



Bubble Struggle in Big Gym: Gym Floor Reconstruction Begins after Discovery of Floor Damage

Clayton Leep
Staff Writer



PHOTO: TED SCHERER

The floor of the big gym was removed to address the problem, and replacement construction began.

On Monday August 4, Doug Clements walked into the office of Activities Director Suzanne Criswell, and simply told her "Nice bubble in the floor." And thus the bubble was discovered that would change many of Freeman's fall activities.

The bubble discovered in the floor was ten inches in height and covered an area 40 square feet.

As to whether it was preventable, Mrs. Criswell said, "Possibly? No one really knows. A forty year old gym floor is like a living, breathing organism." This type of incident has never happened before in a Henrico County Public School.

Mrs. Criswell and the Athletics Department brought in a floor expert who determined that the bubble rose by reason of humidity underneath the hardwood.

Large industrial dehumidifiers were brought in in hopes the floor would recede.

However, this effort proved unsuccessful and made the floor worse resulting in bumps rising all over the floor. HCPS made the call to replace the floor entirely.

The floor is currently being replaced by Gerflor Flooring Group, who were "great to work with, efficient, and haven't stopped," said Mrs. Criswell. The renovation will cost about \$200,000. They are currently

tearing up the old floor so they can install an entirely new one.

The new floor will be mostly the same as the old one, except that there will be a new design. The volleyball and basketball coaches are in charge of finding a new floor design.

Many students and faculty have taken pieces of the old gym floor from small floorboards to large, fully formed sections. A fundraiser is being put together to auction off the pieces to raise money for a new scoreboard in the gym. This idea has not been approved yet. Mrs. Criswell said

this is "still in the talking stages."

PE teachers have been most affected by the closing of the gym. The teachers have been fortunate with moderate weather, so most classes have been held outdoors. During rare cases of bad weather, these classes have shared the small gym and health classrooms to continue teaching.

The volleyball and basketball teams, who use the gym in the fall, have had the most significant changes to their average schedules. Although JV players stay on campus, the varsity volleyball teams have

rented courts at the Richmond Volleyball Club (RVC) at a low price due to Freeman's strong partnership with RVC.

Senior Coleman McClellan, a starter on the 9-1 volleyball team, said practicing at RVC has been a great experience due to the fact that half the team plays there in the off season, and more courts are available to the team.

"It makes it better actually. It gives us more control due to the low ceiling, and the small space makes games more hype and energetic." Coleman said.

The basketball team will also

have a change of scenery for tryouts in November. Three locations have been secured for the team's two-week-long tryouts, including Byrd Middle, Tuckahoe Middle, and the small gym.

The small gym will also host many important events this fall including the homecoming dance. SCA President Jordi Lee is very optimistic about the success of this year's dance despite the fact that "It's going to be a little crowded." The theme for this year's dance will be the Monster Mash.

Convocation was held in the small gym this year. Jordi made it known juniors are not allowed at Convocation; it will only be open to seniors and parents.

The bubble has also forced many annual events to be moved to locations other than the small gym or to be terminated completely. The pep rally for the first home football game was held outside in the football field bleachers. Mrs. Criswell thought the move was a success.

"It was cool and different and wasn't as loud. The cheerleaders out on the field was a cool thing; it was different." Mrs. Criswell said.

One event that will not happen this year will be the Veterans Day Assembly. The small gym cannot hold enough people, thus the annual assembly has been forced from the calendar.

The new gym floor is expected to be ready sometime this November, just in time for basketball season and 2015.

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Freeman Community Gets Creative with Floor Recycling

