



# the Commentator

June 2016

Vol. 63, No. 6  
Page 1

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

## Farewell, Rebels!



### The Commentator Editors

**Top (L to R):** Yashia Burrell, Ashley Frederick, Sarah Lindamood, Livi Justis, Michael Wagner, Sam Anderson, Trey Holsten, Rachel Varon, Jamie Bacon, Connor Loughran, and Emma Dixon **Bottom:** Jack West, Coleman Greene, Maddy Waldron, and Clayton Leep

## Be The Champion of Your Struggle



Coleman Greene  
Editor-in-Chief

I have Tourette's Syndrome. For those who don't know what TS is, go watch a South Park episode. Just kidding. Tourette's is a syndrome that compels a person to make involuntary movements and sounds. In kindergarten, I developed obsessive patterns with my body, and my doctor diagnosed me with Tourette's at the age of six. For the last 12 years, I have constantly struggled with TS, as waves of extreme tics come frequently. "Coleman, what is a tic?" you

may ask. Against my will, I shake my head, flex my biceps, blink rapidly, and yell the F-word in a deep voice. Those are all real. While my tics are often worse at home and better at school, this spring they have been some of the worst of my life. I have had to ask for extensions and frequently call time in the batter's box because of a lack of focus. Imagine flexing every muscle in your body all day. By the time I crawl into bed most days, my body is exhausted.

I will be the first person to say that I have been blessed with a number of incredible opportunities in my four years at Freeman. From my teachers to coaches to peers, I have been surrounded with an incredible community to help me succeed. My classes at Freeman have challenged me to think far outside what I would be able to do my own. I have pushed myself to excellence on the field and in the classroom. But, as I write this with a twitching neck and blinking eyes, I am reminded that I will never excel enough to banish the anxiety,

stress, and pressure that drives my tics. Does that mean that I have failed? No. Is all the good that has come my way now cancelled out by the bad? Absolutely not. But I have realized how incredibly human I am in the face of adversity and frustration. It would be wrong for me to draw my identity from my accomplishments. Conversely, it would be wrong for me to let my daily shortcomings define me.

I visited the neurologist last week. We talked about prescribing me medication to help me with my tics during my freshman year in college. I felt stubborn about considering medication. But underneath, I realized I was also scared. Now that I am leaving high school, how will I compensate for all of my twitching? Will this syndrome be the only thing that people know me by? Even worse, is it the only thing that I will know myself by?

I believe that we as students spend so much time focusing on trying to become the opposite of who we are. We work every day to build a persona that is the per-

fect version of our flawed selves. We spend time focusing on NOT being the kid from the broken family or NOT the kid from another country. Many of times these fears escalate because we do not ask for help.

My hope for Freeman High school is this: If you are able, reconcile with your situation and draw your identity from the championing of your struggle. You will be much more "successful" in high school than you could ever be with awards and grades. Focus your energy not on combating the identity you are afraid of, but point your sights to encouraging others through your story. Then, success will come, sweet and genuine.

As much as I struggle with TS, I have learned lessons from it that I will hold for the rest of my life. First, to be patient with myself. I will never be good enough to fix everything myself and things will take time to work themselves out. Next, everyone is struggling with something. My strongest friendships have been formed because both people ex-

perienced some type of adversity and couldn't cope with it themselves anymore. Finally, to share my story. Obviously, this is hardly a subtle way for me to tell people who Coleman Greene is behind the scenes. But there is incredible freedom from sharing the challenges that I have faced and their effect on my character. Others have been encouraged to share their stories as well.

The story of the most undecorated high-schooler is far more important than any honor roll, award, or scholarship will ever be. The story told by even the most pedestrian student will prove to be one of the most valuable gifts of your entire high school career. If you don't think this is true, take a look at me next time you see me in the hallways. Maybe you will recognize me from this article. If you keep looking, maybe you will catch the involuntary twitch of my face or tic of my neck. And if you keep looking for one second more, maybe I will see you and with a voluntary nod of the head, we will both understand.

## Rotten, Broken, But Something More



Maddy Waldron  
Editor-in-Chief

A friend of mine has a tired, battered shed in his backyard. Recently, an elderly neighbor came over to inspect it and immediately knew from the old wood and crumbling paint that something was wrong. His neighbor explained that when a roof for a shed is being built, it is designed to be assembled in a way that the rain slides off of the wood onto the ground. In its current state, water was being absorbed by the shed and rotting from within.

The shed was not built properly so instead of performing

its designed duty, it did the opposite. The owner was totally unaware of the mess because it was covered with the peeling coat of paint that disguised the flaws. To the naked eye the wood looks fine, but because the wood was not correctly constructed, it rotted and would eventually fall apart. You and I, like my friend, wouldn't be able to recognize this malfunction by looking at it on the surface level.

When I hear this story, I think about people and our inability to diagnose our own rot. Instead we put on another layer of paint, hoping to cover it up. We are rotting from the inside out. We all have something inside of us that causes us pain and has shaped us to be the people we are today. Whether our rot be that we come from a broken family, we don't live up to the expectations of our parents or coaches, we struggle with our self-image, we have fostered bad relationships, or we feel like we don't fit in—we all have something of that sort inside of us which no one else may know about, and it secretly destroys us. Yet we still choose not to acknowledge this.

I am not above this condition

at all—I have held my prejudices, tried to characterize myself by how I present myself, and am beyond flawed. However, the story of the shed has compelled me to peel off the rest of the paint, the rest of my paint. I've learned there is a beautiful depth to people that is only seen when we scrape away the unnecessary layers of paint. A person is not what he wears, where he lives, or even how he chooses to act around his peers. We try and identify ourselves by those characteristics in order to hide the underlying, gnawing decay we feel inside.

I've learned that the pieces of our life that tear us apart, and cause us to rot from the inside out, that's our story. That is what makes you, you. This has also led me to the crossroad we all come to—am I going to just put on another layer of paint or will I address my own rot head-on?

Acknowledging that we are only human allows us to be conscious of the fact that our peers are only human too. To be aware of other people is to show them kindness and compassion. It is crucial to recognize we all are broken and defective. We all put on a public façade to

be the best version of ourselves, but the reality of that is we are still rotting on the inside. Whether we look worthy on the outside or not, we are still being eaten alive by our pain of hiding the rot we feel on the inside.

