions of Freeman and your students so far?

*Freeman has great and hardworking students who are committed to doing well and growing in all ways.*

What do you like to do during your free time?

*I like to spend time with my kids and husband and read or cook in my spare time.*



**Shannon Bailey**

Teaches: French

What is your favorite thing about the subject you teach?

*I love the way it sounds and how by speaking the language, the cultures of so many countries are open to you!*

What is one interesting fact about you that you want people to know?

*That I love to make people laugh—seriously one of my favorite things is when the person I'm talking to bursts out laughing because of my comment or joke.*

What are some of your hobbies?

*I love to travel, play soccer, go to the movies, read, try a new restaurant, and play with my dog.*



**David Waterman**

Teaches: Algebra I and Algebra II

What is one interesting fact about you that you want people to know?

*Over breaks I occasionally do endurance events, like running a 50k or riding a bike from DC to Pittsburgh.*

What do you like to do during your free time?

*I weld and build bicycles and motorcycles and lots of other things, so I usually spend some time in my garage every weekend and every school break either making or fixing something.*

What is your favorite thing about Richmond and why?

*It's a very relaxed, easy going town, and it's great having the river in the middle of everything.*



**Jason Ciaschi**

Teaches: Technical Drawing/Design/CAD, Architecture, Engineering, and Advanced Drawing and Design

What are your impressions of Freeman and your students so far?

*I love Freeman. There is no other school I would teach at. If I ever had to leave Freeman, I would most likely leave teaching.*

What are some of your hobbies?

*I love to mountain bike and I enjoy photography which has turned into my own business. Let me know if you have a wedding coming up.*

What is your favorite thing about the subject you teach?

*My favorite subject is Architecture and I love the creativity the students come up with.*



**Kyle Schuster**

Teaches: English

What is your favorite thing about the subject you teach?

*I love English because it is about communication. Language is people's greatest tool, and I love helping people learn how to wield it effectively and artfully. I also love admiring those who have done so with great skill.*

What is your favorite thing about Richmond and why?

*Richmond is the perfect size. You can eat food that rivals larger cities, but still bike anywhere and swim in the river. What else could you need?*

What is one interesting fact about you that you want people to know?

*I'm immortal and my power comes from my beard.*



**Beverly Steele**

Teaches: World History I and World History II

What is your favorite thing about the subject you teach?

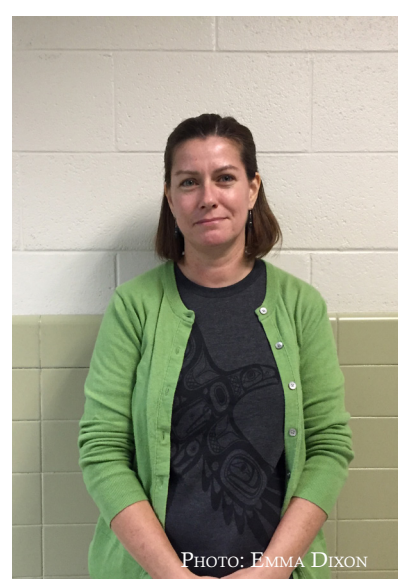
*It gives you the opportunity to explore and view past events from multiple perspectives. History is like a good drama; filled with scandal, betrayal, intrigue, murder, and of course triumphs for the lucky ones.*

What are some of your hobbies?

*My favorite thing to do is travel; I've been lucky enough to spend time in 13 different countries including New Zealand, England, Jamaica, Cayman Islands and Barbados to name a few.*

What is one interesting fact about you?

*Prior to becoming a teacher, I worked as an announcer for the Voice of Grenada Radio and was a back-up singer for several soca/calypso performers in Grenada.*



**Stephanie Baber**

Teaches: Biology

What are some of your hobbies?

*I enjoy hiking, gardening, reading and kayaking when I get the chance.*

What are your impressions of Freeman and your students so far?

*Freeman has a great deal of friendly outgoing students. I've seen a lot of kindness here so far. I have also had contact with very supportive parents.*

What is your favorite thing about Richmond and why?

*I live in the city and enjoy being able to walk to a neighborhood coffee shop, restaurant, or to the movie theater (particularly on "snow days"). I also live very near to one of the newly created "bike boulevards" and can easily ride my bike to the park now.*



**Mathew Scott**

Teaches: Earth Science

What is your favorite thing about the subject you teach?

*I love the huge range of topics we get to cover in just one science class! It's like a tour of the universe in a year. I also love working with NASA materials to keep everything on the edge of current research from the coolest government agency around.*

What is your favorite thing about Richmond and why?

*I love how accessible the rugged outdoors are! I can run from my place down to Class IV rapids and be in a nature reserve just by crossing a bridge.*

What are some of your hobbies?

*I run and get outside almost daily. I've got the Richmond Marathon coming up in just over a month, and I'm taking advantage of the cooler weather to get outside more.*



**Jason Abril**

Teaches: English

What is your favorite thing about the subject you teach?

*Encouraging students to analyze beyond the surface.*

What are your impressions of Freeman and your students so far?

*So far, I think Freeman students are outgoing, friendly, respectful, and pretty awesome in my book.*

What do you like to do during your free time?

*I love exploring new restaurants and anything involving the outdoors.*



**Cheryl Sumner**

Teaches: English, Writing, and Math for English Language Learners

What is your favorite thing about the subject you teach?

*I get a chance to meet people from so many different cultures. I like to learn from my students!*

What is one interesting fact about you that you want people to know?

*I lived and taught in Florence, Italy for a couple of years. It was a wonderful experience.*

What are your impressions of Freeman and your students so far?

*Freeman is an awesome school and I am very, very impressed with the student body!*



**Ryan Burrows**

Teaches: Algebra II and Statistics

What is your favorite thing about the subject you teach?