Sarah Ashman
Editor-in-Chief

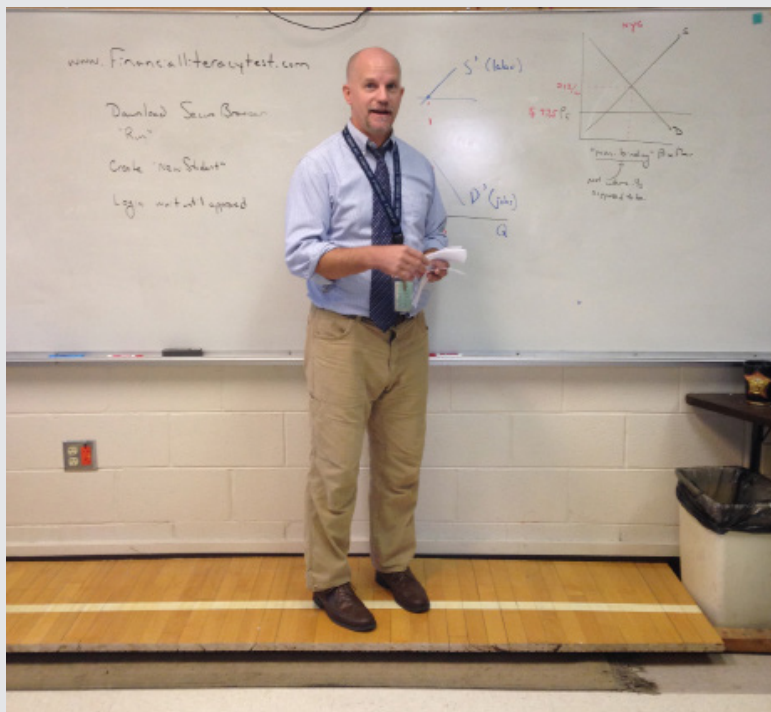


PHOTO: SARAH ASHMAN

Mr. Zanetti created his own stage at the front of his classroom.

little piece for memory," he said.

He chose three small pieces with gray and navy lines on them from the basketball court. "I chose those pieces because they had each of the colors on them," he said.

Other teachers, such as Mr. Robjont, have taken slightly larger pieces.

"I'm flooring my attic, so I took

about ten 8x4 foot chunks of the gym floor...someday, if you walk up there, the Freeman gym will be covering the entire attic," he said.

Though flooring an attic is a creative use, Mr. Zanetti seems to have won the originality contest. His piece of the gym floor is currently being used in his classroom in front of his



PHOTO: ALISON EDDINS

Mr. Larkins kept three pieces of the basketball court for display.

whiteboard as a small stage for him to stand on as he writes notes and gives lectures.

Though most of the teachers asked the construction men working on the floor to cut them a piece, others took the liberty to get them on their own. "Some pieces were taken out of the dumpster, which was very concerning because of safety,"

said Ms. Criswell.

Mr. Larkins, on the other hand, thinks that the fact that teachers were willing to climb through trash to grab a piece of the floor actually reflects well on the Freeman community. "I think it shows a good thing. It shows that people want a little bit of Freeman in their home."

After all, who wouldn't want a little bit, or big bit, of Freeman?

Google Apps for Education Make Debut in Classrooms

Eric Asplund
Editor-in-Chief

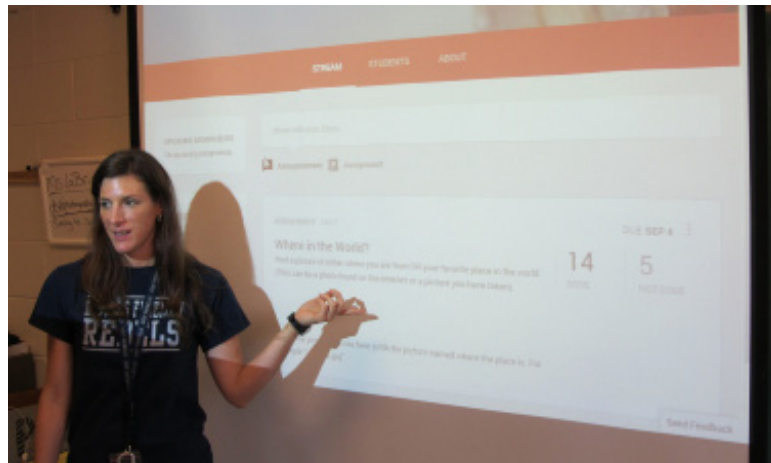


PHOTO: TED SCHERER

Photography teacher Rae LaBrie uses Google Classroom.

Tech giants are vying for a wider range of consumer use – the technological ecosystem. It is a battle between Apple's upscale design and reliability, Google's free-and-simple system, and the sheer prevalence of Microsoft's Windows.

Google has won the bid at Freeman. Google Apps for Education (GAFE) provides a multi-platform base for teachers and students to interact. GAFE integrates Calendar, Gmail, Sites, Drive, and YouTube into a streamlined suite.

