



Criswell Named PE Teacher of the Year



PHOTO: ALISON EDDINS

Mrs. Criswell poses outside, where she spends much of her classroom time.

Logan Harvey
Online Editor

Criswell, however. "At first I was so scared of her... but that didn't last long," she said.

"She expects a lot of her students, and her students get a lot out of her class," said freshman Alex Stopkey.

Olivia also mentioned that Mrs. Criswell would ask about her family, her hobbies, and what her stresses were. "Compared to other teachers I have had, Mrs. Criswell actually got to know me," she said.

She is not just a caring person, but also a structured teacher. "She always had something planned for us, whether it would be a specific game, running, or stations," Olivia said.

Mrs. Criswell's influence is one that stays with students even after they finish their time with her.

Olivia said, "She always said you only get one life so treat it well...even though we seem to be very different we are all similar in some way."

Mrs. Criswell's teaching career started when she was 14 years old teaching swimming lessons in Weston, Massachusetts—her hometown. This feeling of helping others encouraged her to take a Teacher-Cadet-type class in high school.

"My junior year I taught one class a week at one of the elementary schools and my senior year...the rest of my day every day was spent teaching physical education at the local elementary school with the physical education teacher there," said Criswell.

As a child, her parents told her to find something that she would enjoy waking up every morning to do, so Mrs. Criswell's next step took her to Tuckahoe Middle School. She was declared a surplus teacher in 1987 due to dropping student numbers, so she was transferred to Freeman.

Some three decades later, Mrs. Criswell teaches four regular classes per day, and also the first all-year, fully online health and PE class. "[She] goes above and beyond her call of duty as a teacher. She has a positive attitude and instills fitness in all her students... She is not only a valuable member of the Freeman staff, but also to the whole Henrico County PE team," said Doug Clemens, PE department chair.

Today, she said she has a lot of students ask her why she chose the job of a PE teacher, to which her reply always is, "I wouldn't want to do anything else."

Bright Retires after 42 Years at Freeman



PHOTO: ALISON EDDINS

Coach Bright, a Freeman employee for the past 44 years, works in his office.

Leah Dillard
Sports Editor

man's AD for over 40 years, retired. This is his fifth year as the AD.

The work of the AD is somewhat behind-the-scenes but hard nonetheless. In the words of Bright, ADs do "everything – it is an all-encompassing job. It would be interesting to write down all the things that I do in a day."

"He is responsible for getting officials and lining up transportation, not just for athletics but for all school activities. He definitely puts in more than 40 hours a week," said girls volleyball coach Gee Murphy.

"Coach Bright has the greatest temperament when it comes to helping or backing off from involvement. He is in the VHSL Hall of Fame for his many years as a coach, so with that kind of experience he has a sense for the needs of coaches," Coach Murphy said.

Boys tennis coach Jeff Given also cited Bright's value to coaches. He said that Bright "gets the schedule together in the fall and the spring, and organizes all of the postponements and makeups due to weather."

Bright also coordinates all other student activities, such as band, show choir, awards assemblies, and

clubs. He volunteers as an assistant coach for the wrestling team and often comes in to work on the weekends.

Coach Bright said that Freeman's "remarkable" Booster Club and PTA parent network have made his job easier. "I have been very lucky that our activities have been handled by very strong leaders who uphold effective Freeman traditions," said Bright.

He admitted that although change is always good, traditions and proven system are always easier to maintain, especially as the job of AD is becoming increasingly difficult as more activities and teams are added to Freeman's collection.

"This has become a very consuming job," he said, "not just for me but for anybody – it's both positive and negative that we run so many sports and so many activities."

Although Bright's full-time employment is coming to a close, he fully intends to keep up with Freeman events and to help in any way possible.

"I expect to be around, I want to be around," he said. "Freeman's our family...and I don't plan to leave it."

HCPS Implements Grading Policy Changes for 2014-15

Connor Glowacki
Opinions Editor

The honors and AP weighting will also not be retroactive.

This policy is being implemented in all Henrico County Schools and affects all students. The senior Class of 2014 will not have any changes made to their transcripts.

For students not graduating, transcripts, GPA, and class rank will be recalculated this summer and made available to the Class of 2015 in October.

This policy is being introduced to HCPS in order to put Henrico County on the same grading scale as other school systems.

In addition to this new grading scale, there will be a failure reduction opportunity given to HCPS students. This is an opportunity for students struggling during the first two marking periods to have one of their first two marking period grades reach a minimum of 55 percent. The intent is to minimize circumstances where students have mathematical impossibility of passing after the first semester.

Principal Anne Poates said, "There is not a no-fail policy."

"If a student fails a test and

would like to work with the teacher to find a way to improve her grades, it is the student's responsibility to go to the teacher. After working with the teacher, the student will then have the opportunity to take a retest. Again, it is the student's responsibility to take the initiative. Additionally, during the first semester, if a student receives a very low grade for either MP1 or MP2, the student can exercise a one-time option of having the grade changed to a 55 percent. This will allow the student to be within the mathematical possibility of passing for the year if he/she demonstrates improvement in subsequent marking periods," she said.

"These opportunities are essentially a means to help students who struggle have a chance to pass with more effort, rather than less effort" said Steve Payne, English teacher.

Mr. Payne feels that this change brings HCPS up-to-date and said, "everyone knows what 'A' work or outstanding achievement looks like—that will not change on the rubrics."

Junior Aidan Crenshaw has

similar ideas about next year. He said, "I am not expecting the work to be easier or harder, but I do expect it to be easier to get a better grade."

Aidan said he is concerned about how colleges will view these policies.

Mr. Payne said that certain scholarship sponsors might not consider the different grading scales of a county, and therefore the switch to a 10-point system could actually improve a student's scholarship applications.

Policy changes as large as the grading scale switch and reduced fail opportunities are the products of numerous discussions brought up by the Student Congress representatives and other student, parent, and PTA groups, as well as principals and other interested parties. These discussions are researched and spread as a proposal to other groups in the county. The proposal is refined during this process before it is finally submitted to the Henrico School Board to be rejected or accepted.

For more specifics on the grading scale, reduced failure op-

2014-15 Grading Scale		
Letter Grade	Percent Grade	4.0 Scale
A+	97-100	4.0
A	93-96	4.0
A-	90-92	3.7
B+	87-89	3.3
B	83-86	3.0
B-	80-82	2.7
C+	77-79	2.3
C	73-76	2.0
C-	70-72	1.7
D+	67-69	1.3
D	65-66	1.0
F	Below 65	0.0

portunity, and the policies in general, visit <http://henrico.k12.va.us/instruction/GradingPractices.html>.

News in Brief:

Tech Vets: Students in the Veteranian Technical Center at Hermitage High School recently visited the Richmond Metropolitan Zoo.

History in D.C.: Ms. Burgess' Honors US History classes visit the nation's capital on a school field trip. The tour included multiple museums and memorials.

Mr. DSF: June 7, 7 p.m. in the auditorium. Tickets will be sold June 4-6 in the cafeteria.

Speak Up 5K: The Speak Up 5k Race for Cameron Gallagher will be held in Sept. Volunteers are needed.

Senior Graduation: June 12 at the Siegel Center. Graduation begins at 3. The combined choirs of Douglas S. Freeman will be singing at the graduation.

TSA: Arindam Gupta won ninth placed for Extemporaneous Presentation at the TSA State Conference. Arindam was also voted in as the 2014-15 Parliamentarian for the TSA State Executive Council Team. Ethan Barlage and Connor Lankford took first place in the Technology Problem Solving Team portion of the competition. The Technology Problem Solving Team will compete at the 2014 National TSA Conference held at the Gaylord National Resort & Convention Center, National Harbor, Maryland/Washington D.C. from June 24- July 1 2014.

Choir Achievements: On the Spring field trip Natalia Araujo won the Best Soloist Award for Show Choir. Devin Hatcher and Jared Scoot won the Best Soloist Award for Chamber/Madrigal. Chris Echols won the Best Soloist Award for Men's Chorus. Julia Henry won the Best Soloist for Mixed Chorus. All of the Chorus groups recieved superior scores.

Band Achievements: Freeman Band won overall Grand Champion of the entire event on the Spring trip. Wind Ensemble, Concert Band, and the String Orchestra all won first place in their respective divisions. Jazz Band also won overall Jazz Champion of the event.

New Associate Principal: Freeman will be getting a new Associate Principal, Michael Massa, next year. Mr. Massa will be coming from Godwin.

AP Art History Classes Try to Make a Change: AP Art History students are currently working on projects that seek problems in the school and create solutions to them. Some of the projects include a Big Brother, Big Sister program school wide. The program would give all incoming Freshmen the opportunity to receive a sophomore, junior, or senior as a Big Brother or Big Sister to show them the ropes of high school. Many of these plans are just sketches, but with the right details the students hope to make some of their programs possible.

The Commentator: The student newspaper recieved first place in the American Scholastic Press Association. The competition grades high school paper quality and creativity.

Student Engineers Set Sail at YMCA



Mr. Nicholson's Engineering classes race cardboard boats in the YMCA pool.



PHOTOS: WEIDER ALVES

Madinah Stallworth
News Editor

Mr. Nicholson's Intro and Advanced Engineering classes took engineering to new depths in April.

Students in groups of four engineered and assembled cardboard boats to race at the Tuckahoe YMCA pool for a school field trip. The purpose of the project was to gain insight into good structural design for vehicles, as well as good collaboration between fellow engineers.

"We got together as a group

and finalized the design, adding anything we thought it needed to be an effective boat," said junior Walker Lawson, a member of Mr. Nicholson's Intro to Engineering class.

"After that we had to plan out how much cardboard we were going to need, along with who was going to bring in materials. We were limited to cardboard, spray adhesive, duct tape, calk and paint," said Walker.

After assembling their boats, the classes painted them in the art courtyard.

To add a bit of fun and novelty, each group was asked to present a PowerPoint Presentation on why their boat was going to

win. To add even more fun to the project some students gave their boats crazy names, i.e. The Jacked Bicep.

The whole process took a couple weeks. The boats had to be built, painted, scheduled at the YMCA, and then raced.

After trucking the boats over to the YMCA in a U-Haul, along with students' trucks and cars, the boats were taken to the YMCA for students to row from one side of the pool, to the other side, and then back in the fastest time.

"Everyone was really excited to see if their boat would support two people inside it," said Walker.

The students learned a valuable lesson about engineering: initial design is often flawed.

"Most of the boats fell part on the first go, except for about three or four," said Walker.

"My boat was absolutely awful but I still got a 50 lb. piece of cardboard. It's safe to say cardboard is not good for boating," said junior Chip Shover.

Despite his boat not being much of a success, Chip still had a great time.

"The most fun was getting to have fun in a swimming pool full of cardboard," said Chip.

Although many of the boats were a flunk, most of the students still had a great time.

Change in Course Selection Means Fewer Honors, but More AP Choices

Madinah Stallworth
News Editor

After course selection sheets were handed out, the Main Hall was filled with frantic voices of students eager to join AP Human Geography. With the class now being opened to other students (formerly opened to only center students) everyone is rushing to get a spot.

AP Human Geography's new availability to all students deals with the removal of Regional Studies. Regional Studies was an Honors course that focused more on modern day organizations/groups while AP Human Geography focuses more on the development of societies and population growth.

"Considering that my sister took AP Human Geography, I would say it's pretty similar to Regional Studies. Although, we do learn some different stuff in Regional Studies, such as: terrorist groups and organizations," said junior Campbell Baskin.

John Larkins, AP Human Geography and Regional Studies teacher, has decided to get rid of the Honors Regional Studies course and replace it with AP Human Geography.

"Part of the factor is that center sophomore kids had [the course] available to them and I wanted to make it open to the rest of the student body," said Mr. Larkins.

"I was really excited to take Regional Studies because 1.) Larkins teaches it and 2.) I thought it would be really interesting to see how it differs from Human Geography," said junior Rachel Bracken.