*My favorite thing about math is relating it to real world applications.*

What is your favorite thing about Richmond and why?

*My favorite thing about Richmond is having less traffic and a lot of restaurants.*

What are some of your hobbies?

*Some of my hobbies include golfing, hunting, and fishing.*

What do you like to do during your free time?

*During my free time I enjoy being with my black lab Ranger.*

## More New Faculty to the Freeman Family

### New Secretaries at Freeman:

Robyn Hagen- Financial Secretary  
Betsy Noe- Counseling Secretary

### Teachers with New Positions:

Avery McGilvary- Math Teacher  
Laurie Kaplan- Librarian

## Senior Students Make Over The Rebel Twelfth Man

### Prideful Students Support Their DSF Football Team in Another Successful Season



PHOTO GRACE GEMMELL

Senior Cole Campbell holds up the whiteboard for the student section during the Atlee game.

Jack Bernhardt  
Staff Writer

Senior Cole Campbell is making new traditions. Under the guidance of Cole, the 12th Man's freshly minted whiteboard wielding senior, the student section at football games has started to include the entire student body in the theme nights as opposed to the senior exclusivity that previously existed.

Last year, Cole was unofficially named student section leader by former spirit leader Jack Redford.

"Jack talked to all of the other seniors who participated in the student section and out of about 10 rising seniors, I was chosen to have the whiteboard," said Cole.

Cole, a member of the varsity volleyball and lacrosse teams, is not a stranger to Freeman sports or school spirit.

"I have a lot of school spirit and I'm not afraid to make a fool

of myself," said Cole. He had hoped to inherit Redford's whiteboard, but too much school spirit snapped it in half at the end of last season.

Coming into this season, Cole had a vision for what would create a bigger and better student section.

"I wanted to get rid of the social hierarchy between seniors and freshman. Before, only seniors were allowed to dress up and I wanted everyone to be allowed because that's the way Freeman

does things," said Cole.

Part of Cole's game plan to eliminate the division between the grades was to encourage all classes to dress up during theme nights. He saw senior privilege not as a way to exclude freshmen but to provide strong leadership and set an example for what school spirit looks like. He hopes that the student body can match and encourage the current success of the football team.

"I feel like the student section helps stimulate and encourage the players to help them perform. It makes me feel I am helping the team do better," said Cole.

Athletes who have been around for various eras of the Rebel 12th man have seen a change through Cole's leadership.

"The student section motivates us and intimidates the other team and plays a key role in how we play," said junior football player Mason Janney.

Mason, who was on JV last year, can really see a difference in how he and his teammates have played with the student section supporting them during their games.

Freeman football needed a strong student section against an Atlee team that beat them last year, 49-7. Cole wanted the student section to bring an electric and crazy environment to intimidate Atlee. Earlier in the week, he tweeted the theme for Friday night: "Greek. At 7 pm. students dressed in togas, tunics, and frat gear flooded the bleachers."

Douglas Freeman pulled out a 21-14 comeback win against

Atlee with one of the biggest student sections of the year.

"The atmosphere was crazy and everybody was really hyped up. We also started getting competitive with the other section," said senior Brittany Fischer.

Not only students attend the Friday night game but also the staff. You will see teachers and administrators enjoying the games on the sidelines as well.

"I see them as natural leaders, and I witnessed them lead and root for their team and not goofing off" said assistant principal Mike Massa.

Mr. Massa and the other staff know the importance of the student section and how it reflects our schools image.

"The one thing that is interesting about the games is, I see elementary school students and the student section is a good model for our school and a good model for the younger kids," said Mr. Massa.

Cole looks forward to the rest of the season and is excited about the future of the 12th Man.

"I believe in a few things. I believe in the invention of the submarine, the Flint Michigan Mega Bowl, and that Freeman Family is stronger than any other student section in the school district," said Cole.

According to Cole, the student section is a family, not a hierarchy.

## Henrico Country Implements Striking New Policy

Kyle Adams  
Staff Writer

In early May of last spring, two grandparents were violently struck by lightning as they were walking to their car after watching a Pocahontas Middle School soccer game. According to NBC12, the strike catapulted a 64-year-old woman from where she was standing, while also sending her husband to the ground. Both were hospitalized for minor injuries and shock.

This incident warranted a need for a new lightning delay policy to keep Henrico County's student-athletes and spectators safe.

The previous policy required a 30 minute delay if lightning was spotted within a 10 mile radius. The new policy now demands that sporting events cease play if lightning is spotted even 15 miles away.

This modification is having substantial effects on teams by constantly postponing practices or games. Some believe the

modified policy is extravagant, and they question the validity of the new policy—is lightning an extra five miles away worth suspending an athletic event?

"If it saves a human life, it is not excessive. Weather is just a scientific principle that we really have no idea what's going to happen; it's totally unpredictable," said Activities Director Suzanne Criswell.

Freeman Athletics has had a disheartening history with lightning delays, most notably last year's Boys Lacrosse Conference 11 Championship between Atlee and Freeman. Freeman was forced to forfeit the game when they were down 10-8 with just under six minutes left in the fourth quarter because lightning was sighted in the vicinity. It is an ending that still haunts many members of the team, including senior defender Oak Mize.

"We had just come back after starting really slow. We were scoring goal after goal after half-time, picking up the pace, and we caught [Atlee] off-guard a little bit; we definitely had momentum," said Oak.

The Rebels had in fact swiftly shaved the halftime deficit from five goals to just two.

"We definitely would have won, I have no question in my mind we would have come out of that game with a victory," said Oak.

More recently, the home debut for the 2015-16 field hockey team was postponed due to neighboring lightning, even when it appeared to be a temperate first day of school.

"The delay was rough; we had to sit in the small gym with Hermitage while volleyball practiced," said senior captain Sarah Lindamood.