In addition to being comprehensive, GAFE is entirely free of cost to the county

and to students. When compared to SchoolSpace, a web program set up specifically for Henrico County Public Schools, Google offers much more for much less.

Last year, every student at Freeman received an email address through Google's servers as the system was set up for use. This year, the new tool is Google

Classroom. Teachers have been encouraged to adopt it as a means for communicating with their students, and assigning and receiving work.

"Work that is assigned by teachers is aggregated into one place, which is entirely cloud-based," said Jessica Ciokan, Freeman's Instructional Technology Resource Teacher.

Google Classroom is in its "beta," or development, phase. Not everything is completely working yet; Google's team will add or take away features as they work on their final product. The final product will be a conglomeration of suggestions from teachers across the country who have been using the application suite.

Teachers' feedback has been largely positive on the new

program, but some teachers feel like it is lacking something, especially an integrated calendar.

"I was going to use Classroom but I was told that it might be easier to use [Google] Calendar, so that's what I've done," said Mrs. Campfield, a science teacher who has reformatted into the new Google system.

The reaction from students has been positive as well.

"My teachers can virtually post things and, in one or two clicks, I can get to them. It's very easy to use," said Peyton Brady, a senior who used Classroom for the first time this year after many years of using SchoolSpace.

Both Henrico County and Google are offering teachers various opportunities to learn how to use and integrate GAFE into the classroom.

Henrico Implements Failure Reduction Policy



PHOTO: ALISON EDDINS

Senior Sarah Barnes and English teacher Mr. Robjent review a test together.

Jamie Bacon
Staff Writer

Students have been curious about a rumored "no-fail policy" since it was initially introduced last spring. This fall the county explained the specifics of the "Support to Succeed" policy and its county-wide implementation.

According to the HCPS website, "all middle schools and high schools will be implementing a consistent practice in 2014-15 in order to encourage a small number of struggling students to not give upon their work."

Principal Anne Poates wants everyone to know is that "it is not a 'Failure Prevention Policy,' but a Failure Reduction Policy." She also said that it is important to understand that the policy is "two-fold."

The first part of the policy applies to marking period 1 and marking period 2 grades.

"If a student scores below a 55 percent in either marking period 1 or 2, his/her grade will be bottomed out at a 55" Students are allowed one grade boost per class. It is important to note that if a semester grade is raised to a 55 in the first marking period in a class, it will not be raised if it is below a 55 in the second marking period.

The second portion of the failure reduction policy deals with re-taking tests. Mrs. Poates said that the policy arose from the "suburban legend that Deep Run had a no-fail policy, but they never had a 'no-fail policy.' Deep Run had a policy where the student had the ability to approach the teacher and retake a test." Mrs. Poates also stressed the importance that in the Support to Succeed policy "it is the student's responsibility to approach the teacher," and that "it is a privilege, not a right."

"Everybody can have a problem on a test and our goal is

to learn the material, not to give a failing grade. If a student feels like they can do better, then they should have the opportunity to do so" Mrs. Poates said.

Donna Campbell, math department chair, said that "it all comes down to grace. Anyone can have a bad day, but hopefully they can learn from that and do better going forward."

Mrs. Campbell is concerned about the time commitment being put on the teachers, and the possible abuse of the policy.

"I would sit down with the student and do corrections rather than take the approach of having the student simply retaking the test. I want them to use the opportunity, but not to abuse it, Mrs. Campbell said."

Some students are skeptical, "I don't think students will work as hard now. It is bad because if you are near there [failing,] you will just give up," said senior Andrew Oostdyk.

"I think people probably won't take advantage of it," said senior Tazhane Clarke

Ryan Burgess, a history teacher, has a positive attitude towards the policy, "it is absolutely critical in college prep classes. I think that is where the largest impact will be," she said. She also said that the main reason she thinks it is important is because "the end goal is that students actually learn the material. It gives you the opportunity to go back and earn a passing grade."

Sophomore Katie Cunningham feels similar to Ms. Burgess.

"It gives people an opportunity to do well" she said.

The jury is still out on the success of the policy; however, everyone seems to agree that it gives students "support to succeed."