Not only will the course become more accessible to the entire student body, but it also benefits more students. Currently Honors classes and APs are weighted the same, but that will be changing next year.

"The GPA weight changes with the APs. The AP will get weighted more. The change is great for calculation of GPA and college competition," said Mr. Larkins.

With such a high demand for the class it has not yet been determined who will be accepted into the course.

"I don't think we'll have this much of a demand for it in the future. I think it's high this year because this is the first time we're offering it. We're going to look at the numbers and see if some stu-

dents have decided to opt for AP Econ. We're going to look at the numbers and see what we can make work," said Anne Poates, School Principal.

Though AP Human Geography is the most talked about AP change, it is not the only AP course that is changing.

Honors Physics has recently been terminated. However, instead of it being a school change, the removal of Honors Physics has become a district-wide change.

During this school year the courses of Conceptual Physics, College Prep Physics, Honors Physics, AP Physics B, and AP Physics C: Mechanics were available to students.

"AP Physics 1 and AP Physics 2 together replace AP Physics B. AP Physics 1 is designed to be a first year course, meaning students do not need to take another Physics course before taking APP1 (AP Physics 1)," said Laura Casdorff, Secondary Science Specialist of Henrico County Public Schools.

By removing Honors Physics, students now have the option of an easier course while still learning the important information.

"Adding both AP Physics 1 and AP Physics 2 to this list would mean offering 7 different physics classes, which most schools would not be able to support. Also, AP Physics 1 is approximately half of the content of a traditional honors physics course. If we offered both AP Physics 1 and honors Physics, students would probably find that honors physics would be the harder course," said Ms. Casdorff.

If students wish to still take an entry course to Physics, but not an AP, they still have the option of College Prep Physics. Honors Physics will no longer be offered in Henrico County.

One may wonder how the termination of a class comes about.

"It's kind of subject by subject. Physics is a change made by the science community. As far as I know, we were the only school that offered Regional Studies anyway, so Mr. Larkins made the suggestion to make the change from Regional Studies to Human Geography," said Mrs. Poates.

Although getting rid of these two classes has put some hiccups in people's choice of courses next year, the school is working hard to accommodate everyone so that everyone can have an enjoyable year.



PHOTO: ALISON EDDINS

Social Studies Teacher Earns Virginia Lottery 'Super Teacher' Award

Robert Peck: Director of Leadership, Center for Government and Global Economics

Q: What award did you receive?

A: The Virginia Lottery Super Teacher award.

Q: Who nominated you for the award?

A: Natalia Bell.

Q: What was it like having a camera crew come into your classroom?

A: Unnerving. I don't know how to describe it. It was a little embarrassing but overall flattering. To be singled out for it felt odd.

Q: What does the award mean to you?

A: That a student nominated me for it. To have the student do the nomination means more coming from them.

Q: What was your favorite and least favorite part about receiving the award?

A: That a student nominated me and the money doesn't hurt. My least favorite part is that it somehow singles out what I do and doesn't acknowledge the fact that my colleagues are doing good work as well. I also don't know if it is healthy to have one teacher nominated for an award when many teachers do great things.

Q: What do you plan to do with the \$2,000 for classroom materials?

A: I'm not sure yet. The common area gets used all the time not just by center students so I would like to invest in that. Also new tables for the center, book shelves, and I'm sure I will buy some unnecessary Post-it notes but mainly furniture. I actually might let the faculty use the money for something they want in their classrooms.

Q: Your innovative/new teaching style was honored: do you find that ironic because you teach based on the methods of Socrates?

A: I do find it truly do the methods of Socrates is innovative. I'm delighted, but all we do is read and ask questions, and it's not what I do every day, so I'm not doing anything new.

Q: Is there anyone you would like to thank?

A: Natalia certainly. I think it was incredibly thoughtful of her and also the Virginia Lottery, because the money that they use goes back into public schools. I also get office supplies from a group called The Supply Room Company so I would like to thank them as well.

How to Get an “A” in School Spirit; Rebel Rumble 2.0



Mary Rockwell
Opinions Editor

Everyone likes for their grades to improve. But grades don't just improve on their own. In order for Freeman to get an overall A in school spirit next year, the entire student section should be a source of Rebel Pride.

Here is what needs to happen next year to make the grade.

Football Team

Last fall your season was legendary with a 10-2 record. The rising seniors have to be ready to take the new leadership roles, keep everyone

excited, and make football games something to look forward to this fall. Wear your jerseys with pride on game day, and be quick to offer your practice jersey up for others to wear. There is something special about seeing the school getting pumped along with the team, so maybe practice some pep rally speeches for next season that are *actually* hype...

Cheerleaders

Smile like you mean it. We know that not every game is going to be the best, but you can still try to make us believe that you are proud to be a Rebel. Be the epitome of school pride. And, if you can, throw more stuff in the stands: T-shirts, footballs, confetti, children, etc. It definitely gets the crowd going.

Student Section

Last year we were overpowered in noise and spirit by our parents. Our *parents*. Next year that simply cannot happen. We need to be loud, and in order to do this, we need people that are excited – and a lot of them.

Class of 2017

Rising sophomores, I know you think you're cool, and I'm sure you are (though not as cool as juniors or seniors, of course), but your job is

to be role models for the new freshman by coming to school events – that's how you obtain any sort of “cool-ness.” Take advantage of the opportunity to put yourselves out there and embrace the Rebel in you in front of the newbies. The cheers and chants are meant to be fun; don't be dead space in the stands by not participating.

Class of 2016

Rising juniors, you are upperclassmen, so that means you are one step closer to royalty – but you are not there yet.

However, that does not mean that you can slack off and think that the seniors are the only motivators. It is important to consistently come to the games dressed up abiding by the theme. You can even try to outdo the seniors' spirit (with the key word: try). Regardless, you have two grades behind you that are watching. Make it count.

Class of 2015

Next year we have an obligation to make school spirit a priority. We cannot let any opportunity pass. This is our final year in high school, and we want to remember it with as few “coulda, shoulda, wouldas!”

as possible. We are the Kings and Queens of the school – and we need to act like it. At the games, we need to wear our finest spirit attire and show the other grades what it's like to have true Rebel Pride. Even something simple like standing up at basketball games (no matter how many people show up) can depict how solid our student section is.

Just stand up.

Standing silently in the stands slightly confused during a game is not my favorite way to spend a Friday night. To eliminate this problem, communication will be key.

Next year our Whiteboard will have a crucial spot in the section, letting people know what is going on. Let's not spend another football or basketball game in silence... We can still have fun regardless of the score!

Our spirit weeks and themes for games should be well-known and enjoyable ... not a mysterious, “What's today's theme again” type of deal. The student section should look put together and crazy fantastic. We should be proud of how we look.

We want the freshmen to love us like we loved the seniors when we were freshmen. We have all the po-

tential we need to be the best senior class yet – with a new “Rebel Man” mascot to help us cheer on our fellow classmates.

Band

Freeman loves you. So why not play more music? There are requests for some new tunes: maybe some modern music mixed in with our traditional favorites. Whether that happens or not, keep playing during the 3rd Quarter in front of our student section because it needs to continue. Oh, and can the Pep Band be a real thing for basketball season next year? Freeman's school spirit would definitely get a boost of extra credit for that one.

Parents/Teachers

Keep it up.

We are Rebels, and we are students together, not separated. Each class brings a little bit of their own character to the Freeman Family, so why don't we allow everyone to show it? If everything goes as planned, I know we will score high in school spirit next year.

And all A's are something to be proud of.

Hookup Hot-Spots: Because True Love Has No Boundaries



Carissa Campbell
Opinions Editor

Dear Freeman couples,
Here is some advice to those who have had a difficult time connecting with their significant other during school hours and for all those couples who are searching for a location to express their affection.

From the halls to the stairs, there are many opportunities to reunite with your mate and make every minute of it count. High school is a place where the opportunities for relationships thrive.

So while you are one your way to meet up, consider these featured locations around our school. It is time that we utilize every part of Freeman.

I have scoped out these places for you, so please make sure to use them. I don't always kiss my boyfriend in the hall, but when I do, I prefer right in the middle of the hall.

Besides, what else would you expect teenage couples to do in the halls?

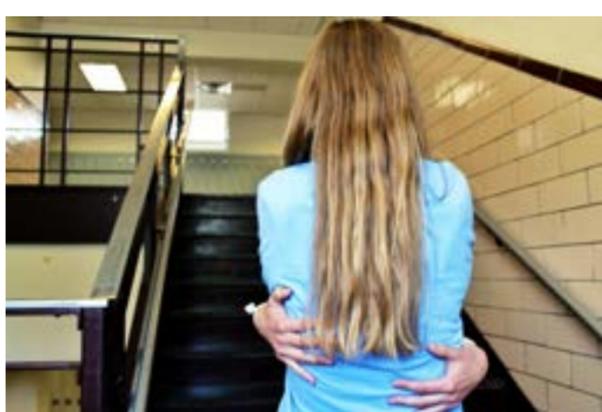
Best of Luck,
Carissa Campbell



Photos: Alison Eddins

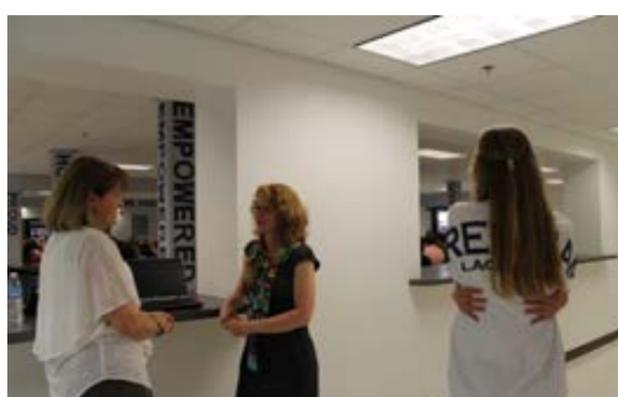
In the hallways

The halls are the most accessible parts of our school. We use them to transition to classes and they offer plenty of space for extracurriculars, including kissing. Everyone on their way to class simply does not worry about what is going on around them. I am happy to move out of the way for you two, as is everyone else. Also, do not let the PDA posters bother you two; better yet, kiss right in front of them and show them whose boss. Remember: your affection for one another is more important than what others think.



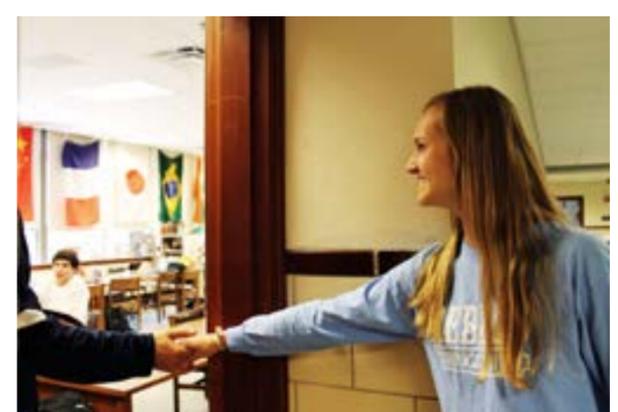
In the stairwells

You can also avoid exposure by secluding yourselves to the stairwells, though they may get a little busy. Remember that stairwells are a two way street. This means that you two should move directly to the center between the two lanes to avoid getting hit. Don't worry, you will not be in anyone's way and your friends can cheer y'all on as they pass by. There are many stairwells in this school, so there are many ways to mix it up a bit during school. The least populated stairwell is the one that connects the second floor to the annex and green acres. I give two thumbs up for this location.



Administration

Our administrators work hard every day to protect the individuals in the school. The Code of Conduct states *en loco parentis*, which means that the teachers and administrators are our parents during the school day. If you makeout in front of your parents, then you definitely can do it in front of administrators! Go ahead and kiss, the administrators want you too! Although they do not offer bodyguard services, they will make sure you and your partner are safe when you decide to kiss throughout the school day.