Additionally, Freeman Football is having difficulty managing practices to coincide with weather delays. Having three teams practicing after school sharing limited field space is a tough assignment for coaches.

Junior linebacker Sam Murphy said practices have been halted at least three or four times this fall. Like the rest of the players on the varsity team, Sam gets frustrated and restless when they hear the dreaded warning that there is



PHOTO: TROY MOORE

Senior Troy Moore catches a lightning bolt during baseball game

"lightning in the area."

"I think the policy is inconvenient and at times unnecessary, but then again I'm not a weatherman," said Sam.

Hopefully the new policy will keep the Freeman community safe and allow for our student-athletes to strive for excellence.

## One of Freeman's Trainers Defines Dedication

### Senior Sofi Randjelovic holds down Freeman Football behind the scenes



PHOTO: YASHIA BURKELL

Sofi hydrates the team during an offensive time out.

Ross Metcalf  
Staff Writer

Next time you find yourself in the stands at a Freeman football game, keep your eyes peeled for the seemingly unsung heroes on the Freeman sidelines: the student manager.

"I look back compared to my first year, when we didn't really have any managers. They do really anything I ask. They do a

terrific job of it," said Football Coach Mike Henderson.

The managers complete tasks that would fall upon other coaches in their absence.

Their water duties were outlined by Coach Henderson as preparing all the water needs at the start of afternoon practice and cleared at the end.

"The managers set up the field with the yard markers, take care of all the water needs, they have all the water set up and take it to us during practice time," said

Coach Henderson.

When it comes to the confusion, mayhem, and excitement of Friday night football games, senior and varsity football manager, Sofi Randjelovic, has the "best seat in the house."

Sofi and Coach Henderson's bond began in her freshmen year. "My dad had passed away the year before, so he had been like a father to me," said Sofi.

She was in Coach Henderson's P. E. class in her ninth grade year and upon his request, started managing for the varsity football team the following year. Her work started as a self-proclaimed "water girl" in her sophomore year.

Sofi's dedication to the varsity football team is present even in the offseason. Sofi and Grace Barker, former varsity football manager and now the head student athletic trainer, take inventory and maintain all of the equipment needed in practices and games before the upcoming season.

"Sofi is extraordinary at her job; she has the skills and cooperation needed in order to get the job done right," said junior Luke

Murphy, starting varsity safety.

"[Sofi] has been with us for three years, and she has been unbelievable," said Coach Henderson.

"After three years of working with me, she knows what I want," said Coach Henderson.

"I love helping people and I am willing to pitch in and do what needs to be done," said Sofi. She has no small part in prepping the team for games, both home and away, and for the daily practices.

Practice for Sofi begins every afternoon in the training room, filling the cooler with forty gallons of water and transporting it up to the practice fields. Sofi spends most of her time filling water bottles and putting out cups for the athletes.

"During home games, I am mostly in charge of everyone, making sure everyone's on task and getting the water cups filled and making sure everyone's hydrated, and just making sure everything goes smoothly," said Sofi.

While managing the team's water needs and other possibly underplayed but vital tasks for the team, Sofi also serves as an

athletic trainer working alongside her friend, Grace, in preparing athletes and making sure the team is game ready.

An athletic trainer has received specialized training in order to work under the supervision of a professional athletic trainer, and will also work the full school year.

This is different than a football manager, who is not required to attend a class in order to manage, and completes tasks given to them by the coaches.

"It would be great to work for a college football team," said Sofi.

She plans on using her skills as an athletic manager after her high school career comes to an end.

When it comes to the managers and trainers "they all work hand in hand," said Coach Henderson. Both groups work together to keep the football team fit, healthy, and winning games.

The varsity football management team has a clear ability to work together and have resulting success. "It's just like clockwork, they know exactly what to do," said Coach Henderson.

# Jordan Smith Makes a Bang on the Gridiron

Jack Neary  
Staff Writer

Sometimes the most influential leaders are not the ones who talk the most, but rather the hardest workers who inspire those around them to succeed.

This year, Freeman football started off 5-0 and earned a #9 ranking in the September 21st Richmond Times-Dispatch rankings of Metro Richmond football teams (Richmond.com).

One reason for Freeman's success is senior running back Jordan "Bang Bang" Smith. According to the Richmond Times Dispatch as of October 26, Jordan has run for over 854 yards on 100 carries through his first 8 games, an average of 8.5 yards per carry and an impressive 106.8 yards per game. Jordan has also scored 9 touchdowns in those games.

Jordan has been playing football since 6th grade, and his experience has helped him be a leader in the locker room and on the field.

Jordan said he's not usually a vocal leader, but he tries to "lead by example."

Jordan's teammates agree that he impacts the team through his actions, not his words.

"He's a hard worker, he pushes the guys every day, and he never takes a break," said junior quarterback Trey Laughlin.

"Jordan has been very quiet, but he's a very good leader by example," said head football coach Mike Henderson.

Even when the second team offense is practicing, Jordan will



PHOTO: GRACE GEMMELL

Senior running back Jordan "Bang Bang" Smith carries the ball down the field against Atlee.

still voluntarily take reps against Freeman's starting defense, going full speed and giving maximum effort the whole practice.

"It's a great example to the younger guys that he's out there working the whole time the defense is too," said Coach Henderson.

"Before the season, he was competing for the starting job at running back. He worked hard to win the job, and he has continued to keep the same work ethic," said Trey.

Jordan's effort during practice has helped him make explosive runs during games and lead the team to victory.

"His ability to make big plays forces the defense to always be

prepared to stop him," said Trey.

A unique combination of strength and speed resulting from summer workouts and demanding practices makes Jordan a touchdown threat on every play.

"He's been a really powerful running back. He produces yards every carry - he has great cuts and gets through holes with his speed," said senior tight end Oakley Mize.

"He gives us a big play threat at tailback and another very experienced runner," said Coach Henderson.