We, as human beings, are not always who we choose to be outwardly. The impressions we have of one another are rumors, stereotypes, or painted pictures, but once we learn to acknowledge one another and recognize we are only humans with feelings and equally hard lives, which we all try and cover up with a shiny, fresh coat of paint, we can make it through this woodshed we call high school.

The greatest thing I have learned these past four years is the true depth to people, their stories, and how their stories matter. The flawed, perplexing, and damaged stories matter immeasurably. I desperately want you all to know that your story matters. Your mere existence matters and more importantly, your story is significant.

The rot inside of us that is tearing us apart is who we are whether we like it or not. I used to resent the fact that I come

from a broken family (whom I love very much); I would hide the fact that I constantly sought the approval of others and wanted to hide all the things I thought were my flaws because in my head I thought if my flaws were revealed, then no one would like me. But now I know, that's part of what makes me who I am, and I am more than that. You and I are more than that.

Freeman, we have to let go of this concealment and accept that we are only human. We are all imperfect, hypocritical humans. No one expects you to be perfect or live up to being "good enough" because who you are and what you consider your story is what is unique about you. As John Steinbeck wrote in East of Eden, "And now that you don't have to be perfect, you can be good." When we stop pressing ourselves for perfection, we find that we are able to see others through the lens of humanity, and no longer the lens of our own rotten hearts. We aren't like the broken shed, entirely. The damage to the wood can't be reversed, but we don't have to be rotten.



# Searching for Acceptance



Ashley Frederick  
Features Editor

was racing. The entire room was silent and no one knew what to do. I was so shocked that young people could still be so blatantly bigoted without reason or real provocation. I wish I could say that I spoke up that day, but I didn't. None of us who heard him had the courage.

It's easy for us to make passing judgments about others; "she hangs out with this group of people so she must be this type of person." What requires effort is actually characterizing someone based on actions, beliefs, and qualities. So many people are labeled and put into broad categories that underappreciate their personal values. Because we are the ones in control of our opinions, I believe it is up to us change our negative perceptions that discredit the character of others. We should start here in high school, a place where we are exposed to people from different backgrounds, cultures, and socioeconomic statuses. Freeman is supposed to be one of the most diverse schools in the county; however, I don't think all students appreciate this diversity. We need to accept each other for who we really are, not who we are expected to be. We need to celebrate our differences, not exploit them.

It's never okay to judge someone based on an oversimplified perception, the color of their skin, or how they decide to worship. However, there is no way to enforce the acceptance of all groups of people. It's up to you to be open-minded and tolerant of others. It's up to you to make Freeman a place where everyone feels accepted. I never again want to stand by idly while someone is insulted by stereotypical, bigoted comments. In college, I hope to surround myself with open-minded, accepting people. Although intolerance continues to persist, after my experiences, I know that if I want to make a difference, I have to let my voice be heard.

"Do you wish you were white?" Freshman year, I was asked this very question. Was it because I spoke or dressed a certain way? Yes, probably a combination of the two, but why did that mean I wanted to be a different race? The last time I checked, speaking proper English is not a trait reserved only to one race. I was also pretty sure that the clothing brands I wore didn't change my racial identity. For some reason, not fitting into a particular stereotype made someone else uncomfortable enough to question whether I was satisfied in my own skin. It's interesting that when someone questions how secure you are of your identity, the person who is unaccepting isn't strange, you are.

A few months ago, a guy in one of my classes became angry when a girl was sitting in the seat he wanted, and he demanded for her to move. It seemed so insignificant. We don't have assigned seats in that class, and there were plenty of empty seats adjacent to that one. The girl in the seat did not move. The guy then did something no one in the room expected. He called her a sexist expletive while using her religion as an adjective. It was as if her being that religion is what made her the curse word in the first place.

As a black female, I have firsthand experience with racial slurs, but being in the position of a bystander was completely different. I was stunned. My heart

## He Said



Sam Anderson  
Sports Editor

Call your mother.

Go to the cafeteria bathrooms during 7th period because they clean them after lunch.

Having Emma fall on the locker I was stuffed in on Freshman Friday.

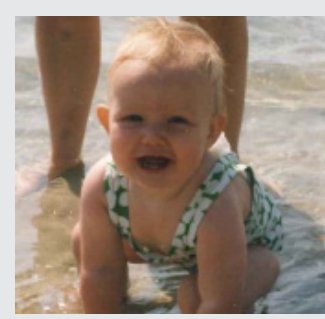
Emma Dixon

Miss Dean

Paying for sports games



## She Said



Emma Dixon  
Centerspread Editor

Hit the Whip!

The resource room next to Mr. Fabian's room is a great place to do homework with friends.

Tripping into the lockers in the hallway, making a loud crash on Freshman Friday.

Sam Anderson

Mrs. Lombard

Never having time to finish my lunch

High School in Three Words

Best Pro Tip

Worst/ Weirdest High School Memory

Secret Crush

Favorite Freeman Teacher

What I Won't Miss

## Memories of a High School Drama Queen



Jamie Bacon  
A&E Editor

The arduous journey that is my experience in Theatre began my sophomore year, my first year at Freeman. Back then I was a shy and introverted little nerd whose favorite parts of the day were answering questions in class and reading alone in the library.

Always having a niche interest in theatre, I decided to audition for the fall play, *The Importance of Being Earnest*. Auditioning, for me, is always one of the most nerve-racking yet enjoyable processes in theatre. Nerve-racking because you have someone who has been practicing the art for four times the amount of time you have been alive scrutinize and criticize every tiny mistake you make. And satisfying because afterwards, you find out how terrific a job you did by learning you were cast. I was not. So instead I did crew and saw what theatre was like from behind the scenes, literally.

That spring I auditioned once again, this time for the musical *Grease*. At the time of auditions my voice was high tenor, which was the perfect vocal range for the song I sang. As it turned out, I got the part of Doody, the young and naïve greaser.

Unfortunately my body did not approve of Mrs. Spears' casting decision, and in protest decided to put adolescent growth into overdrive. No, I did not grow either in height or in facial hair, my voice dropped an octave and a half, resulting in the most unpleasant, voice-crack-filled song of the show. By this time I had grown very close to all my theatre friends. When I found out I had to change out of a suit and

tie into a t-shirt, jeans, leather jacket, and Converse in a total of 30 seconds, I felt comfortable enough to begin undressing on stage. It was the big dance scene so it was not obvious to the audience, but I unbuttoned my shirt, took off my belt and shoes before I even left the stage.