Engineering teacher earns Doctorate

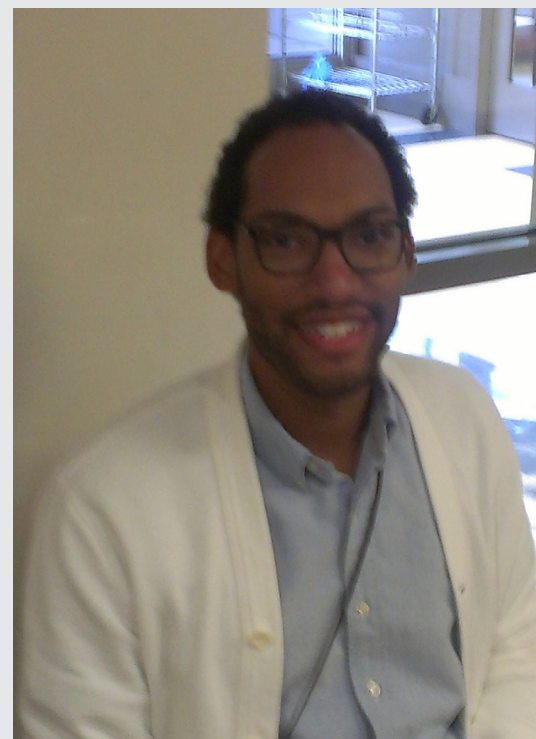


PHOTO: MADINAH STALLWORTH

Dr. Kendall Nicholson

Q: What was your graduate program and at what school?
A: Ed.D. Doctor of Education. Regent University; it's a small private Christian school in Virginia Beach.

Q: What does it take to get your Ed.D? How long did it take? What was the course load like?

A: On average it takes four and a half years, but it took me three and a half and you can't go any longer than 7 years. I didn't think the classes were that hard, but a lot of people were struggling. [The class] required you to apply what you know because when you become a doctor you're supposed to be an expert in the field.

Q: How did you celebrate getting your degree?

A: I had some pictures done, and my mom made a big dinner for me. I haven't done anything really big yet.

Q: What made you want to get it?

A: I want to eventually work in higher education and to do that a doctorate is almost necessary. I always knew I wanted one and I wanted to do it before I had kids and other things to focus my attention on.

Q: How is grad school different from a regular four-year colleges and universities?

A: It's more independent learning. At four-year schools they give you a lot of little assignments to try and teach you as much as they can. In grad school they provide you with the information and it's up to you to learn it and apply it.

Q:How does it make you a better teacher?

A: Well 1.) I'm finished with school, so I have more time to devote to my students and teaching. 2.) I have a wider knowledge base. My expertise is in Architectural Education- so with more knowledge I can pass on more knowledge to my students.

Q: Do you have any career aspirations beyond teaching at Freeman?

A: My dream job would be to manage an architecture degree program at any school of architecture in the U.S. I can keep advising students, but also get to do some administrative things.

Q: Do you expect or want your students to call you Dr. Nicholson now?

A: That's actually a challenge we're having now. They have to transition into it just as students would with a teacher that got married. I would feel bad if they called me Mr. and I correct them saying "It's actually Dr." We're slowly making that transition.

The Enterovirus (EV-D68) Infects Richmond with cold-like symptoms

Sydney Catlett
Staff Writer

The Enterovirus EV-D68 may seem like your average cold at first, but it is actually much more severe. According to CBS 6, there were seven confirmed cases of the Enterovirus in Richmond, Virginia. Since mid-August, there have been more than 100 confirmed cases of the virus in the United States.

Susan Smith, school nurse, is aware of the Enterovirus and its symptoms.

"If your child develops a cold or cough, parents or caregivers should watch the child more closely, especially if the child has asthma or a history of asthma and if wheezing or asthma like symptoms erupt, then medical care should be sought out.

"My understanding is that the virus is more apparent in the younger population, but if

my child was at Freeman and had asthma I would be on high alert," Mrs. Smith said.

Mark Flazenbaum, a pediatrician who recently wrote an article on the virus, described it as starting out similar to an average cold and then symptoms progressively get worse, with the person developing a fever and breathing problems.

"The virus is spread like the everyday cold. Anything with coughing, sneezing, or sharing of drinks with a person who has the Enterovirus can infect the other person," Flazenbaum said.

Dr. Flazenbaum also said that children or teens with asthma or a history of asthma tend to be the people who have confirmed cases of the Enterovirus EV-D68.