Jordan has gained confidence this offseason through the rigorous football practice schedule, and he knows that if the team

needs him, he can perform well enough for the team to win.

"If the team needs a play, I can make a play," said Jordan.

Jordan played two seasons of football at Freeman before moving to L.C. Bird High School for his junior season, where he won a 5A state championship and gained valuable experience on a high level football team.

Jordan explained that his experience playing at L.C. Bird last year has helped him with both the mental and physical aspects of the game.

"I came back 100 times tougher and more confident in myself," said Jordan. However, Jordan loves being back

and playing for Freeman again.

"It's more of a family here at Freeman," said Jordan.

Jordan's favorite part of the football team is the team chemistry and the feeling of winning together as a group.

Off the field, Jordan has contributed to the team chemistry by being a stable locker room presence and a friend to his teammates.

"He's a super nice guy and everyone gets along with him. You have to get to know him, but he can open up and he's really interesting and funny once you do get to know him," said Oakley. "He is a great fit and already knew most of the people," said Trey.

Jordan's presence and production has helped the Rebels accomplish a lot so far this season, but both he and the team try to focus on winning their next game and not get preoccupied with their goals for the season.

Coach Henderson said that the football team doesn't focus on their long-term goals during the season, but concentrates on "getting a little better every week. Each week we have to perform, and week to week we have to win for our pre-season goals to be attainable."

Jordan doesn't have any individual goals for this season, but he does have high expectations for the team. "I want to make it as far as possible in the playoffs this year. That's my only goal," said Jordan.

If Jordan continues to motivate his teammates with his electrifying plays and effort, this goal may become reality for Jordan and the rest of the football team.

## Girl's Volleyball is a Family Affair



PHOTO: COLEMAN GREENE

Senior Jane Lake and sophomore Betsy Lake battle for a ball at volleyball practice.

Sarah Farney  
Staff Writer

From basketball to volleyball, sports have always been a family affair for the Lake sisters. Jane Lake, senior right side hitter, and Betsy Lake, sophomore right side hitter, play the same position on Freeman's varsity volleyball team and enjoy the time they spend together on and off the court.

"It's kind of a cool experience; before high school we'd never been on a team before. I get to see her more often since we both have busy schedules," said Jane.

Jane got her start playing volleyball fairly recently.

"When I came to Freeman I came from a private school and figured playing a fall sport would be a good way to meet new people, and I'd never played it before," said Jane.

Whether with natural skill or with luck, she made the varsity team which she has been a part of for four years.

"I'm not a captain but the seniors do have a leadership role on the team," said Jane.

Betsy started playing volleyball because she was inspired by her older sister.

"Before I played she taught me over the summer. We played volleyball at the beach when we went to Hawaii," Betsy said.

She also made the varsity team freshman year, continuing the family legacy.

"I think she follows in my footsteps. She got interested because I already played it," said Jane.

Volleyball is not the first sport they enjoyed together.

"I used to play basketball and softball, and Betsy used to play softball and still plays basketball. We've always played the same sports," said Jane.

Their dad coached them both in basketball which he described as being "a blast."

"Each of them was a joy to coach. To their credit, neither of them expected, nor got, any special treatment just because Dad was coach," said Kevin Lake, Jane and Betsy's father.

On the Freeman team, the girls both play right side hitter, but are not competitive over playing time. Betsy described herself as "somewhat competitive," but she does mind if Jane sometimes beats her out.

"She pushed me to be better because I'm the younger sister," said Betsy.

"I don't have a very competitive personality. I'm more of a team member. Whatever's best for the team, I'm willing to do whether it's on the court or picking up spirits. I'm more competitive with myself than her," said Jane.

Drew Lovering, varsity volleyball coach, agreed saying, "They get competitive seeing each other play, but more often they help each other out spirit wise if one has a rough day or game." He also said that Jane was more outgoing than Betsy, but she helped

her younger sister come out of her shell.

So far, the standout moment on Freeman volleyball for the Lake family was their win against Godwin last year.

"It was a really close game and we were expected to lose and it was cool to win and upset them and see them mad," Betsy said.

Their dad also considered it his favorite memory of them playing volleyball.

"It was fun for me to see both Jane and Betsy on the court together, making contributions to that win, and to see them get to celebrate their hard-fought victory with their teammates, coaches, and the home crowd afterward," said their father.

In prior years, Freeman rarely ever won a set against Godwin, which made this win a milestone.

As a whole, Coach Lovering said the Lake girls bring "competition and chemistry" to the team. The varsity volleyball team has another set of sisters, senior twins Ellie and Molly Cox, which "makes the team feel closer, almost like a family dynamic," said senior libero Ellie Bisese.

"In general they're really fun to be around because they're always messing with each other and it's fun to watch," said Ellie.

"Having sisters on the team makes the team feel more like a family," said Molly Herring, sophomore outside hitter.



PHOTO: GRACE GEMMELL

Freshman Cape Beirne plays against the Glen Allen Jaguars.

## Freshman Impresses on Varsity

Elena Rogers  
Staff Writer

It's not every day you find a freshman on Freeman's varsity field hockey team, but today is not every day.

Freshman Cape Beirne has worked hard in previous years playing field hockey with clubs and associations to get there, and teammates agree.

"She deserves to be on the varsity team," junior Kate Sjøvold said.

For Cape, field hockey is not a new hobby she started in high school to fill her spare time.

"I've been playing field hockey since I was around 7 years old," Cape said.

She started off playing at Undertow Field Hockey Club.

"It is a non-profit club that provides coaching and playing opportunities for young girls wanting to learn and improve their skills in the game of field hockey," Plunkett Beirne, Cape's father, said.

Field hockey is a family affair for Cape. Her dad is very involved as a coach at a field hockey association and plays for the Tidewater field hockey club. "My dad is a head coach at Weaver Athletic Association and now I'm coaching there too," she said.