After summer ended, I was ready to do it all over. This time I auditioned and got the part of Ed Carmichael in *You Can't Take It With You*. Both the fall play and the spring musical seem to always fall when my seasonal allergies peak. For one performance my runny nose was so awful I sprinted off-stage to get tissues for what was essentially a sewage drain of snot. After beginning to mop up this mess I immediately realized I had about negative five seconds to get on stage. During the moments I spent running as quickly as possible to get on stage my mind was focused on and terrified of one thing. Not the obvious thoughts such as "I screwed up the entire scene," or "the audience is going to be repulsed by my mucus drenched face," but rather, "there is a 10 percent chance Mrs. Spears actually kills me."

I was lucky that night and even luckier that Mrs. Spears cast me for my next role in the musical, *Once Upon A Mattress*, as Prince Dauntless. In this special musical, Prince Dauntless has his "Man to Man Talk" with his mute father, King Sextimus. I was ecstatic to be in this number because up until then I had no earthly idea how babies were made.

This past fall, I portrayed Mortimer Brewster in *Arsenic & Old Lace*, in which I was forced into stopping my aunts and brother from their serial killing while still protecting them from the police. This performance was easily my apex in theatre to date, considering I finished memorizing my lines after the final performance, much to the dismay of my director and the rest of the cast.

During this show I had one experience I do not believe most of us have had: a lesson on how

to smack someone on the butt. When I first entered on stage I was greeted by Mortimer's girlfriend, Elaine, whom I promptly smack on the buttocks. Unfortunately, I am not a natural when it comes to playful yet sexy bottom slapping, and the first attempt turned into an awkward, long and drawn-out, back patting. Obviously, this did not suffice, so over the course of the remaining rehearsals I practiced my rear end spanking dozens of times. As mortifying it was for me, I must thank Marga Don, for taking so many posterior patting with such little protest.

My latest and final performance was as Geoffrey in *Something's Afoot*. This was quite a challenging role due to the method acting I underwent. When Geoffrey first comes on stage he supposedly had just capsized in a boat during a storm and was forced to swim to shore. In order to get close to the character on a physical level, the costuming team squirted me with cold water for fifteen minutes every night.

One thing I never imagined having to do in theatre was to strip in front of girls. After going off stage for the first time, I was still soaking wet and had to change out of my wet clothes into a sweater vest and khakis... in front of three girls.

I would like to get a message across to everyone who has read thus far. Considering you find my various antics and anecdotes in theatre amusing and entertaining, I implore you to consider auditioning for a play or volunteering as a crew member at any theatre, because in my many experiences it is nigh on impossible to find such a genuinely friendly, comical, entertaining, and all around wonderful group of people.

Despite all of what you might call 'personal atrocities' that can be attributed to Freeman Theatre, I insist that my high school experience would have been depressingly incomplete without the fine folks who make up the Theatre Department.

## Commentator Staff

### Editors-in-Chief

Coleman Greene | Maddy Waldron

#### News:

Livi Justis  
Connor Loughran

#### Features:

Ashley Frederick

#### Sports:

Sam Anderson  
Trey Holsten  
Clayton Leep  
Michael Wagner

#### Opinions:

Jack West  
Rachel Varon

#### Centerspread:

Emma Dixon

#### Arts and Entertainment:

Jamie Bacon  
Yashia Burrell

### Photography Editors

Yashia Burrell | Coleman Greene  
Sarah Lindamood | Maddy Waldron

### Staff Advisor

Lauren Lombard

### Staff Writers

Kyle Adams	Emily Finto	C.R. Nease
KeAnna Anglin	Meredith Given	Nick Newton
Jack Bernhardt	Sara Hamilton	William Omberg
Thomas Best	Mackenzie King	Elena Rogers
Deija Bowden	Sarah Lim	Page Ryland
Anna Lyle Collett	Ross Metcalf	Max Sloane
Sarah Farney	Jack Neary	

The Commentator is a publication of Douglas Southall Freeman High School

Principal: Anne Poates

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

Letters to the editor should be emailed to: ldombard@henrico.k12.va.us

Letters 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 Letter To Me



Connor Loughran  
News Editor

things never change. You might always shudder when certain memories cross your mind, but at least pretend to laugh through the awkwardness. Try to remember the summer going into sophomore year fondly because you were graced with your second round of braces and learned the valuable lesson to always faint and break the fall with your teeth. Your mom will pinch your cheeks, and much to your concern, say you were always cuter with braces.

Praise Mr. Collins for not having your head after you almost burned down his classroom (during his first year). Unfortunately, you won't be able to see him without visions of smoke and a bowl full of burning rubbing alcohol. Fortunately, it will make for a fun college essay. When you decide to skip school after an AP exam despite a warning from Mr. Larkins, just know you'll meet him on your way out of the parking lot. Be prepared for an awkward conversation the next morning.

Appreciate this carefree time when you only have two zits. Flaunt that clear face and strut to the beat of Taylor Swift's "I Knew You Were Trouble" because her new album is all that will be playing in 2012. I know you are holding your breath for a license, but independence can be overrated.

I wish you would speak up in class, which is incredibly hypocritical because I'll probably avoid raising my hand right until

my last day. But it's not too late! Falling into the role of a perpetual listener is a trap; pay no mind to the fact that you will be wrong most of the time, and that everyone around you seems as if they can and would be thrilled to write a dissertation tomorrow. Letting fear inhibit your learning is a regrettable habit.

Don't be afraid to venture into a life of faith. The community you find in church is one of unwavering support, even when you stumble in alone and uninformed.

Learn to love Freeman's quirks: the smells, the eccentric teachers, the scandals, including when they lock the doors and you're herded like cattle through the hallways. Whether you like it or not, this place will shape you; you will learn invaluable lessons about acceptance, accountability, and just how limited your perspective is.

I hope you always realize how insignificant your problems can be, and how amazingly lucky you are to have them. I hope you learn to give your share a little more easily and hug your family and friends a little longer.

"You'll make it through this and you'll see, you're still around to write this letter to me."

P.S. Go to bed! There is no reason to stay up past 12 freshman year of high school... reserve that for senior year when you have real stress. Your World History test won't bite you in the morning like an ACT or Calculus exam. Good luck ;)

# MAN ON THE STREET

What is the biggest lesson you have learned at Freeman?