As the bell rings

Lastly, if you two are in a race to meet up before class, you have exactly five minutes. These five minutes are critical; you will not see each other for another 45 minutes. To avoid separation anxiety, it is important that you two see each other before the bell rings. Even at the risk of tardiness, a kiss is a lot more worthy of your time than getting to class. I recommend getting at least one rep in before the bells ring. The teachers will understand that you two are utilizing the five minutes to its full potential and will not make you go to the tardy desk. If they do, this only adds more time to spend together!

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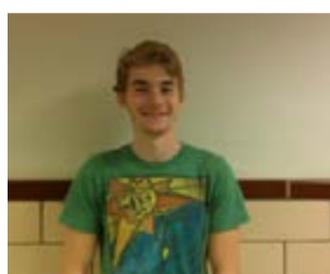
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Letters to the editor are encouraged. They must be signed before they can be printed. Because of variety and space, only a limited number of letters can be published. The Commentator reserves the right not to print a letter.

Enhance Your Summer Experience



Connor Glowacki
Opinions Editor

This summer, when you look in terror at that pile of books stacked up on your nightstand—you know, the ones slowly accumulating a layer of dust deep enough to hide fossils from the Paleozoic Era.

Seriously though, you probably had upwards of three months to finish two books, online Physical Education, AP summer assignments, or a combination of the three.

There is plenty of time to finish your work even after you factor in vacations, summer jobs, college applications, sports practice, internships, and watching Game of Thrones...

Well, okay, students are expected to do a few more things than we would ideally like; in fact, I myself complain to no end when saddled

with work to do.

Summer is our three months of freedom from the monotonous forces of school bells, grade averages, and college expectations; everyone deserves a summer break, students and faculty alike.

So it is understandable that anyone would loathe any unwanted requirements given during a time that is supposed to be a break, but keep in mind: chances are that, sooner or later, integrity, parents, or simple fear of failing an assignment will compel you to finish your summer work.

And if you don't do the assignments at all, you will face the academic consequences and spend the rest of the marking period trying to raise your grades.

This means, in essence, that all the time you spent binge-watching television series was only delaying your inevitable demise at the papery hands of a 250 page book and summary paper.

I don't know about you, but I would rather finish my break sitting on a mountain overlooking a lake than with a mountain of paper sitting on me as I lay face down on the floor.

Moral of the story: getting the hard stuff out of the way early during the summer could dramatically improve your overall vacation returns.

Think about it.

Once the school work is done,

you spend less time worrying about it, and then you have more time to think about summer. Next thing you know summer feels like it is lasting longer. Finally, you can reflect on how awesome this advice was and give me a fist bump.

And the thing is summer assignments are not bad things; the work is good for you (the best medicine is bitter I suppose).

There are legitimate studies that indicate taking three months away from school actually makes it harder to start school again in the fall because students will forget things and acclimatize to their summer style of living; summer assignments lessen this degradation of academic effectiveness.

This summer, endeavor to give yourself a head start and finish what you least want to do first and moving down the list from there in a timely fashion; this way the work only gets easier and it is over faster.

The only excuses I will accept for not doing this is if you either sprained your funny bone during a boxing match with a Tyrannosaurus Rex or detained by People for the Ethical Treatment of Animals (PETA).

Don't get me wrong, summer is a great time to relax; to make war with teenage angst, or cultivate the friendships around you.

I am just saying, a little planning goes a long way.

So You Think You Can Tanzen?

Sophomore Dancer Competes in Traditional German Performance

Frances Leake
Features Editor

"I do what is called Bavarian dancing; it's mostly figure dancing with certain variations," said sophomore Collin Britton as he performed a short sequence of complex stomps and leg movements.

Collin has been dancing since he was ten years old, and attributes his involvement with the German group to his mom.

"My mom was an original member of the dancing group, and she got the rest of my family involved." Collin's sister, Audrey Britton, is also involved in the group. While in the army, she was stationed in Germany for a year and a half.

The group meets on the second and last Friday of every month at the Three Chopt Presbyterian church. They also participate in Oktoberfest at the Capital Ale House in downtown Richmond.

"Oktoberfest is absolutely my favorite part of being in this group. We get to party at Capital



PHOTO: COLLIN BRITTON

Collin performs the schuhplattler with his group in traditional costume.

Ale house and have such a great time," Collin said.

This group is also able to participate in Gau Fest, which is a dancing competition that only happens every three years.

"Basically all of the dancing

groups perform for a panel of judges and then are scored, just like you may have seen on a dancing competition on television," Collin said.

The group performs three main types of dance: figure dances,

lindlers, and schuhplattlers.

"Schuhplattlers are basically the males in a circle slapping their shoes and thighs. Lindlers are dances between a guy and a girl where they make shapes with their arms for the most part," he said.

"Our group is very laid back so we dance with whomever we want to be our partner for that dance," he said.

The type of music that coincides with these dances is Polka and Waltz, but the music they dance to doesn't have a "specific name," Collin said.

As far as costumes go, members of the group stick to tradi-

tional German attire.

"The guys wear Liederhosen and the girls wear Dirndls," he said.

Students from other high schools such as Tucker are also involved.

"The group consists mostly of high school and college students, but there are a wide range of ages involved. In fact, the former German teacher from Tuckahoe Middle, Sandra Hurdlebrink participates," he said.

The group was originally started at Tucker in the 1980's, and continues to draw members from all over the Richmond area. Collin stressed that newcomers are always welcome.

"We are always looking for more people to join our group, and it is completely free, and a lot of fun," he said.

Collin has thoroughly enjoyed his experience with the group thus far, and plans to continue his involvement.

"Once I finish high school, I plan to continue with German dancing in college, so if I go further away, hopefully I will still be able to find another group!" he said smiling.

Juniors Earn Science Fair Honors

Mia Harris
Staff Writer

"We have been a team for three years" said junior Jack Lohmann concerning his friend and science partner junior Colin Fenster. This year Jack and Colin placed second in the Metro Richmond Science Fair in the Environmental Science category, although this will not be first time they have won a "special award." Previously they have won 5 other history and science awards.

The Metro Richmond Science Fair took place at Clover Hill High School.

"We created a dual-core nitrate filtration system. The system employed the denitrifying properties of methanol and the pollutant absorption ability of free-floating aquatic macrophytes" said Colin. "Nitrate-laden water was treated with methanol to remove the nitrates and then subsequently pumped through the anoxic chamber of the system. Following the nitrate removal, the water was pumped through an aerobic chamber with free-floating aquatic macrophytes to employ methanol removal and subsequent crop yield" Colin continued.

After completing their paper, Colin and Jack submitted their paper to the Metro Richmond Science Fair and the Virginia Academy of Science.

The title of their project is: Utilizing Methanol-Enhanced Denitrification and Macrophytic Pollutant Absorption in a Novel Multicore Nitrate Filtration System to Aid in Marine Denitrification Efforts. Their project is unique because they are the first ones to create a dual-core system with "pollutant absorption on the end to produce crop yield and remove harmful pollutants" said Colin.

More specifically their research was based on the research of harmful algae in the Chesapeake Bay. "The most pressing issue is in the Chesapeake Bay: Excess nitrogen stimulates the growth of algae, which both blocks the water column and consumes oxygen as it grows and decomposes. The resulting dead zones kill off organisms, destroying local ecosystems and the communities that depend on them" said Jack.

Colin and Jack are unique in the fact that they are one of the few teams who competed in the Metro Richmond Science Fair Awards. Colin and Jack have had a love for Science since Moody Middle School.

"Our science teacher... Ms. Mitchell, inspired in us a love for science" said Colin. They have also been working on projects together such as this since the 7th grade.

"They meet each challenge with enthusiasm. They are incredibly dedicated to their stud-

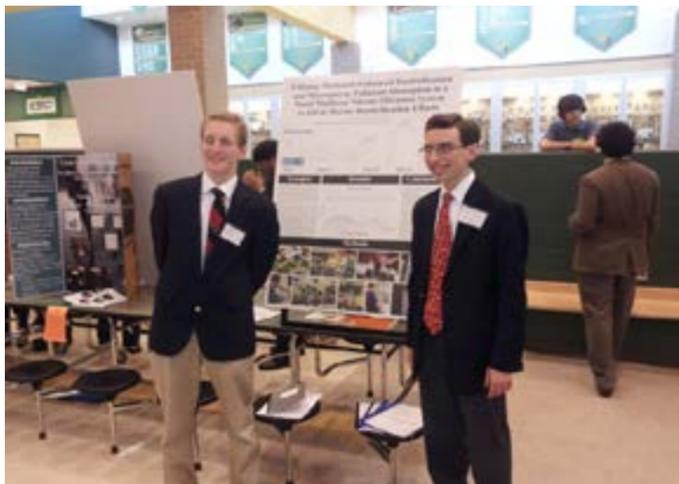


PHOTO: COLIN FENSTER

Juniors Jack Lohman and Colin Fenster stand in front of their presentation at the Metro-Richmond Science Fair.

ies and both actively seek to be excellent contributors to class discussion" said history teacher Laura Jones.

"While Jack and Colin's projects are always scientifically valid, their presentation skills are awesome, and they really impress the judges with their poise" said Jack and Colin's sponsor and Biology teacher Carol Campfield.

The Competition had a large amount of people competing from all over the state: "Several hundred people are admitted, and the acceptance rate is about 50 percent. We are competing against people from all over the state. At each event there are probably several hundred people" said Jack.

According to Jack, he and Colin have won a couple thousand dollars over the span of a couple years.

They presented their research on their experiment, and a 20 page research paper enumerating all of their findings.

They began their research for this project last June, began writing the paper accompanying the project in the fall, and started testing in the winter. According to Colin, testing the project took nearly 15 hours because of their time requirements for adequate denitrification.

"It's difficult to develop an idea for applicability. We also want to do something where we can get a clear result... which is tricky because you have to find a happy medium" said Jack. It's tough to develop a new idea and find something that has no previous research" Jack continued.

On the day of the fair, Colin and Jack did not have enough space, and they had to improvise by displaying their paper, figures, and photos on the chairs beneath the display.

According to Colin, the most memorable part of the day was presenting to the director of the Henrico County Water Reclamation Facility, because he is responsible for implementing tasks similar to those of Colin and Jack; he was very knowledgeable about the topic, compared to some of the other judges.

Although Jack and Colin are not completely sure of their career plans, they both hope to pursue careers that incorporate both environmental science and public policy.

Shortly after their success at the Metro Richmond Science Fair, Colin and Jack also placed in the Virginia Junior Academy of Science, which will allow them to compete in the American Junior Academy of Science and the American Association for the Advancement of Science in San Jose, California.

According to Colin, he and Jack did not have much time to celebrate their win because they had to begin planning and perfecting their project for the Virginia Junior Academy of Science.

The win was especially thrilling for Colin: "I was fairly excited, especially since I knew we had clinched a coveted spot at the Virginia Junior Academy of Science" said Colin.

The Virginia Junior Academy of Science was different from the Metro Richmond Science Fair Awards because it required a PowerPoint presentation rather than the traditional poster. It was also a three day fair compared to the one day Metro Richmond Fair.

During this competition Colin and Jack based their project more on "environment ecology rather than system setup" said Colin.

Specifically Colin and Jack won VAS Best Research Paper Presentation and the Ertle Thompson Memorial Endowment.

"The awards ceremony, which took place the morning after we presented, was particularly thrilling because, due to the tough competition at VJAS, we had not expected to be the top winners at the entire event" said Jack.

"The most memorable part of the day was when they called our names—we weren't expecting to win because we didn't know that they gave the award to teams... both Jack's and my jaws dropped when they called our names" said Colin.

A Day in the Life of:



PHOTO: TED SCHERER

7:30- Sophomore Milser wakes up, time to start preparing for a day that 'way too long.'

8:15- Eats breakfast, pancakes as usual.

8:22- Catches the bus just in the nick of time.

8:50- Gets to school, goes straight to the cafeteria to catch up with friends.