Cape teaches and trains third through eighth graders.

Cape said that having a dad who is a coach is "helpful and fun." She is able to ask him questions about a sport they both are passionate about. Mr. Beirne describes Cape as "thoughtful and calculating" when she's on the field.

On the Freeman varsity team, she plays midfield and occasionally offense.

"Coach Bennett sometimes moves me up because I have a good shot" she said.

So far this season, Cape has scored one goal for Freeman, and "hopes to increase that number by the end of the season."

Cape appreciates her time with the older students on varsity.

"I like playing with the upperclassmen a lot because they can teach me new skills and tricks and can always answer my questions," she said.

Her teammates enjoy helping her and value what she brings to the team as well.

"Cape is really quick and always enthusiastic. Her positive attitude keeps the team excited and determined," Kate said.

Her father agrees that Freeman is a good fit for her.

"The upperclassmen have adopted Cape as their little sister and it has been a great opportunity for her," he said.

Field hockey is year-round in Cape's schedule. In the winter and summer, Cape plays for Undertow, and in the fall and spring, she plays for Weaver.

"Several of the other field hockey players from Freeman also play off season at Undertow as well," Mr. Beirne said.

"Field hockey keeps me healthy and fit and I enjoy it a lot, so I don't care that it takes up a good amount of my time," Cape said.

Cape is often asked if field hockey ever gets boring to her. Her answer is always quick and always the same: absolutely not.

"I remember there was one season where I made my first goal of the season with a chip shot and the exhilarating feeling I felt afterwards has stayed with me since," Cape said.

Though she doesn't know for sure whether or not she wants to play field hockey in college, Cape does not plan to quit anytime soon.

"I love field hockey and plan to play for the rest of my high school career," she said.



# Fall Sports Athletes Start the Year Strong



## Football

Name: Jacob Kimbrough  
Position: Defensive End  
Favorite Memory: "Knocking off Atlee at home. We all came together and beat a team that was supposed to beat us and we got to see all of our hard work paying off in a big way."



## Field Hockey

Name: Sarah Lindamood  
Position: Center Midfield  
Favorite Memory: "I feel that the team truly united at the game against Glen Allen. There, passes connected, shots were completed, and a team wide sentiment of togetherness. A great team, for me, translates into a deeper love of the game and appreciation for the school we are playing for."



## Cheerleading

Name: Ferran Evans  
Favorite Memory: "My favorite memory was Competition Cheerleading because we were really open with each other and got along really well"



## Golf

Name: Bruin Richardson  
Favorite Memory: "Shooting our best round as a team in our last match also Drew shooting a 119 at Lake Chesdin and Hingram missing the cut by 1 for Regionals."



## Boys Volleyball

Name: Jaden Perini-Anderson  
Position: Middle Hitter  
Favorite Memory: "My favorite memory of the season was the first game against lee davis when i started and got 10 kills in my first game."



## Girls Volleyball

Name: Ursula Mitchell  
Position: Right Side Hitter  
Favorite Memory: "My favorite memory was when I was able to get back on the court after I broke my wrist."



## Boys Cross Country

Name: Jinks Jervey  
Event: 5,000 M  
Favorite Memory: "Sitting on the podium, winning states by far. Also when Freeman scored 1, 2, 3, 4, and 5 in a race in Chesapeake last year."



## Girls Cross Country

Name: Anna Gilliam  
Event: 5,000 M  
Favorite Memory: "My favorite memory from my cross country career so far would definitely be being the first Freeman girls team in 6 years to make it to states last fall. The experience and intensity of the race was worth all of the hard work we put in throughout the season."

# Dribbling Past the Competition

*Freshman Justin Hakizimana passing expectations on the soccer field*

Meredith Given  
Staff Writer

Freshman Justin Hakizimana was born in Tanzania and has lived in America almost half of his life. Since moving to America, he has built up his soccer skills, eventually landing himself a spot on the Richmond Kickers National Academy Team.

Justin first started playing competitive soccer in 2011 for the YMCA when his coaches told him to try out for the Richmond Kickers. Shortly after, he was chosen to play for the Academy team in 2012. He plays midfield and has scored 6 goals so far this season.

The Kickers Academy, run by the Richmond Kickers, is a year round program boasting the highest level of soccer available for teens in the Area, often playing teams across the country. The Kickers Academy can connect US National Team coaches and aides to players from the Academy to notify coaches of upcoming talent.

Justin was born in Dodoma, Tanzania and moved to America in 2009 when he was 8. His family moved to America for a better life and education. "There you have nothing, it's just hunger. Here you have more technology and better houses, there you make your own home, and you sleep on the floor and the woods is your bathroom," said Justin.

He has an uncle and aunt that still live in Tanzania that they keep in touch with. Justin left friends back in Tanzania but unfortunately he has no way of contacting them.

Although Justin does not miss living in Tanzania if he ever gets the opportunity, he hopes to go back and visit one day.

When Justin first came to the United States he did not know English. He was 9 when he first learned the language. "It took me 2 years to fully understand it," said Justin.

Although he's played soccer his entire life, while moving coun-



Justin dribbles the ball as a defender tries to take possession.

tries he experienced changes within the sport. Soccer in Tanzania was very different. "We played with bare feet and it was dirty with no grass, and we had to make our own soccer ball," said Justin.

He likes playing soccer in America a lot better than in Tanzania because there are more resources and the coaches have more experience. Many of the coaches have played at a national level and are skilled in their knowledge of soccer. Unfortunately, Academy rules do not allow Justin to play on the Freeman soccer team because he must stay committed to his academy team.

"It is very intense," said Justin. They train 4 days a week, have 1 day of rest, and travel for tournaments on the weekends. They play approximately 30 games per season.

"It takes up a lot of time, I

don't get a lot of sleep cause I go straight to practice after school and then get back at 8 p.m.," said Justin.