"Never be tardy because it screws you over."

-Ellie Cox

"Choose your friends wisely."

-Cat Tunstall



"You should try hard because I didn't do anything."

-Jack Longenderfer

"To manage my time wisely."

-Mark Askew



"Don't take high school too seriously."

-Meredith Wilson

"Take advantage of the things you have right now."

-Yesenia Gaytan



"Study skills like being able to build them out of the work you've done."

-Taylor Rendon

"Take advantage of your situation."

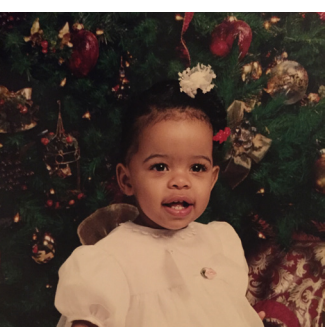
-Darian Bryson



"Don't spend your senior year worrying about where you're going to get into college because it will all work out."

-Eliza Sofinski

# If You Don't, Who Will?



Yashia Burrell  
A&E Editor

stand up for anything. I can't even begin to count the number of times I've sat in class or heard someone say something in the hallway that I wanted to stop but didn't, either because I felt I was outnumbered or that what I had to say was just generally unimportant. Never let that kid in your math class get away with calling a freshman the n word in the cafeteria. Living with the mantra of "If you don't who will?" gets you through a lot. Most people feel like if they aren't directly saying something offensive, then they aren't part of the problem. But sometimes you have to put pressure on yourself that if you let this one little thing continue to happen, the person doing it probably isn't going to ever think it's really wrong and will continue.

My second piece of advice would be to distract yourself. There will be times, somewhere between arguing with people who refuse to bring up any logical point and teachers who continue to make insensitive comments towards you where you will become exhausted. It will feel like everything is against you. These are the times you must surround yourself with love. I joined a service club at the YMCA in ninth grade, and it has been my escape every Tuesday for the past four years. Having a place where I was able to feel and be completely myself, no matter what color my skin is or how I'm seen at school, gave me a sense of belonging that carried me through high school.

My third (and probably most

difficult) piece of advice is never to let yourself get consumed with anger. This one is hard, and something I struggle with constantly. There was a moment I had, right after the backlash from my column on race when I sat in my room staring at a wall more angry and full of hate than I ever thought I could be. After that I decided that no matter how many things people said to me, or said in general, I refused to allow myself to be what I was fighting against.

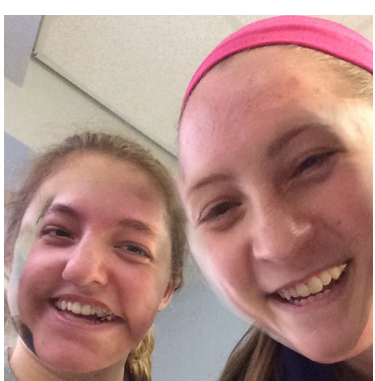
My final piece of advice is to always practice self-care. If you need to, talk to someone. There isn't anything wrong with admitting that things are getting too much to handle by yourself. Trust me, I probably spent more than half of the first semester of this year in Mrs. Bailey's office. My survival through this year, and those before, are as much mine as the people who were there for me. I had amazing teachers like Mr. Larkins, who sat and listened to me rant and whine while managing to make me feel like I wasn't completely crazy. He still called me out on my crap, which is something I can never thank him enough for. I have been lucky to never feel like I couldn't share my feelings or admit to what I was feeling. Just being able to write in this paper has helped me, and share whatever feelings I have to an audience who may or may not be reading. Know that there is never too much time to focus on yourself, and no reason for someone else's hate to become your own.

# Seniors Swap Smiles

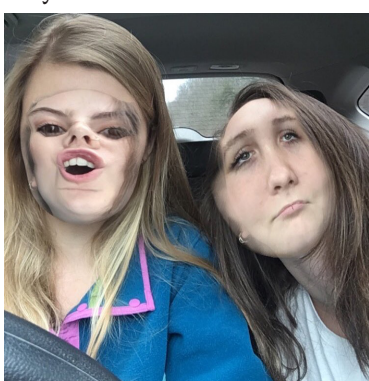
Ellie Bisese and Virginia Irby



Alex Searles and Marie Yuhas



Cailey Cummins and Maddie Albrecht



Jinks Jervey and Mr. Robjant



Vivian Garcia and Brandon Chan



Owen Payne and Andy Jenks



# CLASS OF 2016 WHERE ARE YOU HEADED?



American University  
Elizabeth Edwards



Carnegie Mellon University  
Simone Stein



Cornell University  
George Holm



George Mason University  
Jamie Bacon  
Taylor Davis  
Lauren Fraitcs  
Joseph Mitchell  
Elizabeth Priday



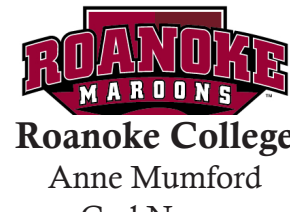
J. Sargeant Reynolds Community College  
Sevda Badalova  
Maab Bashir  
Ethan Becker-Mowery  
Adam Bialkowski  
Gina Borrero  
Astrid Bustillo  
Terence Carter  
Martel Chaber-Tully  
Joshua Damron  
Oswaldo Dela Rosa  
Luckytien Dieu  
Brandon Dodson  
Michael Ebron  
Tyrell Evans  
Shiyao Fang  
Vivian Garcia  
Yasenia Gaytan  
Anna Gear  
William Gravitt  
Maeve Goodan  
Nakiah Gustus  
Cabell Hill  
Annalee Idleman  
Amina Keranovic  
Ella Lanier  
William Lawrence  
Angela Leon-Magana  
Devin Lincoln  
Tyler Lunsford  
Shara Mangar  
Rachel Marcus  
Nalease Marrow  
Taryn McGill  
Darius Michel  
Kentrell Miller  
Hussein Mohammed Ali  
Dover Moore  
Nhi Nguyen  
Natalia Restrepo  
Mia Ruiz  
Elizabeth Sacks  
Rajen Sapkota  
Theano Schultz  
Anthony Seward  
Tyler Splan  
Aaliyah Stephens  
Lyle Julien Suemitsu  
Steven Totten  
Catieva Tunstall  
Ailen Ulloa  
Alexzandra Wainright  
James Wiltshire