9:00- Time to get sweaty in Gym.

9:55- Science with Mr. Foltz and his daily comedies.

10-12- Gets through class- almost time for lunch...

12:05- Lunch! Eats the normal taco salad has fun "just chillin."

1:19- Pretends to listen while zoning out in French class.

2:30- History and daily fashion talk with Ms. Jones.

3:15- Makes food in Foods and Wellness.

4- Rides the bus home.

4:30- Grabs a quick snack and goes to the gym right away.

6- Comes home, plays with four year old brother and hangs out with sister, if she's in the mood.

7- Contemplates whether she wants to eat dinner.

9- Homework/Facebook/trying to stay awake.

10:30- Lights out- she's all about sleep.



PHOTO: CARTER SMILEY

Ms. Smiley and Mr. Reilly stop for a picture on the beach after their engagement.

Faculty to Wed

Smiley and Reilly, a Dynamic Duo

Frances Leake
Features Editor

After two and a half years of dating, Latin teacher Carter Smiley and TST Josh Reilly got engaged on April 15th in Riviera Maya Mexico. Miss Smiley and Mr. Reilly first met in the halls of DSF.

"Our mutual friend, who is actually the TST at Godwin, told us that we should meet each other, so we did!" Ms. Smiley said.

Miss Smiley said that while she has only known one other "teacher couple," from her days as a student at Godwin High School, she certainly has enjoyed the convenience of working in the same location as her significant other.

"The best part of dating someone who also works at Freeman is being able to stop by on my way to the main office to have a quick chat and see him during the day, although I don't do that much anymore now that we have been a couple for a while," she said, laughing.

Josh has also enjoyed this experience.

"For me, the best part is seeing and hearing how much every stu-

dent and faculty member loves Ms. Smiley, it's nice to know I picked a good future wife. Getting to see her anytime I want throughout the day doesn't hurt either," he said.

Josh proposed while on their spring break vacation of this year.

"It completely caught me off guard, I was really hungry so I kept asking him if we could go to dinner but he kept insisting that we go get our picture taken. I got really frustrated so was so surprised when he got down on one knee," she said.

Ms. Smiley teaches Latin I-V and said that the most special part of her engagement was getting to inform her students of the event.

"My favorite students to tell were my AP and Latin IV classes in the morning since I have taught them the longest. In my second period I said something like 'I hope everyone had a great spring break, because I did!' as I flashed the ring to them all," she said.

"They all cheered and congratulated me, so it was a truly memorable and special moment," she said.

Josh also enjoyed the experience of telling his students.

"I loved all the smiles and

the congratulations from them. Also, letting them know that they would not be invited to the wedding," he said.

As of right now, Miss Smiley said that the wedding is tentatively scheduled for the end of February or early March of next year. She hopes that they will be able to book the Bolling Haxall House in downtown Richmond for the venue.

Aside from the excitement of engagement, a concern for many of Miss Smiley's students has been the potential name change.

"I will take Smiley as my maiden name and Reilly as my last name. I know this is upsetting for my students that have had me for three or four years, but I think Carter Smiley Reilly has a nice ring to it!" she said.

Another concern of students was whether or not other DSF faculty members would be attending the wedding.

"That will be up to the future Mrs. Carter Smiley Reilly," Josh said.

"There will definitely be some faculty members there," Miss Smiley said.

Amidst all of the excitement, it is safe to say that Freeman is thrilled to welcome the newest husband-wife-teacher duo.

Can You Spell V-I-C-T-O-R-Y?



PHOTO: SHANNON MCCARTHY

McLain Faett and Ben Fabian battle it out in the final.

Mary Rockwell
Opinions Editor &
Annie Spivey
Features Editor

The bracket is ready. The players are pumped up for game time. The letter pieces for the boards are assembled ...

Instead of March Madness, May Mayhem is the focus, but the month is absorbed by a game other than basketball. Freeman's unique Scrabble Tournament tradition is catching the attention of students this spring.

Scrabble is a popular word game in which players score points by strategically placing letter tiles onto a board to earn the highest number of points. The tournament is approaching its fourth year, and founder of the tournament, government and ethics teacher Rob Peck, has been pleasantly surprised at the game's popularity at Freeman over the past few years.

"I thought it would be a fun idea, so I bought eleven or twelve Scrabble boards. I only assumed that a handful of people would sign up. But instead a hundred

people signed up, so we had to have a play in," Mr. Peck said.

The massive bracket in the Center containing the names of 64 competitors documented the results of each match leading up to the finals on May 30.

All standard rules, as defined by the Official Scrabble Players Dictionary, were in effect.

Depending on the player, tournament preparation was varied.

"Knowing a lot of the two letter words has definitely helped. I concentrate on the short game more than making long words," said winner McLain Faett.

Students weren't the only ones enjoying the Scrabble craze.

"I've played in the Scrabble tournament since I came to Freeman. I look forward to it every year," said history teacher and runner up Ben Fabian.

Certain tactics and tips were provided on lists stationed right next to the bracket in the Center. Special tricks to get a "triple" were listed with various words to heighten scores. Even the most miniscule words like "qi" or "ar" could get the player to victory.

Mr. Peck had some advice of his own to share with the players.

"The best thing to improve scores is to learn all of the two letter words in the English language," Mr. Peck said.

Players kept the score themselves, competing with their opponents at whatever time they deemed most convenient. The games are limited to 50 minutes. All the players were allowed were their own minds - cheat sheets were strictly forbidden.

Tournament participants have wholly enjoyed their Scrabble Tournament experience.

"I'm more a casual player, but it's still a lot of fun, and you do end up learning a lot of different words just by playing," said final four competitor Tom Jacobs.

"I am proud of everyone who participated in the tournament even if they had never played before. It was fun to watch the school come together over Scrabble," said McLain.

The end of the school year is unique. When students begin to slack and immerse themselves in imminent fantasies of summer, the Scrabble tournament provides some free (and educational) entertainment.

"I think the tournament's value is two-fold. One, it gives people something to pay attention to at the end of the school year. When people are quitting, there is a surprising amount of support for the Scrabble tournament. Another advantage is that, as geeky as it is, it is nice to see people get excited about something nerdy. Scrabble stretches your brain, and it's as much as recognizing what is on the rack as much as it is about playing the words on the board," Mr. Peck said.

No matter how you wish to describe it, the Scrabble tournament is just too much for words.

Q&A: Mr. DSF



Asher "Mr. Roth" Ackman
Grade 12

Do you take inspiration from previous Mr. DSF candidates?

Asher: "I do. Every person who has done Mr. DSF before me that has done a talent that they have no business doing."

What is your talent?

Asher: "Now why would I tell you that?! The other entrants might steal my idea. I will give you a hint though...it has sparkles, Shakira, telling untruths in a pleasing manner, and kinesthetics."

Joe "Mr. Scotland" Burek
Grade 11



What's the biggest risk you're going to take?

Joe: "My pride and dignity."

What made you want to participate in Mr. DSF?

Joe: "I had heard it was the one place where being stupid was socially accepted."

What made you choose your stage name?

Joe: "I needed to justify having a plaid skirt."



Robert "Mr. Hidden Talent" Dillard
Grade 12

What is an inspirational quote you'd like to share with all future generations?

Robert: "Dare to be different, stray away from the bean boots, vineyard vines, and Starbucks and be an individual."

What message would you like to give your competition?

Robert: "Watch out, I'm not one to be taken lightly."

Pete "Mr. Brightside" Humble
Grade 10



What's your message to the student body?

Pete: "Respect"

What is your talent?

Pete: "My swag."

What is the biggest risk you are going to take?

Pete: "Going out there and leaving it all on the stage."



Will "Mr. Señor Peterson" Humble
Grade 12

What's your talent?

Will: "I can fit 100 blueberries in my mouth, but I will probably do some magic tricks."

What is an inspirational quote you'd like to share with all future generations?

Will: "One should visit the zoo as often as possible. It's really cool. I mean, have you ever seen a lion? Didn't think so. It's enlightening."

Charles "Mr. Selrahc" McClung
Grade 12



What grade are you in?

Charles: "I'm in Algebra II."

Are you going to bring a good luck charm?

Charles: "I sure hope so. Mrs. Crouch said she would go."

What made you want to participate in Mr. DSF?

Charles: "I once had a dog with 3 legs."



Ashwin "Ash Money" Murali
Grade 12

What made you want to participate in Mr. DSF?

Ashwin: "Last year when I first thought about doing it, someone told me Hips Don't Lie was a part of our dance routine and I was not about to let a bunch of guys dance my favorite song without me. They weren't lying."

What is something fun that not many people know about you?

Ashwin: "I accidentally took a knitting class in sixth grade called 'Warm Laps,' misreading it as 'Warm-Up Laps' and thinking it was exercise related. Needless to say, I've read the fine print ever since."

Asher "Mr. Pizza Crust" Thornton
Grade 12



What do you think people will enjoy most about your performance?

Asher: "What I want people to take from my performance is that nobody's perfect. You live and you learn, again and again until you get it right. I realize that this doesn't answer your question in the slightest, but it's the way she goes."

Are you going to bring a good luck charm?

Asher: "I don't believe in luck. Except Lucky Charms... those are definitely real. I might bring some Lucky Charms for good luck."

The Happy Days of Hannah

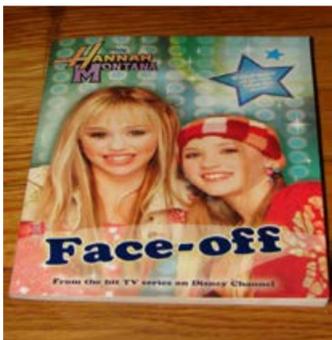


PHOTO: CAROLINE FORREST

"I wanted to be Hannah Montana- she was my favorite thing. I would've cried and gone to Heaven if I could've gone to one of her concerts." - Jemma Mograbi (junior)

Let's have a show of hands: who hasn't said "Nobody's perfect, I gotta work it" or "Say whaaaaaah?" at least once in their childhood? Everyone knows where these interjections come from, regardless of whether you admit it or not. For those who were not enraptured by "Hannah Montana," it is about Miley Stewart (Miley Cyrus), a normal Californian teenager battling the glorious ups and downs of adolescence and her undercover stardom. This classic Disney Channel show set in Malibu follows Miley's challenges of juggling the duality of her life as the pop sensation Han-

nah Montana. Assisting with concealing Miley's fame are her partners in crime and best friends Lilly Truscott (Emily Osment) and Oliver Oken (Mitchell Musso). The first episode, aired on March 24, 2006, kicks off Miley's many adventures. Between the years 2006 and 2011, "Hannah Montana" and the cast won several awards from the Kids' Choice Awards and Teen Choice Awards. It also gave the Disney Channel its highest ratings. Whether you regret viewing "Hannah Montana" or not, it remains in this generation's memory as source of silly but enjoyable entertainment.

Beyblades: Let It Rip!



PHOTO: MARY ROCKWELL

"I remember needing to have them all [Beyblades], so I could brag to my friends. The actual game was quite underwhelming" - Alejandro Brown (junior)

Beyblades was a game developed in tandem with a Japanese manga series called "Beyblade" (also Bakuten Shuto Beiburedo) that aired in America on Cartoon Network. In the series, a team of protagonists used the beyblades, intricate and almost living spinning tops, to battle other groups or enemies (and of course, these protagonists saved the world on more than one occasion). The game itself was a merchandise of

the television series. In the game, the players—generally a duel between two, though other combinations are available—each have a ripcord launcher used to start spinning the beyblade in an bowl-out arena known as a Beystadium. The beyblades will spin rapidly and knock into one another until one of them falls over, declaring the last remaining beyblade as the winner. Beyblades: Let it Rip!