On the weekends he travels around the country to different tournaments. "Recently we went to New York," said Justin. His favorite place that his team has been to is Indiana. Their team will be attending the Disney showcase in Florida this winter.

Justin has played soccer since he was a child and has achieved personal goals. He has a lot of great memories from soccer. His greatest was when he scored the winning goal for a championship game in 2013.

His family has a big impact in his soccer career. "My dad always tells me to work hard," said Justin. He also has a 5 year old brother who is learning how to play soccer at the YMCA. His dad used to play soccer with

friends but no longer plays.

Justin is enrolled in the Leadership center; he went to Douglas Wilder Middle School. Rob Peck, the director of the Leadership center is the one who found out about Justin's soccer Career. "When I interviewed him, he hinted he had gotten back from the national training camp" said Mr. Peck

"One of his coaches told me that he is truly a great player," said Mr. Peck.

Spending so much time playing soccer makes school more challenging. "It makes school hard because I have to worry about soccer and school but I try to do a little of both," said Justin.

Justin has many goals for his soccer career beyond high school. "I wish to go as far as I can," said Justin. If given the opportunity, he hopes to play in college, and ultimately hopes to go pro one day.

## Team Records

(As of 10/19/2015)

Football  
7-0

JV Field Hockey  
1-5-2

Field Hockey  
10-4-0

Golf  
Low Score: 327 (18)

JV Boys Volleyball  
9-1-0

Varsity Boys Volleyball  
13-6-0

JV Girls Volleyball  
12-3-0

Varsity Girls Volleyball  
9-7-0

Boys Track  
Best Time: 15:15  
Waleed Suliman

Girls Track  
Best Time: 19:42  
Mia Girardi

# Art Students To Create Mural For Regency

Sara Hamilton  
Staff Writer

To leave a lasting impact on a city that will leave a lasting impact on you is an incredible accomplishment. This is what the art department strives to do each year.

With the help of the two well-known Richmond street artists, Matt Lively and Hamilton Glass, the art department will be creating a canvas painting to be installed at Regency Square Mall later this year. "We try to do something big and impactful to better our community every year," said Art I and Ceramics teacher Elizabeth Jones.

The painting, a view of Richmond from across the James River, will be displayed outside a vacant shop at Regency, and it will be seen by thousands

of Richmond shoppers.

The artwork will be an assembly of 216 different pieces, each created by a Freeman Art student.

"We will be working with artists who have a lot of experience in the Richmond area," said sophomore art student Talia Moore. The popular Richmond street artists Matt Lively and Hamilton Glass will be mentoring the students working on the project. In fact, they came to Freeman for the first time on Wednesday, Sept. 30.

Matt Lively, often remembered for his 'beecycles' that he includes in many of his murals, has paintings all over Richmond, including popular spots such as the Children's Museum.

Hamilton Glass is noted for his incorporation of architectural structure in his murals, and he features paintings all over the D.C and Richmond areas.



Lively's "Beecycles" are displayed at the RVA Street Art Festival.

"Most importantly, every art student in our school will be represented," said Mrs. Jones.

"We have such a diverse study body that brings different talents to the art department, so hopefully that diversity comes through in the mural," said junior art student Kerry Bauman.

In addition to Freeman's diversity, sophomore art student Haley Gagnon

hopes the painting will display Freeman's unity.

"I hope that everyone who sees it is inspired by it, and that they learn that you can get a message out through art," said sophomore art student Sam Ashkani.

"When you see this painting at Regency, you're going to have a story to tell about it," said Hamilton Glass.



Students discuss several ideas for the mural in Ms. Field's Art class.

News of Regency's potential renovation and closing has been circulating recently.

"We are hoping this is going to help Regency," said Mrs. Jones.

Years ago employed as Regency's Easter Bunny, Matt Lively looks forward to taking part in making Regency a "cool place to go" again.

However, if needed, the

painting is able to be disassembled and moved. The artwork will stay in Richmond as a "permanent mark to the community," said Kerry.

It is expected to open in November.

Lively said, "it's going to be super wicked awesome, and you all are going to be the ones to make Regency the place to be again."

# Saxophone-Playing Drum Majors Lead The Band

## Michael the Multi-Instrumentalist

## Spencer the Multi-Linguist



PHOTO ROB BLANKENSHIP

Michael Russel gets excited for a Freeman pep rally.

As Michael progresses further into his high school years, he continues to impress band director, Mr. Blankenship.

"This jazz band I play in outside of school, last spring, needed a saxophone player, and I called Michael. I asked him if he wanted to come try out, and he came and impressed everyone," Mr. Blankenship said.

Over the last three years, Michael has become close friends with fellow band member, Steve Deren.

Through the years, Michael and Steve have displayed similar musical talents that transfer from the band room to the Freeman hallways.

They both share a strong passion for the musical arts.

"The fact that he really loves to listen to music. Playing it is better than getting to listen to it. When you make music, you get such a good feeling. I'm sure that's what he gets, it's the same thing for me," Steve said.

Although Michael wants to go to a school with a Pharmacology major, he is hoping to pursue music as a career later in life.

"I want to go to a school with a marching band, maybe JMU. I've learned pursuing music is kind of hard, but I would totally go for a music career at one point," Michael said.

Regardless, Michael never fails to encourage those around him to make beautiful music in his own discreet, methodical way.

"Michael tends to be quiet during rehearsals, but if you watch him, you can see him absorbing everything. Taking it all in, while getting the information he needs in order to be a strong leader. He loves music and you can really see that when he's in front of the band on the drum major podium," Mr. Blankenship said.

Page Ryland  
Staff Writer

Senior Spencer Cook is inspired by the famous Leonard Bernstein quote, which reminds him what music is about.

"Our response to violence is to make music more beautifully and more intensely than ever," said Leonard Bernstein.