James Madison University  
Ann Allred  
Matthew Baka  
Ethan Barlage  
Jackson Bergstrom  
Cole Campbell  
Drew Capuzzi  
Oliver Collier  
Lizzie Cozens  
Abby Donelson  
Jake Gerkin  
Ellie Girardi  
Mitchell Green  
Emily Grigsby  
Andy Heller-Jones  
Cassandra Hill  
Peter Humble  
Connor Lankford  
Molly Lynch  
Alex Ostrom  
Caroline Plashal  
Taylor Rendon  
Will Robertson  
Jack Schmitt  
Morgan Schultz  
Michael Shaffer  
Sarah Sliwinski  
Benjamin Stoller  
Macon Thompson  
Sam Thurman  
Charles Vass  
Austin Wood



Minnesota State University, Mankato  
Francesca Tomasello



Roanoke College  
Anne Mumford  
Carl Nease



University of Colorado, Boulder  
David Hetherington



University of Michigan  
Christine Lightfoot



University of Virginia  
Sammy Burr  
Ashley Frederick  
Alexander Haden  
Jinks Jervey  
Bradley Knaysi  
Clayton Leep  
Sarah Lindamood  
Connor Loughran  
Caroline Milikin  
Logan Miller  
Ana Myrtetus  
Madeline Simpson  
Eliza Sofinski  
Catherine Trevey  
Caroline Turner  
Rachel Varon  
Christopher Walters  
Michael Wagner  
Jack West  
Stephanie Ziu



Virginia Tech  
Skyler Adkins  
Sam Anderson  
Clayton Ashley  
Sammy Atcheson  
Emily Byrd  
Sydney Catlett  
Harrison Carr  
Ellie Cox  
Noelle Davi  
Emma Dixon  
Anna Fowler  
Sarah Galt  
Grace Gemmell  
Anna Gilliam  
Charles Given  
Spencer Hamilton  
Thomas Harlow  
Helen Hickman  
Jacob Hope  
Elyse Johnston  
Calen Kuester  
Jane Lake  
Rose Lewis  
Bodhie Long  
Charlotte McMullin  
Reese Ponders  
Charlie Preideaux  
James Richter  
Gates Towell  
Maddy Waldron  
Meredith Wilson  
Virginia Yuhus



AmeriCorps  
Madison Gunter



Christopher Newport University  
Michael Anstett  
Lofton Gentry  
Bruce Hoffman  
Jack Longenderfer  
Jacob McGrath  
Andrew Moore  
Harrison Moore  
Bruin Richardson



Dickinson College  
Cailey Cummins



Georgetown University  
Abigail Cawley  
Spencer Cook



Baylor University  
Natalia Araujo



Duke University  
Kristina McKean



George Washington University  
Maddie Albrecht



Belmont University  
Caroline Lugar



Clemson University  
Riley Buckenmaier



East Carolina University  
Adam Adulewicz  
Sydney Granderson  
Troy Moore



Guilford College  
Dominic Elyardo



Bluefield College  
Elizabeth Leszczyszyn



Coastal Carolina University  
Garrett Paris



East Coast Polytechnic Institute  
Zachary Oliveri



Hampden-Sydney College  
Zachary Carter  
Four Daughtrey  
Cabell Murray



Bon Secours School of Nursing  
Megan Clements  
Katya Garcia



Colgate University  
Virginia Irby



Full Sail University  
Baraka Chege  
Brandon Roots



John Tyler Community College  
Kellie Cunningham



Brandeis University  
Angus Dawson



College of William and Mary  
Riley Aiken  
Laura Beamer  
Riley Ford  
Evan Leibowitz  
Amanda Sasina  
Paul Volante  
Ryan Walter  
Olivia Yang



Furman University  
Ellie Bisese  
Caroline Gravely



Johns Hopkins University  
Vincent Hou



Bridgewater College  
Grace Barker  
Genevieve Young



Longwood University  
Kailee Burns  
Kristen Disbrow  
Bailey Gadberry-Morrow  
Hannah Lettshek  
Owen Payne  
Harper Ward



Merrimack College  
Madeleine Garrigue



Brigham Young University  
Emily McLean



Lynchburg College  
Laura Adamson  
Antoinette Dzansi



Pratt Institute  
David Londono-Zamora



United States Air Force  
Joi Pritchett



Mary Baldwin College  
India LeBron



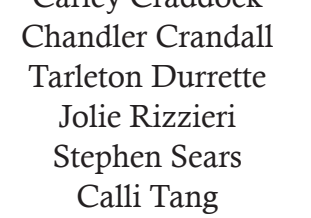
Radford University  
Carley Craddock  
Chandler Crandall  
Tarleton Durette  
Jolie Rizzieri  
Stephen Sears  
Calli Tang



United States Marine Corps  
Max Cole



Merrimack College  
Madeleine Garrigue



Randolph-Macon College  
Davis Ashley  
Mark Askew  
Rebecca Webb



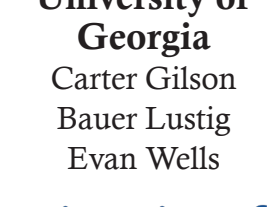
United States Naval Academy  
Jac Cortright  
Molly Cox



University of Georgia  
Carter Gilson  
Bauer Lustig  
Evan Wells



University of Richmond  
Livi Justis  
Rubble Kazi  
Laura Perez Rondon



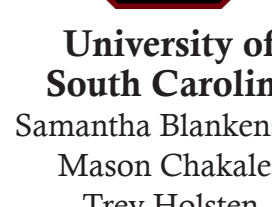
University of Kent  
Konstantin N. Rega



University of South Carolina  
Samantha Blankenship  
Mason Chakales  
Trey Holsten  
Luke Lohman  
Lauren Potts  
Will Riggs  
Jake Viverette  
Emma Wagner



University of Kentucky  
Thomas Murphy  
Noland Thompson



University of Tennessee at Knoxville  
Vincent Steenburgh



University of Mary Washington  
Joseph Brown  
Austin Center



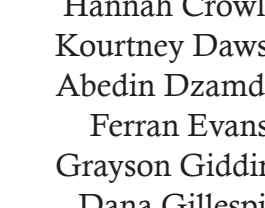
University of Virginia's College at Wise  
Reagan Fakhoury  
Nate Taggart