Silly Bandz Sensation



PHOTO: LEAH DILLARD

"Oh my gosh! They were really fun at the time. It was fun to mix and match and to buy different ones." - Miles Casey (freshman)

Do you remember what were you wearing in May 2010? Were countless Silly Bandz stretched across your forearm? Whether the Silly Bandz fad crossed your path or not, it was likely one of the most famous, and short-lived, sensations of adolescence. Silly Bandz are elastic wristbands that come in thousands of sizes, shapes, and designs. Such include animals, princesses, palm trees, guitars, letters, and so many more. They even came in One Direction, Justin Bieber, Kim Kardashian, and Angry Birds themed bracelets. In 2008, Robert Croak invented these best-sellers and began marketing them online; however, Croak was not the first to conceive the idea of colorfully shaped rubber bands – a Japanese design team called Yumiko Ohashi was. Within no time, other companies began marketing Silly Bandz spin-offs: Logo Bandz, Zany Bandz, and Cool Bandz. Currently, the Silly Bandz empire has expanded to earring, bracelets, rings, and "ouchies" (a.k.a. band-aids). The Silly Bandz reign as declined over the last four years, probably because many schools nationwide banned the elastic "playground status symbol" (adage.com) because trading of these collectibles was a distraction in class.

A Club Penguin Comeback?

Kids fell in love with Club Penguin in 2005 when Disney released the Massively Multiplayer Online Role Playing Game, or MMORPG. Those that signed up could pick different colored penguins and use it for various activities, such as collecting coins to buy digital accessories. In 2007, the site had about 30 million accounts, and as of July 2013, there are now 200 million registered accounts. The site has been largely successful

in switching to the new generation and has not died out. Disney still gives promotions for the site, and does a fantastic job of making it a safe place for kids online, like monitoring for profanity and banning inappropriate usernames. It seems as though the now young adults think the site died out once they matured, but in actuality has only grown strong as the younger generation become more friendly with online gaming.



PHOTO: WWW.CLUBPENGUIN.COM

"I just thought the chat section was funny. I also liked playing this jet pack game on it." - Prerna Kandasamy (junior)

The Heyday of Heelys



PHOTO: YEARBOOK

"[Heelys] were sweet ... They made grocery shopping very fun." - David Harris (junior)

Heelys: the lazy shoes. These shoes, mainly popular in the early 2000s, appear to be a pair of normal sneakers but – surprise! – a hidden wheel is nestled in the heel. Just like with roller skates and skateboards, there are tricks like spins, going backwards, grinds, and jumps. Heelys come in numerous styles, colors, and some even have two wheels. Some designs resemble Vans and one design called the Bolt Plus X2 has blinking lights. If flashing lights are not enough to seize your attention, the removable wheels even come in various colors and patterns. The price for a pair of Heelys at the brand's website ranges between \$50 and \$70 but Amazon has them for as low as \$29.99. Regardless of how fun these wheeled shoes sound, some towns have banned them because of safety precautions. While safety gear is recommended, they are not necessary to fully relish your Heelys experience.

After a While Croc-odile

In regards to shoes, pain is beauty. However, the opposite is true for a type of "foam clog" called Crocs. These casual shoes were comfortable and versatile but hardly fashionable. They come in an array of colors and designs; the wearer can even decorate the shoe with plastic insertable pins. Currently, the classic Crocs come in 16 colors and combinations for \$34.99 at the brand's website but Amazon sells them for as low as \$14.50. The idea for a foam shoe, which was initially intended for spa usage, was the brainchild

of a Quebec company named Foam Creations. Like any popular item that can barely last on stores' shelves, there were Crocs wannabes: "croc-offs". Crocs have morphed into trendier styles with products similar to ballet flats, wedges, flip-flops, and Sperry's. Despite their homeliness, you cannot deny that Crocs made the adventures of childhood slightly easier. If you are ever considering taking a stroll down memory lane, please do yourself a favor and be comfortable by wearing Crocs.



PHOTO: MARY ROCKWELL

"Everytime someone wears Crocs, God cries." - Steve Zanetti (social studies teacher)

Bye-Bye Blockbuster

Oh the days of the DVD, or even the days of the VHS. Anybody not know what a VHS is? Blockbuster used to capitalize on being the only way to get the latest and the oldest movies. Having started in 1985, Blockbuster peaked in 2004 with over 9,000 stores. When competition from companies like Netflix and Redbox came, Blockbuster suffered

severe losses and eventually filed for bankruptcy on Sept. 23, 2010. Under the new ownership of Dish Network, stores by the hundreds began to close. In Nov. 2013, Dish Network announced that all remaining Blockbuster stores, besides 50 franchise-owned stores, mostly located in Alaska and Texas, would close permanently.



PHOTO: CAROLINE FORREST

"I used to rent movies from them a lot. They were always very easy going with [returning movies]." - Carolyn Schmid (librarian)

Buy It Now on VHS!

Childhood memories seem almost incomplete with Video Home System, or VHS, tapes. VHS's were the pre-DVR technology of the 1990s and early 2000s. From the struggles of accidentally taping over another movie or the tape being impossibly tangled, this video format holds a special place in the hearts of many "90s kids." Many a-household had stacks

of recordings of their favorite TV shows, movies, football games, or home-videos. However, with the beginning of DVDs VHS tapes have become a distant memory. The format still lives on as a reference in the popular card game "Cards Against Humanity" or in attics around America, but perhaps VHSs will remain a symbol of pre-disc recordings.

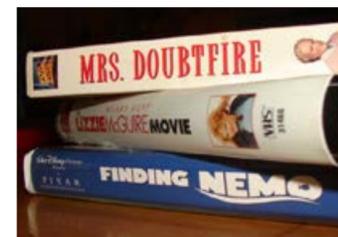


PHOTO: CAROLINE FORREST

"I still have all my old tapes and watch them semi-regularly or when I'm home sick from school." - Caroline Gravely (sophomore)

Waning World of Webkinz



PHOTO: CAROLINE FORREST

"I always thought it was the best thing in the world when I was able to go shopping for a new Webkinz at Hallmark or the Ben Franklin Craft Store." - Gina Borrero (sophomore)

If you were a kid in the mid-2000s, you most likely owned a Webkinz. The virtual world that came to life in the form of stuffed animals, Webkinz rivaled Beanie Babies in their popularity. Each toy came with its own special code that allowed its owners to go online and explore the world of Webkinz. Launched on April 29, 2005 (otherwise known as Webkinz day), the website functioned as a gateway to running your own household. With 490 toys available, Webkinz was one of the most sought-after toys in the early 2000s. This description makes it sound boring, but the website was anything but. Users were able to play games, buy and expand houses, create awesome fashions, and communicate with friends. During the infancy of the Internet, the website was at its peak. Today, Webkinz are a distant thought of the past. Retailers advertise the toys with constant sales (50 percent off, two for \$5, etcetera). Webkinz.com is still running, but its memory is a common one shared through our generation.

Oh, the Days of Olsen

What ever happened to predictability, the milk man, the paper boy, or evening T.V.? This theme song probably played through almost every house in America. The biggest names to come out of the family show were Mary-Kate and Ashley Olsen. Cast together as Michelle Tanner in 1987, the twins became famous for the role with the character's famous catchphrase, "You got it dude." During their time growing up on Full

House, the twins began to star in home movies that kids loved to own, ranging from mysteries to Halloween features. As the twins grew older, they continued to work together, but walked more towards fashion than acting. Now, the twins' fashion lines are sold everywhere, particularly Wal-Mart, with acting going more to their little sister, Elizabeth Olsen, who will star in the next Avengers movie as The Scarlet Witch.

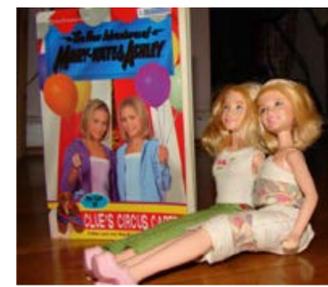


PHOTO: CAROLINE FORREST

"[Mary-Kate and Ashley Olsen] were very cool. I read detective stories on them." - Andrea Carey (sophomore)

Spring Sports Stats and Notes

Baseball

Record: 18-1-0

Highlights: Beat Atlee after a rain delay 10-0 in 6 innings

Boys Lacrosse

Record: 13-1-0

Highlights: Beat Atlee 10-6 to win conference championship

Girls Lacrosse

Record: 12-1-0

Highlights: Beat Atlee 9-6 to win conference championship

Softball

Record: 7-8-0

Highlights: Beat Thomas Jefferson 16-1

Boys Soccer

Record: 7-7-0

Highlights: Upset Maggie-Walker 1-0 to give the Green Dragons their only loss of the season
Runner-up in conference championship

Girls Soccer

Record: 5-7-1

Highlights: Atlee game - had best ball movement of the season

Boys Tennis

Record: 11-1-0

Highlights: Beating Deep Run to become first in the conference
State Qualified Athletes: Greg Ackerman & Joseph Brown

Girls Tennis

Record: 9-3-0

Highlights: Godwin - close match with many tiebreakers

Boys Track

Highlights: Colonial Relays at William & Mary

State Qualified Athletes: Tarell Cisneros-Harrison, Matthew HP, Peyton Artz, Alex Gilliam, Andrew Smith, and Micheal Burns

Girls Track

Highlights: Won sprint medly relay at Southern Track Classic
State Qualified Athletes: Mackenzie Kerr, Jordan Bourgeois, Nellie Calkins, Carol Trevey, and Lauren Thornton

Baseball Benefits Gallagher Cause

Sarah Ashman
Editor-in-Chief

Arguably, more people know "Take Me Out to the Ball Game" by heart than "The Star Spangled Banner."

There is just something about fresh cut grass, cracker jacks, and the sound of a baseball bat cracking against a clean white ball that people love.

If nothing else, the excitement of a friendly competition is enough to beckon fans into the gates of Ken Moore Field at Freeman. Everyone wants to see who is up at the end of the inning.

However, recently during a boys' varsity baseball game against L.C. Bird, in which the score was not being kept, competition was not a factor; instead, approximately 400 people came out that Saturday night to remember Cameron Gallagher.

On May 3 at 6 p.m., the boys' varsity baseball team held their annual benefit game and chose Speak Up 5K, a race in the memory of former student Cameron Gallagher, as the beneficiary. Cameron recently passed away after completing a half marathon. Over \$3,000 in donations, concessions, and raffles was collected for the cause.

Under Virginia High School League (VHSL) rules, every team is allowed two scrimmages. One of those scrimmages can

be used as a benefit game by the school to support any cause they wish.

After the game, one third of the money raised goes to the VHSL, one third goes to the opponent who agreed to play a regulation game without keeping score, and one third is allowed to the home team to award to a worthy beneficiary.

This year there was no doubt who that beneficiary would be.

"We thought that we should do something to remember Cameron," said Ray Moore, boys' varsity baseball head coach. L.C. Bird donated their third to the Speak Up 5K, and the umpires waived their fees.

Though the team has been conducting benefit games in the past, this year's game was undoubtedly significant.

"It was like a special moment because you know you're doing a good thing for the family...for the community to come together like that is just a big moment," said Coby Sale, a sophomore second baseman on the team.

"I think the games mean a lot more when they are in her honor... We're playing for her," said Coby.

Playing for something larger than a win or a personal record impacted the team.

"They were very emotional. It was a high school friend who had this tragic fate who some of them knew very well. I think it gives us a greater sense of purpose as a team... trying to play



PHOTO: YEARBOOK

Andrew Gallagher throws the opening pitch of the benefit game.

for more than ourselves," said Coach Moore.

The team's designated hitter, junior Ethan Payne, showed how important that greater sense of purpose was by volunteering paint Cameron's initials onto the outfield of Ken Moore Field.

"Coach came up to me after practice the day before the first game of the season, and then he continually asked me to redo it every week or so to keep it fresh in the outfield, and then before the benefit game... This past time before the benefit game I wanted to make it look nice, and it took about two hours to paint three letters," said Ethan.

Though the work is strenuous, Ethan believes the effect the letters have is worth it. "You're

down in a game, and you see it, and it shocks you into playing harder... you're winning a game, and it brings you back down to being humble," said Ethan.