Spencer is one of the two drum majors for the Freeman Marching Band. His excellence in the saxophone has merited him this prestigious role.

Spencer's success in music is strongly rooted in his love for the saxophone.

The saxophone has always made Spencer feel at home. Since he was in fifth grade he has attached himself to all different types of music. For instance, he plays the sitar, a traditional Indian instrument.

"I traveled to India last year and picked it up there," he said.

Spencer loved India's culture. The music led him to expand his musical curiosity. He learned from locals how to play.

Spencer's fellow band members were excited to share all the talents Spencer has, including more instruments he plays.

"He can speak so many languages and play a wide range of instruments. He is a very talented musician," senior Oliver Collier said.

Spencer is fluent in Spanish, and can speak Hindi, Thai, Portuguese, and Arabic.

The band family really supports and encourages Spencer and his musical talent.

"Spencer could do anything he sets his mind to" said band teacher, Robert Blankenship.

To add to the saxophone, he was supported by the whole band community to become a drum major.

"Being in band together with Spencer for all four years, we really strive to



PHOTO SPENCER COOK  
Spencer Cook plays his saxophone in the Freeman hallway.

do our best as well as encourage and support each another," senior McKenzie Smith said.

Spencer said he and his mom, who plays piano, being the only musicians in the family, support each other as well. Spencer was encouraged to try out for higher band groups and performances. For example, Spencer is a part of the VCU Greater Richmond High School Jazz Band and an all-state saxophonist, which is a large accomplishment for Richmond musicians.

Spencer also got to perform at the PBS/WCWE premier of the new show *Indian Summers*.

People all over DSF have referred to Spencer as an ideal musician, however Spencer tends to disagree.

"I think you can play your whole life and there will always be someone who is better than you."

Spencer's humbleness with his saxophone talent has drawn more fans his way.

People across the Richmond area, realize how important music is to Spencer, including his band teacher, Mr. Blan-

kenship, who even said Spencer came in to his band class loving it, and will always love it.

"It's his passion. He is always doing his best. And when he wanted to be a drum major, he got that. He makes all state band every year ever since he was a freshman." Said Blankenship.

Spencer's key to staying balanced with school and music, is to recognize it is not worth giving up one or the other. School keeps him focused, while music and saxophone keep him entertained and at peace.

Freeman students have a lot to learn from their very own, Spencer Cook, to stay humble, chase your dreams, and find your inner peace with what you love.

To catch a glimpse of Spencer's special talent, you can see him on YouTube (by searching his name), the Sax Persuasion Facebook page, and the Greater Richmond high school Jazz Band through the VCU website.

## Model UN

Old Dominion University Conference will be held Feb. 11- 14 2016.

Meeting dates announced on the morning announcements.

See Mr. Larkins if interested.

2015-2016 officers are:

Abigail Cawley: President

Jane Geiger: Vice President

Nitish Vaidyanathan: Vice Roy

## Freeman Fall Play

This year the Freeman Theatre Guild will be putting on the dark comedy *Arsenic and Old Lace*.

The play is directed by Theatre Arts teacher Mrs. Mary Spears and is performed by fellow students.

Tickets are \$8 in advance and \$10 at the door. Performances will be Nov. 26-28.

## Other Upcoming Events

College & Career Week

Nov. 2-6

Thanksgiving Break

Nov. 25-27

Virginia Band and Orchestra Directors Associations

Nov 7

# Motivated Junior Starts Business and Club



PHOTO: YASHIA BURRELL

Junior Claire Early poses during her fourth period study hall.

Max Slone  
Staff Writer

Junior Claire Early is just like any other high school student; she gets up in the morning, gets ready for school, and goes from class to class. But what makes her different from the rest is the

fact that she already owns her own business and started a running club.

"I really have to manage my time. I just make lists and make sure that I get everything done on the list. I have a separate list for school and an extra list for extracurricular activities," Claire said.

Claire decided two summers ago that she wanted to start a business. She also started a running club partly because of the fact that she used to be on the cross country team.

"I used to run cross country, and I realized that there are a lot of people that don't run cross country, but they can't commit to the time because it's every single day or maybe they don't want to run as fast or they don't want to compete. It's a great idea for people who want to come twice a week and casually run with their friends," Claire said.

Claire started the club through Richmond Road Runners.

"I went on the Richmond Road Runners website, and clicked add a group and it creates a group. Then you just advertise your group," Claire said.

Although the club is not through Freeman, they meet Tuesdays and Thursdays at 4:15 in the Freeman parking lot to decide where they want to run that day and at what pace: fast, medium, or slow.

Claire said that the club currently has around 40 people in it, but practice is pretty sparse right now because of fall sports and students having jobs. However, she expects to have around 50 members by the end of the year.

Claire's idea to start an Art business, came from people that

she knew.

"I just really like water colors and my mom put water colors on Facebook, and people commented saying that I should sell them. I thought well yeah, I should. This was last year when I didn't have a job and I thought that it would be a great way for me to make money. I went out and got a business license and started selling," Claire said.

Claire sells stationary and prints and has many expectations for her business in the near future.

"I'm planning to set up an online shop where people can make stuff and then sell it. I had to wait do this until I was 16. It will definitely help sell more stuff," Claire said.

Claire's products may appeal to girls of all age groups.

"I think it could be for anyone really. My stuff is really pink so it's probably more towards girls. My mom's friends use the stationary, but my friends do too," Claire said.

Claire's mother, Kim Early, says that she helped Claire with her business a bit in the initial stages.

"I did help Claire out with her business in the beginning, but it was mostly what I would call 'leg work.' The printer we used is out in Sandston, so I would drive out there during the school day to

drop things off or pick up samples. I also drove her around to deliver t-shirts or pick up packing supplies. The whole family pitched in when it came time to give our opinions about certain images she was painting," Ms. Early said.