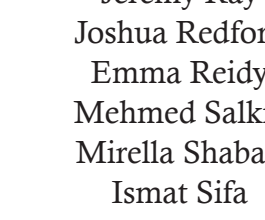
University of Miami  
Isabella Muller



Virginia Commonwealth University  
Micah Abernethy  
Nathaniel Armentrout  
Colin Arnold  
Yashia Burrell  
Andrea Carey  
Hannah Crowley  
Kourtney Dawson  
Abedin Dzamdziec  
Ferran Evans  
Grayson Giddings  
Dana Gillespie  
Anna Gregory  
Brian Lepka  
Khaled Malaeb  
Sofi Randjelovic  
Jeremy Ray  
Joshua Redford  
Emma Reidy  
Mehmed Salkic  
Mirella Shaban  
Ismat Sifa  
Adam Smith  
Peter Terry  
Tynnetta Thomas  
Christy Tice  
Mohammed Ullah  
Olivia Warner  
Samantha Zhao



Wake Forest University  
Coleman Greene



Washington and Lee University  
Oakley Mize  
Cat Spencer



Washington College  
Alex Searles



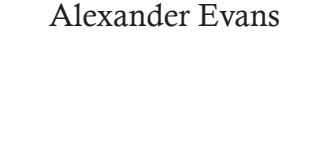
Virginia Military Institute  
Conrad Butler  
Caleb Hamilton



Virginia Wesleyan  
Patrick Bausone



West Virginia University  
Javaughn Burks



Wright State University  
Alexander Evans

# ONCE A REBEL...ALWAYS A REBEL



## Patrick Bausone

next four years.

Aside from helping to revive the Quiz Bowl team, Patrick also has been working on a journal since the first day of senior year that is 89,598 words long and contains his aggregate feelings and emotions over the course of senior year.

Reflecting on his high school career, Patrick wishes that he had been more outgoing in his freshman and sophomore years at Freeman.

Along with this, he wishes he had attended more Freeman Athletics events, having only attended the Freeman vs. Hermitage football game, the "best and worst sporting event" he has seen, by default. Patrick hopes to leave Freeman with one message to his fellow classmates: I do not know half of you as well as I should like, and I like less than half of you half as well as you deserve.



Patrick Bausone knows what it is like to go out of his comfort zone, and this led him to his biggest risk, three years ago he started ballroom dancing.

Patrick has some advice for incoming freshman: Get to know people early on and don't be rude to them.

Patrick will attend Virginia Wesleyan College near Virginia Beach area for the

## Alex Searles



All of her high school career senior, Alex Searles, has been in the water. Freshman year she started her swimming career at the YMCA. After her first year the Tritons got disbanded, and she made the move to NOVA.

"This was a big change because the YMCA was a smaller program, and NOVA was a larger better known program," she said.

Her most recent accomplishment at NOVA includes going to the Senior State Championship for breast stroke.

"It was really fun to be around all my friends at the meet, watch them compete, and see all of the really fast swimmers compete," she said.

For the past three years she has been on the Freeman club swim team.

"I got to meet many other swimmers that all haven't been swimming for NOVA. I liked swimming but it resulted in a lot of early mornings," she said smiling.

The past two years the Rebels have been county champions.

"Alex was a really hard worker, and a positive influence on the team," said senior and fellow teammate Vincent Hou.

"In the Fall, I can swim breaststroke for Washington College in Maryland if I want to," she said.

## Baraka Chege

Nothing is tougher than the first day of school. It is especially tough when you start off freshman year by falling down the stairs and feeling all the eyes of other students stare at you. Although Baraka Chene had an embarrassing fall, he also said that the first day of high school was his favorite memory.

"The first day of school [was my favorite high school memory] because you have that expectation that it will be like what you watched on television when you grew up, but there is no Troy and Gabriella and we aren't all in this together. It is way different than you expect it to be," said Baraka. Baraka said he will miss the all the people from high school and their different personalities clashing.

Barak's message to his classmates: "High school is a crazy rollercoaster ride but we made it...barely." Baraka also had some simple advice for freshman. "At the mini-



mum just do your homework because at the end of the day you will pass and it will help you out in the class," said Baraka.

"My biggest accomplishment was meeting different people and learning about their personalities and learning how they work," said Baraka

Next year, Baraka is going to Full Sail University to study Computer Animation and may still may pursue an acting career.

## Tynetta Thomas



Senior Tynetta Thomas has a message for her future, "I'm coming." Despite being two years younger than her classmates, Tynetta is excited for her future.

After being caught skipping school at Einstein's Bros. by administrator Mr. West, Tynetta said she began to put a bigger emphasis on her schoolwork. Under the tutelage of her favorite teachers Ms. Green, Mr. Durret, and Ms. Jones, Tynet-

ta has grown into a better person and student. Tynetta specifically bonded with Ms. Jones, saying "she sees things from a different perspective. Not only from a teacher's perspective but also from a [students] perspective." On Tynetta, Ms. Jones said, "by developing a relationship with teachers who truly believed in her potential, Tynetta was able to adjust her priorities."

Despite facing obstacles early on, Tynetta's dedication to academic success is now made evident through her course load. Tynetta takes two night school classes at Virginia Randolph and Highland Springs and is also enrolled in three online classes through Freeman. She hopes to eventually attend VCU medical school in order to become a pathologist. She will be attending J. Sargent Reynolds Community College next year to continue her education.

## Angus Dawson



You can tell that Angus Dawson is an actor just by the way he enters a room. His theatrical mannerisms and strong voice are a large part of what makes him a compelling person to watch on the stage and in the classroom.

"For my whole life, my parents and grandparents have seen an actor in me. I've always play-acted, so I took theater my freshman year and I really liked it. When I came to Freeman, I had so many opportunities to truly become a part of the community," said Angus.

After transferring to Freeman at the beginning of his sophomore year, Angus found his niche in the theater department and has since participated in five main stage school productions and various one-act performances.

However, Angus does not plan on studying theater or drama at Brandeis University where he will attend college in the coming fall. Part of what drew Angus to the stage was his love for language which he plans on pursuing as a linguistics major.

"I have always had an interest in language; how we use it, why we use it... last year I sort of figured out that it is something I would enjoy studying," said Angus.

Angus's love for language and performance will surely bring him great success at Brandeis University next fall and in future endeavors outside of Freeman.