Reflecting on the benefit game and season, which has been attributed largely to Cameron, Coach Moore hopes that not only has the cause brought the team closer, but also that it has helped heal the community.

"We have such a strong sense of community at our school; as soon as you pass through the hallways, you become part of the family, and we wanted to make sure that the community and the family knew that we do have a tight bond and that we care about each other," said Coach Moore.

Baseball Wraps Up a Successful Season



PHOTO: YEARBOOK

Senior Austin White at bat during the Gallagher benefit game.

Leah Dillard
Sports Editor

It isn't easy to be undefeated for two straight months, but on the road to their conference championship win, Freeman's varsity baseball team did just that.

After last year's success, the baseball team expected a promising 2014 season. "We expected to have a solid regular season and to make a push to play our best baseball at the end of the year," said coach Ray Moore.

Even so, they hardly expected to have a record of 20-1 by the

start of conference play.

There are certain factors that go into building such a successful season. One of them is the coach's playbook.

Coach Moore's main strategy this season was to "focus on daily tasks instead of the big picture."

He wanted to eliminate unforced errors and weaknesses. A central goal for the season was to "control the things we can control like our attitude, the way we hustle, and the way we play."

Mental and physical preparation is also crucial to a successful season. "We have had workouts since the fall. Everyone was real-

Big Feet Compete in High School Meet



PHOTO: YEARBOOK

Anna (left) and Josh at Sports Backers Stadium.

Matthew H. P.
Sports Editor

With the success of the Little Feet Meet over the past few years, the high school version had some big shoes to fill.

With over 400 participants and 10 high schools competing, the Big Feet Meet did just that. The meet was held at Sports Backers Stadium on Boulevard St. in Richmond on April 22nd.

These schools included Henrico, Deep Run, Freeman, Virgin-

ia Randolph, Varina, Highland Springs, Glen Allen, Hermitage and Tucker.

Like the Little Feet Meet, the Big Feet Meet provides youth with disabilities with fun, safe athletic competition.

"The major differences were the events," said Kristen Jones, the event coordinator and James River Region Coordinator at Special Olympics. Some novel events included the 100m run (the Little Feet Meet only has 25 and 50m), the Turbojav throw (Wheelchair assisted) and the long jump.

The meet also included Olympic Town, a venue for prize-filled activities "different from those at the Little Feet Meet" said Jones.

The meet was run similarly to the Little Feet Meet, with energized participants and their buddies quickly rotating through events, free from staying with their entire class.

The meet owes thanks to the Center for Sport Leadership at VCU, a department with more than 450 graduates, and Special Olympics Virginia.

"It was great to have a "neutral" venue and also give the students an opportunity to participate at a college stadium!" Jones said about using Sports Backers Stadium, which is used for many high school sporting events in Richmond, along with being VCU's track.

"I liked the running!" said Courtney Garnol, one Freeman participant in the meet. Garnol also enjoyed playing non-track sports such as football. Garnol wasn't alone though; many Freeman students participated and volunteered.

Freeman volunteers Amina Alic and Anna Fowler can be seen sporting their Big Feet Meet shirts around campus.

This will now be an annual event, so let's make sure Freeman packs the stadium next year.

A Year for the History Books



Andrew Oostdyk
News Editor

The 2013-2014 school year is coming to a close, and it is time to reflect on the amazing year in sports that we had. The year was highlighted with team and individual success in a large variety of sports. In the fall, Freeman saw its football team have its best record in years, finishing at 10-2 with a victory over Manchester in Freeman's first home playoff game in over ten years. Football was back at Freeman, and the excitement swept throughout the whole school.

Not to be overlooked was the Rebels field hockey team, who defended their district championship crown from the year before. The success that was seen in the fall carried over to the spring, where both girls and boys varsity lacrosse have shined, each winning their district tournament.

The varsity baseball team also carried over its success from the previous year in which they won a regional title in 2013. The Rebels finished with a 19-1 regular season record and are striving towards another playoff run, hopefully ending in a state championship.

With the success of Freeman's sports teams this year, came a wave of school spirit that has been missing at Freeman for a few years. Teams have performed well in every game, and individuals have shined, making every student at Freeman proud. The 2013-2014 school year has been a great year to be a Rebel, and the winning mentality has been instilled in the school for all sports, for many years to come.

Coach of the Year



Anne Taylor, Richmond Group girls lacrosse conference Coach of the Year

Lacrosse Teams Win Conference Titles

Player of the Year Helps Team Win it All Conference Success is Just the Beginning

Matthew
Heinicke-Peart

"At first I thought I would be crying when I held the trophy, but instead, it was the moment when we all crowded around Taylor Harmon when she was holding it. That's when I had tears in my eyes and thought, 'We did it.'"

With a conference trophy and a Player of the Year award to boast, it's safe to say that junior Jamie Lockwood's 2014 lacrosse season has been a success. Jamie was honored May 27 at her conference championship at Randolph-Macon College. The Rebels beat Atlee 9-6 to earn their first Conference 11 title.

"It's a huge honor. I was really surprised because there are so many worthy players in the district. But I will say it was weird that...there are individual awards because no player is as good as the team. I think it's all about how you work together and work with each other's strengths," said Jamie.

On the field, Jamie sees herself as the "eyes and brain" of the defense.

Jamie wasn't alone representing Freeman; her coach, Anne Taylor, won Richmond Group Coach of the Year.



PHOTO: JAMIE LOCKWOOD

The team celebrates with the championship trophy.

Teammates also contributed. "It was such a good feeling knowing that I had a little bit to do with their successes and vice versa," said junior Sarah Fortune.

The Rebels' success this season has largely been a product of good teamwork and depth. "Nobody plays for the stat book on the team," said Jamie.

"We just wanted to play for each other," said Sarah. "Our subs were just as good as our starting team and all played as hard," said Jamie.

"We would list off specific things we needed to work on each week and keep practicing them until they were almost perfect," said Sarah. "Our team had chemistry that I've never felt with any other [team] in my career."

The Rebels also benefited

from a repertoire of young talent, including Gracie Douglas and Carleigh Craddock, "We had six freshmen on the team and we could have them all on the field at once," said Jamie. Gracie

The Rebels did have to overcome a few challenges. "The first James River game was definitely a wakeup call! We lost 7-6 in double overtime...but we knew what we needed to work on to make sure we beat them the next time around," said Sarah.

The Rebels beat James River in that second game.

"We are stronger than ever," said Sarah.

That strength led the Rebels to a 22-4 victory over Eastern View High School in the first round of the regional tournament on May 30.

Sarah Ashman
Editor-in-Chief

The final buzzer sounded as the Rebels ran onto the field, jumping on top of senior goalie Sean Trent. They were mere moments from holding that coveted trophy in their hands.

On May 27 the boys' varsity lacrosse team played the Atlee Raiders at Randolph-Macon College for the Richmond Group Conference Championship.

The Rebels started off strong with a 4-0 lead, but by the middle of the third quarter the Atlee Raiders had come back with a score of 6-5. However, two back-to-back goals by junior attack player Ford Hendrix secured the lead with a score of 7-6. The Rebels went on a 5-0 goal streak to win 10-6.

Due to their win, the Rebels (16-1) will play in the 5A South Zone Playoffs on their home field against the Culpeper County Blue Devils (11-3).

When the Rebels faced the Atlee Raiders previously, they won 6-4.

"We were kind of relaxed. We just wanted to play our game, so we were calm," said freshman Ted Palmer.

Some coaches warn of such a relaxed attitude be-



PHOTO: JAMIE LOCKWOOD

The boys team holds the trophy after beating Atlee 10-6.

fore a game, but the players believe it was this mindset that enabled them to come back after losing the lead in the third quarter.

"We didn't freak out when they started coming back...the time came," said Ted.

Ford Hendrix's two goals in the third quarter tied the game, and gave the Rebels the lead. The overall shooting of the team throughout the game was also impressive.

Junior Captain Evan Tyler led the team with four goals, and junior John Woolley followed with three. Senior Aaron Coleman also had one goal.

The Rebel defense also had an excellent game.

"[There were] five minutes left and we played D for 2 minutes straight and didn't give up a goal," said

George Cloud, senior defensive player and captain.

Though the Rebels have much to be proud of with their season thus far, they are focused on achieving the next level of their goal.

"We still want to go far in regionals- no Freeman [lacrosse] team has gotten past the first round of regionals so that's kind of a goal for us," said Ted.

The team won their first round of regionals against Culpeper 12-6 and will go on to play Albemarle in the June 3 semifinal game.

"We have been playing our best lacrosse when it counts, and I would expect no different as we enter [regionals]. This team has what it takes as long as we can continue playing hard and making the right decisions," said head coach John Neal.

Spring Sports Top Performers

Baseball



PHOTO: TOM VEAZEY

Ethan Payne
Junior

Strength: Ability to come through when needed and "keep the dugout loose"

Best game: Atlee - hit home run to take the lead

"I feel like I've contributed in my role, but haven't tried to overstep myself or be something I'm not."

Boys Lacrosse



PHOTO: TOM VEAZEY

Evan Tyler
Junior

Strengths: Shot and hustle

Best game: Deep Run - He played smart and his shot was on target

"We have a lot of young talent and I think that if we can use it together we can go very far in the post-season."

Girls Lacrosse



PHOTO: CARLEY CRADDOCK

Carley Craddock
Freshman

Strengths: Shooting and energy

Best Game: Deep Run or Atlee - "My shots improved."

"As a whole, this has been one of the best teams I've played on... we are all so passionate about the sport."

Boys Soccer



PHOTO: TOM VEAZEY

Connor Fair
Junior

Strengths: Speed and ball-control

Best game: Two goals against Tucker

"I try to be in the right place at the right time so the skills I do have can be used to my advantage."

Girls Soccer



PHOTO: TOM VEAZEY

Meghan Hegarty
Senior

Strengths: Passing the ball well and setting people up to score

Best game: Tucker - scored two goals and passed really well

"It's a building year, so we're slowly getting better as the year goes on."

Softball



PHOTO: TOM VEAZEY

Virginia Irby
Sophomore

Strengths: Keeping everyone on task

Best game: Hermitage- Hit first home run, set tone for the season

"I just try to be well-rounded so that I can help out in as many ways as possible."

Boys Tennis



PHOTO: TOM VEAZEY

Greg Akerman
Junior

Strength: Consistency

Best game: Doubles matches against Deep Run

"We have a great group of guys, and even those who don't play are very supportive."

Girls Tennis



PHOTO: TOM VEAZEY

Olivia Wilson
Senior

Strengths: Consistency, composure, and serve

Best game: First match against Godwin; Played well and it went to a third set tie breaker

"Practicing with my team has helped me improve. My doubles partner and I have gotten a lot better."

Boys Track



PHOTO: TOM VEAZEY

Tarell Cisneros-Harriso
Grade 11

Strengths: Strength and speed

Best game: Jumped over 6'2" at Tucker

"Coach Brinkley and all the other coaches did a good job helping me get stronger and faster for the post-season."

Girls Track



PHOTO: MACKENZIE KERR

MacKenzie Kerr
Junior

Strength: Speed

Best game: Won relay at the Southern Track Classic in May

"Track is a really mental sport so I've been working on competing physically and mentally. I've had great support from my teammates."

Rebels Wave Hello to Spring and Summer

Kiteboarding-Tyler Hutchison



PHOTO: TYLER HUTCHISON

Matthew H.P.
Sports Editor

While most spend their time at the beach as amateur swimmers or surfers, Junior Tyler Hutchison prefers the skilled sport of kiteboarding.

Kiteboarding (kitesurfing) requires one to fly a kite while on a board with/without foot-straps. The kite catches the wind and propels the boarder in different directions, and allows for movement over waves and/or tricks. While the sport seems a bit

complex and unorthodox, the concept is quite simple: hold onto the bar and don't fall. Hutchison has been perfecting this concept for about three years.