"The virus can hit any age group. Young kids under 6 months to teenagers, but we have seen more cases of the virus in kids around elementary and middle school age. Not to say it is so unlikely in older teens that no

highschooler could develop the virus because it is very possible," Dr. Flazenbaum said.

"My mom is concerned for my brother more because it is more apparent in kids of his age group and elementary school kids tend to be more germier and illnesses spread easier," said Elizabeth Rountree, a sophomore with a brother in fifth grade.

"EV-D68 is not frequently identified, so it is less studied and the ways it spreads are not as well understood as other enteroviruses," said Susan Fischer Davis, Henrico County Health Director, in a letter to parents.

"There are no vaccines for preventing EV-D68 infections." There have been no instances of EV-D68 at Freeman but there is still a large possibility that it may spread. The best ways to prevent the enterovirus are simple and easy: washing hands, avoiding unnecessary contact, and covering coughs and sneezes.

Freeman Family Finishes Up With the Speak-Up 5k



PHOTO: ABBY DONELSON

Organized by the Gallagher family, the Speak Up 5K run in memory of former Rebel Cameron Gallagher was held on Sept. 6 at 9 a.m. The Gallaghers wanted to raise awareness for teen depression. The race raised

\$150,000 for the Virginia Treatment Center for children.

The race was organized in memory of Cameron, who died after crossing the finish line of the Shamrock half marathon on March 17.

personality and passion," said senior Abby Holland.

"It was really an exciting day because there were a lot of people there to support her dream. It was what Cameron would have wanted. They

were really deserving of her vision," said senior Catalina Layton.

"It was a good race. They had a bubble machine and silly string. The course was shorter than a 5k. It was an energetic atmosphere with lots of people there. I didn't really know Cameron, but from what I understand it represented her. I would definitely be doing it again next year," said sophomore Nick Newton.

"I thought the atmosphere was very excited and I could feel Cameron's presence in the air," said junior Abby Donelson.

"The Speak Up 5k was a rewarding experience and very well-organized. Hats off to Abby Doneson who worked so hard (along with many others) to help this dream come true for the Gallaghers," said Chemistry teacher, Marissa Vest.

"It was really fun. I know Riley (Cameron's younger sister) and it was really happy. I ran with the Freeman Cross Country Team and they did a really good job and I enjoyed it," said freshman

Mia Girardi.

"It was a really fun experience to carry on the memory of a girl who passed," said freshman Zack Sameuls.

"I thought it was an excellent opportunity to support a cause near and dear to my own heart, teen depression and mental health, as well as to test out my recently acquired Seal Team skills of running an entire 5K without stopping," said History teacher, Ryan Burgess.

"I enjoyed myself. I had tons of fun running with both my family and friends that were there to support the cause. I think everyone there made a huge impact in the Cameron K. Gallagher Foundation. I'm glad so many people could participate," said senior Genevieve Pacious.

"I enjoyed my experience at the race because I could tell that everyone was unified by a common purpose for a problem that is not often talked about," said senior Jack Fleming.

The Freeman Family or a House Divided?



Connor Glowacki
Opinions Editor

The Freeman Rebels are a family of students—one that has grown in number and diversity over the years. Former principal Ed Pruden dubbed this school the Freeman Family, and the phrase stuck, a kind of promise to include students no matter their national, ethnic, or socio-economic backgrounds.

In fact, the recent Rebel Mascot debacle dealt partially with this concept. The goal of choosing a new mascot was not to simply entertain people at football games with a student dressed in a funny costume. It was a way to unify the school's spirit, attract students to Freeman, and enhance the high school experience. I found it embarrassing how some handled the situation, and how it took a national newspaper to explain the event before we

started feeling ridiculous.

However, this a dead issue; I really want to talk about fractures appearing in our student family.

The mascot episode was the first event where I saw a huge division in the student body. I am not implying that every single person at Freeman needs to share the same ideals; that would actually be a bad thing, since debate and discourse possess real educational potential.

Even still, the divide manifested itself frequently as a disrespect for any opposing ideas (specifically, you may recall the attacks on Charlie Bonner). Closing your mind to ideas you do not agree with is ignorance.

This disregard for respectful disagreement split the student body with anger and malice.