## Noland Thompson



Some of his favorite memories in high school will always come from the same time each year: football season. Senior Noland Thompson is a three year football player.

"Football to me has meant family. It is all a team effort and I have good memories of having to work hard and gaining some of the best friends I'm ever going to meet in high school," said Noland.

Noland's memories not only come from being on the football team but also his

freshman year watching the varsity football team take on Atlee at an away game when there were about 20 other students there. "We drove down the field 90 yards in 45 seconds and it was so hype," said Noland.

His football family aren't the only people he hangs out with though. Noland said the biggest lesson he's learned throughout his four years is "to hang out with as many people as possible because there are a lot of cool people out there and you might not realize it."

He plans to continue this way of living next year at The University of Kentucky where he plans to major in some form of business. Though, he said the one thing he will miss the most next year is his friends from Freeman.

He leaves freshman with his best advice: "If you're thinking hard about playing a sport, play it."

## Caroline Lugar



For most people, music is only relevant through ear buds, the radio, and maybe an occasional concert. For senior Caroline Lugar, music is everything. Caroline has been heavily involved in the Freeman music scene since she was a freshman. A member of the chorus department and the Tri M music honor society, Caroline has loved her time singing as a Rebel.

Caroline shares many of her memories with her friends and fellow choir mates.

Even her most embarrassing moment has to do with singing.

"One time I got in trouble for singing in the bathrooms. I didn't think anyone would hear me."

Caroline hopes to combine her love for children and music at Belmont University as she will study music therapy. Music therapy is a branch of therapy that uses musical methods to help special needs children and adults with memory loss.

"I love kids and have already begun working with them at VCU. Hopefully music therapy is something I can stick with," Caroline said.

Caroline has learned many lessons while at Freeman, but also has a few wise words for incoming freshman.

"Don't slack off and try to make friends with older people to teach you the ways. Always be yourself," said Caroline.

## Paul Volante



Senior Paul Volante only has good things to say about Freeman. His favorite high school memory was the football game where Freeman beat Manchester in the playoffs.

"It was so fun because we won and then we stormed the field afterwards," said Paul.

Paul also found his love for chemistry while at Freeman.

"My favorite teacher is Ms. Vest because her class started me liking chemistry and the class was very interesting," said Paul. Paul plans to continue his love for chem-

istry by majoring in it next year at William and Mary. Although he is excited to go to William and Mary next year he is going to miss many things about Freeman.

"I am really going to miss the sense of community here because it is really welcoming and relaxed," said Paul.

As Paul heads off to William and Mary next year he is going to take with him one of the biggest lessons he has learned here at Freeman.

"I have learned to appreciate all kinds of people and different kinds of opinions and approaches that other people have," said Paul.

When asked to give advice to the other students at Freeman, Paul said to participate in more activities at Freeman.

"My biggest regret is not participating in more things. So my advice would be to participate in things even if you are hesitant about it but you think you would enjoy it," said Paul.

## Taylor Scot



Be yourself. This is the biggest lesson senior Taylor Scot has learned throughout her four years at Freeman. This revelation was encouraged by her rigorous involvement in different areas of the school.

As a member of the National Art Honor Society, the Gay-Straight Alliance, and the Educator staff, Taylor has been continually pushed to learn more about herself and about others.

Through "being able to give back to the art community," making Freeman a "safer and better place for other LGBT students," and getting to share in Mrs. Hunicutt's Creative Writing class, Taylor has been enabled to grow into the person she describes herself to be today.

"Looking at myself and finding out and coming to terms with who I am, someone who is gay and not very gender conforming, has allowed me to be really open about it ever since I figured that out," said

Taylor.

As Taylor moves on to George Mason University next year, she has one last message for her fellow classmates.

"The same thing I tell myself: Don't worry about five-six years from now. Live in the moment instead of worrying about the future because it is so easy to get a few years ahead of yourself right now, but just live in the moment," said Taylor.

## Jikai Zheng



Planning to study at the Shanghai campus of NYU next year, Jikai Zheng interesting lessons to share with all Freeman.

To the incoming freshman, Jikai said: "Don't try to quantify yourself. I had a hard time in school focusing on the numbers alone and I would be very upset I if I did not receive the number grade." In essence, do not restrict yourself just for the number grade.

For her fellow classmates her lesson is simple: "Sad days are fine. They will pass." Jikai is no stranger to sad days, she has had many due to having schizoaffective disorder, which she first experienced transitioning into high school at Freeman. She accepts the disorder now, and she said: "My regret is that I wish I was more open from the beginning about my mental disability- schizoaffective disorder."

But she has had lots of fun during high school at Freeman and likes many of her teachers, especially the Social Studies department.

The final lesson that she hopes to share with all students is simple: "High school does not really teach you that much," she said. On that note, she hopes to learn much more in her coming years in Shanghai where she will meet many different kinds of people from many different backgrounds.



## Looking Back, My High School Regrets



Clayton Leep  
Sports Editor

Fitting in. It is the goal of almost every freshman that walks through the doors of Douglas Freeman whether they like to admit it or not. The constant judgments and thoughts of others seem to guide the way for many of us as we go through our short years here. I am no exception. Looking back on my four years at Freeman, there were many times I left my desires by the wayside to satisfy

the opinions of others. That is no way to go through high school and definitely no way to go through life. If I could go back to being that small, nervous freshman the first time I walked through the doors of Douglas Southall Freeman High School, I would have some advice.

Join the choir. Anyone who is around me a fair amount is bound to hear me spew out a couple notes from the not-so-golden pipes. Anyone who is around me more than a fair amount is bound to tell me to shut up as I attempt to belt out jaw-dropping solos in the car. Sadly I will not be the next singing sensation to come out of Freeman after the great Elliot Yamin, but performing is something that has always come naturally to me. From the sixth grade production of "A Christmas Carol" to being a baritone in the eighth grade chorus, I always loved it. However, once I entered high school, I let all of that go. At a new school, the last thing I wanted to do was stick out, so I joined the basketball

team and nothing else knowing sports was what sold at a public high school. However, to this day I wish I walked into the chorus classroom to bring my talents to the stage once again.