"[My favorite moment was] the first time I got up, because it was the beginning of a journey I knew would last a lifetime."

Tyler often takes beach trips with his brothers, mostly to North Carolina, "The Outer Banks is one of the best spots for [kiteboarding]."

"It's similar to wakeboarding, but it incorporates a lot of aspects from sailing also" said Tyler about his adventurous beach pastime.

Tyler uses techniques like tacking, turning around 180 degrees to change direction on the board while moving, to keep things fun and challenging.

"You do some radical tricks."

Tyler likes to wakeboard when he's not kiteboarding, and he is definitely part of the watersports trend at Freeman this spring and summer.

"It's such a thrill being able to take advantage of what Mother Nature supplies us with."

Rowing/Crew-Rose Lewis



PHOTO: ROSE LEWIS

Luke Twente
Sports Editor

Rowing is one of the fastest growing sports in America. Freeman has a large population of crew members, one of which is sophomore Rose Lewis.

Rose has only been rowing for a year and a half, but is already experienced.

"My friend Grace who also goes to Freeman got me to try it with her, and it was fun! Unlike anything I'd tried before," she said.

Rose rows with the club organization River City Crew, a team based out of Robius Landing behind James River High School.

River City owns a vast amount of boats, but only uses 10 during a season. In a given season, River City Crew has anywhere between 70-90 crew members.

"River City is super fun, it's a really good mix of people from all different schools," Rose said.

However, rowing is not all bathing suits and oars.

"It's not an individual thing...you really need to pay attention to everyone in the boat, it really is a team sport, because everyone contributes. We all have to stay in sync," she said.

A rowing race is called regatta. River City partici-

pates in three or four races a year. Last season, Rose and River City won the James River regatta hosted by rival James River High School.

"We get to the races all over Virginia really early and then have to put the boat together because it has to be apart to put them on the trailer, but anyway, we then put the boat in the water all assembled and do our thing," Rose said.

This year, River city brought four boats to the regional tournament in Carleton, New Jersey. One of which made it to the finals.

"I love rowing, it's really fun and a super good workout," she said.

Wakeboarding-Will Sadler



PHOTO: WILL SADLER

Sebastian Hughes
A&E Editor

Shifting one's talent from a hobby to a competition is a big task, but when that sport involved flipping over waves on your knees, and being pulled by a boat going several miles an hour, the transformation can become even more daunting.

"Chances are you are going to think of about the worst case scenario," said junior Will Sadler about

his experience in wakeboarding. Sadler also said that getting over the fear of trying a new trick is the hardest part of the sport.

Currently, Will competes in sub-pro competitions, having only recently started competing regularly.

"I first tried it when I was seven and I only started getting serious and landing tricks when I was about 14," said Will.

Once Will started landing more tricks and feeling better about his talent, the thought crossed his mind

that he could actually win some competitions.

"There are multiple different sections based on age level and skill level, as well as based on what tricks you can do. There will be like one run, and have about ten jumps to land you 10 tricks," said Will.

Though he has just only started getting into the competitions, he is currently working very hard on landing two new tricks, one being a toe-side back roll.

A toe-side back roll is "when you come in with your toes facing towards the wake, and then you flip going the opposite way you were going," said Will.

The other new trick is a raley, which is "when you come in with you heels facing towards a wake and sort of lay out like superman in the air," said Will.

Even though Will is getting more serious about the sport, his main priority continues to be to wakeboard for fun.

"I've always had a lake house, so it was just something me and my family would always do when we would go down," said Will.

Will's dad and sister also play watersports, but Will admits that "no one enjoys it as much as me."

Sailing-Jackson Bergstrom



PHOTO: JACKSON BERGSTROM

Trent McCaffrey
Sports Editor

As summer nears, the water and air get warmer, and sailing season arrives.

Sophomore Jackson Bergstrom looks forward to summer because he has been sailing for about nine years.

Jackson's dad taught him to sail. "He is from Annapolis, Maryland which is known as the 'Sailing Capital of the World,' and he taught sailing there, so it has been in the family," said Jackson.

"Normally when I sail, I'm with my family or my dad and friends," said Jackson.

Jackson doesn't com-

pete in any sort of races, he just sails because he loves doing it.

"I enjoy sailing because I love the feeling of being on a boat. The combination of everything together is an awesome feeling, from leaning over the water to getting up to a high speed from just the wind. Nothing can beat it," said Jackson.

Jackson mainly sails on the Rappahannock River. His favorite place to sail is in the Chesapeake Bay.

"My favorite memory of sailing is when my family and I sailed all the way from the Rappahannock River to Yorktown. It took about a day or two," said Jackson.

"I normally don't go sailing on long trips by

myself because the boat we normally sail on needs more than one person to sail," said Jackson.

Jackson has encountered some dangerous situations while sailing.

"One time we were anchored in a creek and there was a giant hail storm near us so we were about to have to swim to shore. When it thunderstorms you can't touch anything metal because everything is attached to the mast and the mast is basically a giant lighting rod," said Jackson.

Jackson's family has many boats.

"We sold our little sailboat, but we still have a 12ft sailing dinghy, a 35ft sailboat, and a 25ft T-top fishing boat. I miss having the smaller sailboat because it was more nimble and when you sail smaller boats it feels like you are sailing at a higher speed" said Jackson.

Jackson has also capsized a number of times but it normally doesn't happen on big boats.

"When you capsize all you really have to do is stand on the keel of the boat and flip it back over," said Jackson.

Jackson and his family look forward to getting on the water as the summer makes its way into the year.

Freshman Feels Right at Home on Varsity



PHOTO: YEARBOOK

Leah Dillard
Sports Editor

He can successfully play any position. He performs well under pressure. He pitched a shutout game against Hermitage, leading the team to a 10-0 win. He is the only freshman on Freeman's varsity baseball team, Luis Barrios. Back in February, Luis tried

out for a team predominately made up of juniors and seniors. Luis wasn't fazed despite the fact that he was only 14 years old at the time.

"I got to see him play last year at Tuckahoe Middle School, and when I did I saw that he was a great player," said Ray Moore, head coach of Freeman varsity baseball. "I didn't know if he'd be ready to play for the Freeman

varsity team, but he has certainly performed well enough to be a part of the varsity squad this year."

Luis' success has been facilitated by more than a decade of experience. At three years old, Luis began playing tee-ball with his father. "My dad played baseball, so I'm kind of carrying on the tradition," said Luis.

Luis has played for Glen Allen Little League and Lakeside Little League. In addition to playing for Freeman, he plays for a travel team called Glen Allen Extreme. "We go all around the East coast," Luis said. "This year, we're going down to Florida and South Carolina a bunch."

All of this practice paid off when he made the varsity team as a freshman. Coach Moore viewed Luis' transition as fairly seamless.

"I think that it's different because he's used to playing on teams with players his own

age, so there was an adjustment. Also, there's still the fact that he has to ask for rides and things like that, so he lacks some shared experiences."

However, the age difference between Luis and his teammates has not at all hindered their dynamic, or Luis' ability to gain reverence.

"From the performance aspect, he's every bit as good as other varsity players," he said. "He plays well enough to garner their respect, and doesn't have an ego. He's also a really good person, so he fits in just fine."

Throughout the season, Luis has proved to be a valuable asset. "I think his strongest suit is versatility - he can play any spot on the field well. We can always count on him to play a strong game wherever we put him," said Coach Moore.

"There's nothing that has to do with baseball that [Luis] can't do," said teammate Coby Sale. "He can do anything."

Luis admitted that his supportive teammates helped him have a positive experience. "It has been great - all the guys have brought me in being the only freshman."

Luis has earned the name "Rookie" and the position of team bat boy. "Of course I get teased all the time, but I embrace it. It's fun," he said.

Luis' teammates appreciate his lighthearted yet strong character. "He gets the team up and laughing a lot...He has a really good spirit," said teammate Jake Gerkin.

"I think the guys on the team really enjoy having him around," said Coach Moore. "They have the opportunity to help him develop as a player."

Luis, currently a catcher and pitcher, hopes to pitch more often.

Based on his recent shutout game against Hermitage, there is much more of his play to be seen and much to look forward to over the next three years.

Making an Impact One Verse at a Time



PHOTO: ALISON EDDINS

Sophomore Coleman "King Cole" Greene's music is becoming more popular

Hayley Fogleman
Staff Writer

Freestyling and tongue twisting rappers are taking the stage. Rapping has become more popular with the student body.

Not only are Freeman students embracing this art, but they are also listening to their peers who have mastered this talent.

Junior Arthur Fragoso has tackled the art of rapping. As the creator of "Giving them Positivity" (GTP), his main goal is to have a positive impact.

"GTP stands for that because I had a rough upbringing, and I've been around a lot of negative stuff in my life. I thought it was important to reach out to people," said Arthur.

Arthur's first experience with rap was the day he heard Biggie Smalls on the radio. "When I heard Biggie, that's when I start-

ed to think rap sounded nice," said Arthur. He would take Biggie over Soulja Boy any day.

Arthur believes there are so many untalented artists who have become famous.

"If Soulja Boy can do it, why can't I?" he said.

Arthur has made five mixed tapes of his own. He has performed in Florida and California in two different showcases. Recently he was invited to come back to LA and to perform in DC.

"I've collaborated with a couple people, but mostly I rap by myself. I've been working with a lot more people lately, though," he said.

Although Arthur wants to continue his music career after high school, he still wants to go to college. "Rapping acts as my second job, school being my first," he said.

Arthur's fame from GTP has

Go to "The Commentator" blog for a rap collaboration between Coleman and Arthur

<http://tinyurl.com/kingcolegtp>

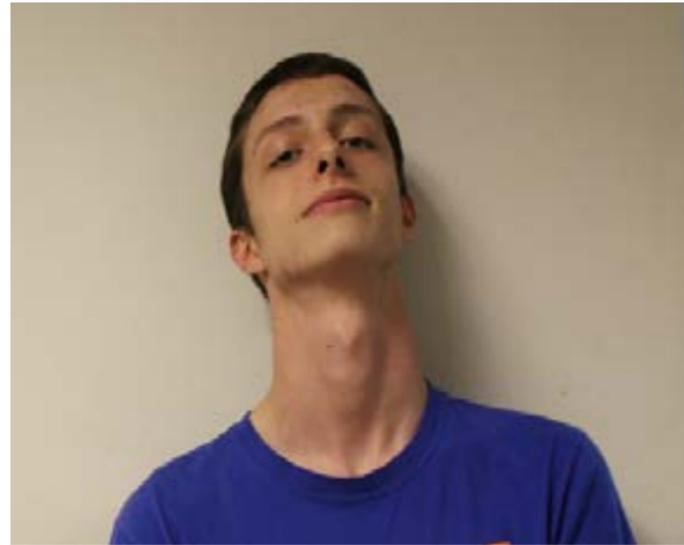


PHOTO: ALISON EDDINS

GTP creator Arthur Fragoso's goal is to make a positive impact with his music

low, mark my words," he said.

He is inspired by other lesser known rappers he hears.

"Ever since I have started rapping, I have moved from listening to only mainstream guys to pretty much only underground artists. I feel that their style is more accurate to mine...their messages are less corrupted and polluted," he said.

Coleman believes cursing in his raps is unnecessary. If he wants to reach out to everyone, his music has to cater to all types and ages.

"Instead of cursing, I am able to illustrate my intents better," Coleman said, "So play my music for your grandmas. Play it for your pastors and teachers. Play it for your parents who don't like rap because it's vulgar and coarse. Play it for people who are sad and play it for people who are happy. And play it for yourself and let it reach you wherever

you are in that moment."

Coleman collaborates with more people. He often collaborates with Freeman junior Tanner Toy and sophomore Carter Ward (Cartier) from Godwin.

His fans are the ones who inspire him. His Soundcloud, twitter, and Bandcamp have helped him gain popularity.