Ms. Early isn't completely sure how much time during the week Claire devotes to her business, but a large amount of her time is spent creating art.

"I do put a limit on it during the school year because I want to make sure that she's studying," Ms. Early said.

Ms. Early is extremely impressed with her daughter and is very proud of her enthusiastic attitude.

"I think Claire is a very enterprising young woman and I'm very proud of her "get-up-and-go" attitude. Even with starting something on a small scale, there were days when the task at hand seemed daunting to her. However, she persevered and did what had to be done. That's not a trait that's easily taught to your children. Plus, the fact that she wanted a summer job when she was only 14 is something that truly impresses me about her," Ms. Early said.

# Freeman's Own Backyard Band, The Phatys

Sarah Lim  
Staff Writer

The Phatys are a hidden musical gem among Freeman High School's talented population. The Phatys consists of guitarist Will Evans, bassist Collin Arnold, and drummer Andy Heller-Jones.

These three seniors began the band last summer. Their bond and passion for music has only increased since the band's creation.

"Seeing people's reactions and having people enjoy the music just makes you feel good. Sharing our music is special," said Andy.

The self-taught artists were inspired by bands such as The Grateful Dead and Phish. They

perform numerous covers of these bands' songs.

Additionally, The Phatys collaboratively compose instrumental music which they describe as "jamming jazz fusion." The seniors composed their first song entitled "Do You Want the Sock" a year and a half ago.

"The process of writing music comes from Will. It involves doing improve that we'll replay, break down, and jam from there. Will writes a lot," said Andy.

They have continued to write songs such as their most recent track "Women Flavored Ice Tea". A jam session entitled "Bertha Jungle Boogie" can be found on their Soundcloud account under the username "The Phatys".

The Phatys currently practice in Andy's backyard. They performed at a graduation party and

birthday parties during the summer as well as small, private jam sessions. Nevertheless, the boys have high hopes for the future.

"We want to open for other bands like Three Sound or perform for bigger crowds at prom or school dances," said Collin.

Grayson Phillips, junior and Phatys fan, was invited to a closed performance by The Phatys last September.

"They're cool guys with a cool sound and style," said Grayson.

Grayson also said he thoroughly enjoyed the band's performance and would listen to them again.

For now, these seniors may only be jamming out in Andy's backyard, but they have big aspirations for the future. The Phatys' musical talent, strong group bond, and artistic passion will surely help them shine.



PHOTO: ANDY HELLER-JONES

From right to left, seniors Will Evans, Andy Heller-Jones, and Colin Arnold performing at a birthday party.

# Review: Local Restaurant Caters to Freeman Family



PHOTO: COLEMAN GREENE

The Backyard Grill's Ken Moore Dog with a side of fries.

Coleman Greene  
Editor-in-Chief

**The Backyard Grill**  
443 N. Ridge Road  
Mon.- Sat. 10 a.m.-7 p.m.  
Closed Wed.  
Sun. 10 a.m.-5p.m.



Freeman's backyard has a new grill. This is no George Foreman or discount room broiler. The Backyard Grill is here to stay.

Tucked neatly in the Tuckahoe Shopping Center, I predict that The Backyard Grill will soon become a fixture for Freeman friends, families, and couples.

When I walked through the doors of The Backyard Grill, I was met with a uniquely hybrid atmosphere. The dim lighting and high backed seats gave the vibe of a high end dinner club. It is the type of place where you would go on a date or celebratory dinner. But when I sat down to the table, the décor and table dressing were more casual than

what I what I had expected/were similar to what I would expect from a barbeque or soul food joint. Old Fashioned squeeze-bottles of ketchup and mustard sat in an empty Anheuser Busch six pack case.

The waitress brought out water in a thick, faux Solo cup. As a messy eater, the strength of the paper towel napkins was a welcome sight. When I looked up and saw photos of the front lawn of DSF and William E. Long Stadium lining the walls, I knew I was in for a good meal.

At the bottom of the menu, I was pleasantly surprised to see the name of a familiar Freeman legend: Ken Moore. In homage to one of the proudest sons of DSF, the good folks at Backyard Grill have taken all of the dugout dirt, orange tractor paint, and baseball success of Ken Babe and whipped up a fitting tribute: The Ken Moore Dog.

Before I continue, I need to address my beef with the institution of a hot dog. Usually it takes about 3 or 4 hotdogs to fill me up substantially. And the bun is weak. This is why I usually get a hamburger.

Institution of the hot dog, meet the Ken Moore Dog. Enveloping the body of the dog was a hearty bun of white bread, sliced down the middle. The hotdog itself was charred enough to remind me of a hot dog sizzling on the grill at a night game at Ken Moore Field.

Most welcoming to my senses was the snap that I experienced when I bit into the hot dog. In

the sphere of hot dog critics, "snap" is a deciding factoring in the quality of a hot dog. The Ken Moore Dog had enough snap to send a Godwin Eagle screeching.

The crème de la crème of the hot dog was the hearty portion of hickory smoked Back Yard Grill chili. Cheddar cheese was lightly sprinkled, along with chopped onion to provide a perfect compliment to the dish.

The hot dog came with a side of thinly cut fries. Salted in a Cajun spices, they provide a healthy kick to compliment the sweet flavor of the hickory smoked chili.

The service at the Backyard Grill was friendly, but not over the top. I could see both a chef and one of the owners talking with customers about their meals and experience. Even though the restaurant is new, it seemed to have already made its mark on the Backyard Grill.

The only thing that could have made the experience better would have been sharing the meal with Ken Moore himself. If you do have the chance to eat a Ken Moore Dog, let the man know. He will say the same thing every time: alright babe!

The Backyard Grill is alright, babe.



PHOTO: COLEMAN GREENE

The Backyard Grill mixes a high-end vibe with casual eating.