Play football. I had a little spout with football my junior year and works can't describe what it did for me. In that three month season I became exponentially closer to guys I had already been going to school with for more than two years. From two-a-days to the homecoming game it was an experience that I can't imagine going through high school without. However when my senior year came, I decided to opt out of another season of football to focus on my senior basketball season. Being thought of as the "basketball guy" I felt a need to satisfy everyone around me by making it my only priority. However looking back that was a giant mistake. Every Friday night I found myself looking out onto the field wishing I was out there with the guys knowing how hard they were fighting and how

long they had been preparing. My message to that freshman wondering if he should skip out on a sport that he really loves because of what others might think is to just do it. High school is the only time where you have the chance to play competitively in whatever sport you want. Going into college knowing I'll never be able to play competitive football again is a feeling that's hard to shake.

Participate in Spirit Weeks. I was always that kid that woke up every day during spirit weeks and thought of all the possibilities that I could use to stand out and support the theme. However every one of those days I ended up leaving the house in khaki shorts and a t-shirt to join the majority of students that pay it no mind. Sticking out was prohibited. As a second semester senior I now look forward to and can't think of the next time I'll be able to dress up in a costume or use my imagination in my outfits to change up my routine. Those spirit weeks are probably

going to be the only time in my life where it is socially acceptable to wear way too small jorts and rock a camo headband to support the team for the big game. Every student should not only dress up for spirit week but strive to have the most outrageous outfit. This time your outfit should distract others in the classroom.

While I enjoyed my time in high school and will always cherish the memories I made at DSF, I can't help but look back and think of all the "should have's" and times I decided to stick to the status quo instead of what I really wanted to do. High school is about getting to do all of the things you may never get to do again. I guarantee singing in a choir will never be an opportunity I see again. So as you walk the halls of DSF these short four years look to experience all you can. It'll be gone before you know it. And once its gone it is never coming back.

### Our Top Memories

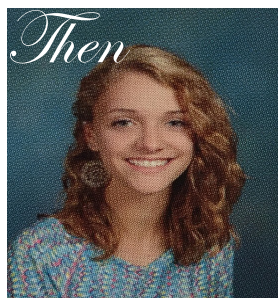
Over the last 4 years, We have witnessed some pretty amazing sporting occurrences at Freeman. Here are our some of our favorites:

1. Freeman Football beats Manchester in the playoffs 48-47 on a game winning field goal by Sam Reiner in 2013 to advance to the next round of the playoffs.
2. Freeman Football beats James River 42-41 on a game winning touchdown drive capped off by a Kyle Farkas pass to Sinclair Fahrinholt as time expired in 2013.
3. Freeman Baseball continued dominance over Conference 11 and the 5A Region South. The team has made the 5A State Tournament the past two seasons, advancing to the Semifinals in 2015 and the Finals in 2015.
4. Freeman Boys Volleyball makes the AAA State Semifinals in the 2012-2013 season. Led by Scott Nystrom and Micah Buller, the Rebels defeated Cosby HS in the Regional Finals.
5. Freeman Basketball win over Godwin on a buzzer beating layup by current senior Clayton Leep to win 56-54 in 2014-2015 season.
6. The Freeman Boys Cross Country team won the State Championship in 2014-2015 season led by champions Waleed Suliman, Reese Pounders, Daniel Gilman, Alex Gilliam, Campbell Baskin, Matthew H.P., Peyton Artz, Jinks Jervey, Ryan McCracken, and Walker Lawson.
7. The newly formed Rebels Swim Team won back-to-back conference championships in 2014-2015 and 2015-2016.
8. The Rebels Gymnastics team traveled to the 5A State tournament in 2016 captained by seniors Noelle Davi, Wizzie Christopher and Hannah Crowley.
9. The Rebels Boys Lacrosse team has enjoyed recent dominance over Conference 11 and the Region 5A South, advancing to the State semifinals before falling to Stone Bridge in a tightly contested game in 2015.
10. Freeman Field Hockey won an overtime playoff battle against Godwin. Sarah Lindamood scored the game winning goal in the waning seconds of the contest.

### DSF Seniors: Then and NOW

Witness the Transformations of Some of Our Seniors from Freshman to Senior Year

Lauren Potts



Alex Ostrom



Stephen Sears



Oliver Collier



Gustavo DeLarosa



Ellie Bisese



### Roll Rebels: Athletes Playing at the Next Level



Top (L to R)

Joseph Brown  
Mary Washington/Tennis

George Holm  
Cornell/Football

Zach Carter  
Hampden-Sydney/Football

Coby Sale  
King/Baseball

Not Pictured

Carley Craddock  
Radford/Lacrosse

Domonic Elyardo  
Guilford/Football

Oakley Mize  
W&L/Football& Lacrosse

Jordan Bourgeois  
Pitt/Track & Field

Courtney Moore  
Old Dominion/Crew

Bottom (L to R)

Jac Cortright  
Navy/Swimming

Will Riggs  
South Carolina/Swimming

Virginia Irby  
Colgate/Softball





**Best Dressed:**  
Reagan Fakhoury and Caroline Turner



**Best Bromance:**  
Sam Anderson and Carter Gilson



**Next Soccer Mom and Dad:**  
Oak Mize and Rose Lewis



**Two Peas in a Pod:**  
Caroline Kasprzak and Caroline Turner



**Most Likely to Be Successful:**  
Abigail Cawley and George Holm



**Biggest Rebel:**  
Sam Thurman and Laura Adamson



**Biggest Flirt:**  
Caroline Plashal and Jake Gerkin



**Most Unforgettable:**  
Peter Humble and Lauren Potts



**Most Likely to Win an Olympic Medal:**  
Will Riggs and Jordan Bourgeois



**Jack and Jill of all Trades:**  
Sarah Lindamood and Clayton Leep



**Most Likely to Teach at Freeman:**  
Ann Allred and Charles Given



**Most Musically Talented:**  
Spencer Cook and Natalia Araujo



**Class Clown:**  
Troy Moore and Charlotte McMullin



**Mr. and Mrs. DSF:**  
Virginia Irby and Cole Campbell



**High School Sweethearts:**  
Sarah Lindamood and Coleman Greene



**Most Likely to Break the Curve:**  
Laura Beamer and Evan Leibowitz



**Most Likely to Win an Oscar:**  
Jamie Bacon and Ellie Friday



**Most Artistic:**  
Quinn Girardi and Logan Miller



**Most Inspirational:**  
Coleman Greene and Abby Donelson



**Everybody's Friend:**  
Mark Askew and Ana Myrtetus