"When people say that I'm their inspiration or that one of my songs made their day, I feel like I did my job. When people say, 'Coleman, I was listening to you all class' or 'You were our pregame music!' I am ecstatic," he said.

Arthur and Coleman agree that rap needs to reach the student body more than it has in the past.

Coleman said, "I get encouraged by the people who want to hear me. Hopefully people can spread the rumor and my music can reach more people throughout high school."



PHOTO: MADDY WALDRON

The yummy variety of Sugar Shack Donuts has Freeman hooked.

Donut Miss These Treats

Alison Eddins
News Editor

I donut know about you, but every time I see a picture of a box of Sugar Shack or Country Style donuts pop up in my Instagram news feed, I gawk for a solid five minutes with my mouth watering. The donut has become my most used emoji, and I've become as addicted to donut puns as I am to the actual food.

Despite hearing about donut shops that have become popular spots, I had never branched out from the always-classic Krispy Kreme, because who doesn't love a hot, fresh, glazed donut? But it's been on my to-do list, so I took a risk and tried out some less-mainstream donut hotspots.

From the outside, Country Style Doughnuts seems very nondescript—it's secluded, looks old and almost run-down, and seems to be in the middle of nowhere—and it made me question the hype about their donuts. But you shouldn't judge a donut shop by its cover.

When you open the door, you immediately smell them. Before you even see the glorious wall of donuts behind the counter, you know they're going to be good.

Similar to the layout of Panera Bread bagels, the donuts are displayed on shelves on the back wall behind the counter. The smell is heavenly, and the shop boasts of donuts baked fresh daily. If you're looking for a wide selection of treats, it's best to go early in the morning, because the shop is popular and the supply wanes throughout the day.

After deliberating about what to order, I decided to try a glazed donut and a cinnamon cruller. Both were fantastic, and I was pleased to find that the donuts taste as good as they smell. I also tried Apple Crum and Boston Cream, which both tasted cake-like and sugary. Marked as 96 cents per donut, the prices are definitely reasonable.

Country Style Donuts is 23 minutes away from Freeman (located at 4300 Williamsburg Rd.), so it's a bit of a ride. But if you live out towards the airport or have plenty of gas in your car, then Country Style is your place. Plus, it's open 24 hours a day, so if you're looking for a donut shop to satisfy your midnight craving, you know where to go. But just a heads up—donut go on a Monday, because they're closed.

Although Country Style donuts tasted incredible, I fell in love immediately with Sugar Shack. It's located at 1001 N Lombardy St. (right across from Maggie Walker High School). From the outside the shop seemed dull, but as soon as I walked in the door, the delicious smell smacked me in the face, and the cute, fun atmosphere had me sold. Each donut was around \$1.25, but the size and flavor variety made Sugar Shack donuts worth their price.

I chose a classic glazed donut and a cinnamon sugar donut so that I could compare to those from Country Style, and I also tried the apple fritter. The cinnamon sugar donut was fluffy and sweet, and I thought it was even better than the one from Country Style. The glazed donut was also delicious, and since Sugar Shack has a perfect set-up for dropping in for donuts to-go, I made sure to grab some to take home (they taste even better after popping them in the microwave).

The apple fritter was definitely my favorite—rich in flavor with a glaze of vanilla icing that perfectly complements the melt-in-your-mouth consistency. Yum. My only word of advice to improve the Sugar Shack experience would be for them to add tables and chairs, because although the donuts are fantastic, the seating options are limited.

Both donut shops get an A+ in my book; each provides a unique taste and experience for donut fanatics. But one thing is for sure—they're so addicting, it's probably a good thing I donut live closer.

Ceramics Crosses International Borders

Alex Gilliam
Design Editor

Her sincere interest in Ceramics is what makes Ereny Shawki different. She is a junior who is about to finish Ceramics I with an impressive display of Egyptian-themed pottery to show for it.

Although this year has been about learning the basics of pottery skills, Ereny has been able to integrate her culture and experience into her work.

Beginning this year she says that the most basic and foundational skill they learned was, "the process of not making the clay explode in the kiln."

"First day of class I was like 'I don't think I can make all of this handmade stuff,' I thought it was really complicated and my hands hurt after wedging," Ereny said. Wedging is the process of repeatedly throwing the clay onto a table in order to prepare it for use. The class does not use pottery wheels to make bowls and vases; they do all of the work by hand.

The ceramics class is based on learning specific pottery techniques and then making different types of pieces to practice it.

"In ceramics, you do the skill stuff first," said Dana Morris, Ceramics teacher. "We did a coil pot first then a themed coil pot."

The class has covered several different techniques while working with clay this year, and have made things like bowls, cups, and vases. Of course this also means that there is plenty of finished work around.

"I have all of mine at home and honestly couldn't give any of them for gifts because I feel like they were a lot of work and too personal," said Ereny "but I'm planning to make graduation gifts."

As an Egyptian, Ereny has made her culture the focus of many of the themed assignments.

"I made a pyramid [for one], but not a traditional look of a pyramid. I tried to symbolize peace ... so I put a dove on top of it."

Ereny's family moved to Richmond from Al-minya, Egypt when she was in the 6th grade. She said that her father had been working in Kuwait, and that

she didn't see him very often. Moving to the United States offered him a chance at a better job for him and a better future for the entire family.

"But it was such a big decision, we packed all our things the night of the flight because we still weren't sure," said Ereny.

After they finish working on an item in class, they share the piece with everyone else.

"We critique our work in class because you can think of a work differently than the person who made it so we get to understand their point of view," said Ereny.

Ereny can explain how she has shown her Egyptian culture what she has made. She said, "There is always a way to emphasize my country here, I don't feel that I'm not fitting in or anything."

Ereny didn't get into Ceramics her sophomore year, so she was excited to have gotten in this year. As for next year, she says that she's given up an AP elective in order to make room for Ceramics II. It's worthwhile because, "this is so much fun, [it's] like stress relief for me!"



PHOTO: SEBASTIAN HUGHES

Junior Ereny Shawki makes ceramic bowls in her Ceramics I class. Ereny has created pieces combining elements of her Egyptian roots and her American life.

Spring Album Reviews

Iggy Azalea Needs to Find Her Stride

Sebastian Hughes
A&E Editor



PHOTO: <http://iggyazalea.com/>

Album: The New Classic
Artist: Iggy Azalea
Rating: ★★★

Iggy Azalea is the biggest rapper to come to popularity since Nikki Minaj in 2010. Her album has peaked at #3 on the Billboard Top 200 Albums, the only rapper who previous debuted that high was Minaj.

Azalea largely holds this success to her hit single, "Fancy" featuring Charli XCX, which is currently high on the charts, slightly behind the song "Problem" by Ariana Grande, a song that features Iggy Azalea.

Both of these hit songs, however, are Azalea's only true breakout songs. Iggy Azalea's album is full of typical rap songs that one expects from a female rapper.

Most of Azalea's songs are about herself, triumphing over others and her own victories. This message floods the lyrics and the tone of the entire album, transforming from the satirical "Fancy" to an ego-filled "Don't Need Y'all."

Azalea's best songs, it appears, are when another female singer is a part of the song or is featured with her. This happens on both of Azalea's hits, as "Fancy" and "Problem" have choruses sung by Charli XCX and Ariana Grande, respectively.

The female singing voice and Azalea's rapping voice complement each other quite nicely, creating a successful hit.

This is also shown in Azalea's second best song on the album, called "Black Widow," which features female singer Rita Ora.

There are two types of rappers, those that are in the mainstream as featured artists, and those that do this as well as have their own successful material, such as Jay-Z and Kanye West.

Both of these successful rappers have found a way to make their voice work in songs that become successful without featured artists.

Iggy has potential, stepping into her own in songs like "Impossible is Nothing" and "Goddess," both have mainstream radio potential.

It will take more, however, for Azalea to really find her stride. Only time will tell if she is able to do so.



PHOTO: [http://en.wikipedia.org/wiki/Godzilla_\(2014_film\)](http://en.wikipedia.org/wiki/Godzilla_(2014_film))

Is Godzilla Really the King of Monsters?

Shannon McCarthy
A&E Editor

Rating: ★★★

The king of monsters roars back into theatres and our hearts, after this new installment of the Japanese legend. With a star-studded cast, big names like Bryan Cranston, Ken Watanabe, and Elizabeth Olson, and a decent premise, "Godzilla" is a bound to be everything America wants in a movie right? Well, no, actually.

Don't get me wrong, when Godzilla first appeared on the big screen, I was jumping up and down in my seat, but then it cut away from the action. The movie cut away a lot right as a big action sequence was about to take place.

Sure, suspense is great for a movie, but when you're teased so much for the most amazing action ever—the movie better deliver. It did not though.

The final action sequence was amazing, but it was not the action I was expecting after being teased so heavily.

Another issue I had with the action was that when Godzilla was onscreen, they barely showed him. They just showed reaction shots the entire time. Some characters were practically reduced to faces that the director could use for cheap emotional moments.

Ken Watanabe's character was the foremost Godzilla expert in the world, but he barely talked. He just stood there wide eyed and speechless. This type of shot may have worked for a movie back in the 1970s, but now it's viewed as cheesy.

However, the movie itself was beautiful. The epic scope of the film made for some breathtaking shots.

From the location shots to the first look of Godzilla the film oozed blockbuster, the special effects were fantastic; everything looked realistic in my opinion. The monsters looked like they crawled directly from the ocean.

The movie knew what it was, but it also was trying to build-up for a fight that ultimately left me feeling underwhelmed by the end of the movie. Unfortunately for the film, the suspense it forced to create did not win me over.

Critics and audiences are extremely divided over the movie. Some people take the same stance as me saying there needed to be more action.

Others say that the amount of suspense added more punch to the ending fight. With a 73 percent rating from critics and audiences on Rotten Tomatoes, it is clear that most movie goers agree that "Godzilla" left an impression.

Overall, I had an enjoyable time with the movie, but I wish there was more action and substance to the King of Monsters.

The Black Keys Make Good, Similar Music



PHOTO: <http://www.billboard.com>

Album: Turn Blue
Artist: The Black Keys
Rating: ★★★

The Black Keys have been called great for several reasons, and their talent is undeniable. Their success comes largely from the way they integrate classic rock with today's modern craving for something different.

The duo earns respect from the older generation for embodying the 60s, 70s, and 80s. Today's music fans love it because they embellish their music with the alternative genre.

The Black Keys' past several albums have led to critical acclaim, but this album lacks the

chill of the past releases. Their past albums produced alternative rock hits like "Lonely Boy," and "Gold on the Ceiling," but this one, while maintain the same principles of music based on quality, lacks the charisma produced by the others. The songs are not bad and the style, a mix of rock, funk, jazz, and pop, is there, but sometimes an artist has too much style and it consumes the songs. For instance, songs, such as "Turn Blue" and "Fever", are smothered by the same notes from electric guitars and pianos. It is as if the musicians are so in love with these notes that

That is the first issue with this album; there is more style than good music. Luckily for The Black Keys, their style is so unique and interesting, with cool guitar beats and piano rhythms, that it more or less compensates for it.

The second issue is the different songs, or rather, the lack of difference in the songs. Practically every single song is too similar vocally and instrumentally. All of the songs are well written and have a good beat, but the similar-

ities make it difficult to make any individual song have an impact.

There needs to be a balance between direction and song diversity. This album seems to be a mix of The Beatles, who I love, and boring. Going down the list of songs, from 1 to 11, the same monotone piano keys and guitar strings that are spread throughout each song make the album feel like one 45:09 minute song. The Black Keys embody the Beatles' want to merge rock and pop but, in this album, they somehow fail to make the music interesting enough to want to play it over and over again.

The best part of the album, like always, is the instruments, the best beat being given in the faster pace "Gotta Get Away." It is nice to hear an electric guitar in fresh material, rather than in classic rock everyone loves. They breathe fresh life into the classic ways, and feet cannot help not stomping to the beat.

It is for this reason that Turn Blue remains a decent album, for, the direction, though very straight, is nothing like present day music.

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