Then, there was the first home football game.

It shocked me how aggressive the student section seemed. It may be that I have a mild disposition, but I saw and heard contention between students in the front of the bleacher and those in the back.

At the time, the student section was unable to mediate their conflicting interests. In effect, the student section made me sad; to unite the students under one cause, it resorted to lashing out at each other instead of the other football team.

The thing with hostility is that someone has to decide it is necessary, and there was plenty of it to go around the other night at the Deep Run game (booing the marching band at the Deep Run game—seriously, what did they do?).

Again, this leads me to one point: I feel as if the Freeman family is slowly tearing into pieces.

One of the most glaring instances of segregation and division in the school is the cafeteria.

There is an obvious racial and social division between the two segments of the cafeteria and out in the senior courtyard. This attributes itself to many things, but most importantly, to student preference.

Students find their friends at lunch, or at least sit where they feel most comfortable, but perhaps the creation of such comfort zones is how the division starts. These groups have a tendency to make outsiders feel unwelcome, and so the segregation worsens.

I am sure many of us can identify the certain factions within the school. How many times have you used or heard someone use “band kid” or “leadership” to identify a student?

Generally, these titles are harmless and unavoidable, but

it is detrimental to the school's harmony when an individual uses these divisions as excuses for ostracizing or belittling others.

Stereotyping and making assumptions is causing social distinctions to dominate our perception of each other. It is incorrect to believe that if you know one West End student, you know them all, and the same applies to any group existing today. There are so many students at Freeman. It is hard to imagine any of them being exactly alike.

Now, the antagonizing trends I have seen are more or less isolated incidents, but in a subdued sense, are still present. Next time you hear one of the buzzwords (“Prep”, “Jock”, “Randy”, etc.) I almost guarantee their connotation in the following sentence is negative.

Why does it have to be like that? It does not.

It may be personal histories or misconceptions that are to blame, even school-related stress, but I believe these are still just excuses for ignorance. Many might ask why they should have to worry about a problem that is so hard to fix it exists all around the world. I ask those people, why not?

The implication in saying this is a problem too large to overcome, is that we are giving up; throwing

in the towel because it is too hard to work at including people outside our list of acceptable friends, or to maintain a mindset impartial to outward and social appearance.

That is not the Freeman I know.

Admittedly, there are complex socio-economic forces in effect here, but there is no reason to believe these forces are immutable.

One thing that Freeman characteristically succeeds in is transcending these influences, and providing an establishment where all individuals are on the same level and friendships supersede social, economic, or academic boundaries. Much of this success comes from the students themselves.

It would make me incredibly happy to see even more students branching out of their cozy social spheres, or simply respecting each other enough to abstain from unfriendliness. You never know when your kind gestures might make someone's day, or when someone else's will make yours.

There is no reason for ignorance to be our default. Nothing says our Freeman family cannot be closer and more inclusive.

I am already proud of Freeman and its students.

But why would we stop now when we know we can do better?

He Said

Connor Glowacki
Opinions Editor

Plays taps in the background and salutes

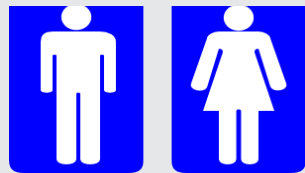
Good thing I picked out an outfit last year

Time to pretend not to notice how fabulous I look.

I wish I could just buy the whole truck

Twitter for trolls

Plot twist: We are all mascots.



HCPSlink

Homecoming

Fall Fashion

Food Trucks

Yik Yak

Our Mascot

She Said

Carissa Campbell
Opinions Editor

Na na na na, na na na na, hey hey hey, goodbye!

I hope @DSF_HC_2k14 has been asked.

I've never actually done yoga, but I do own yoga pants so I look like I do.

I always find a way to spend my paycheck, especially on food.

Have you yakked today?

Rebel Born, Rebel Bred, Rebel till the day I'm dead!

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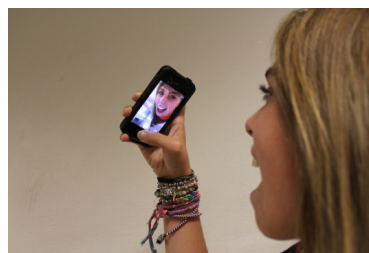
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Phone Policy: Head Over Heels



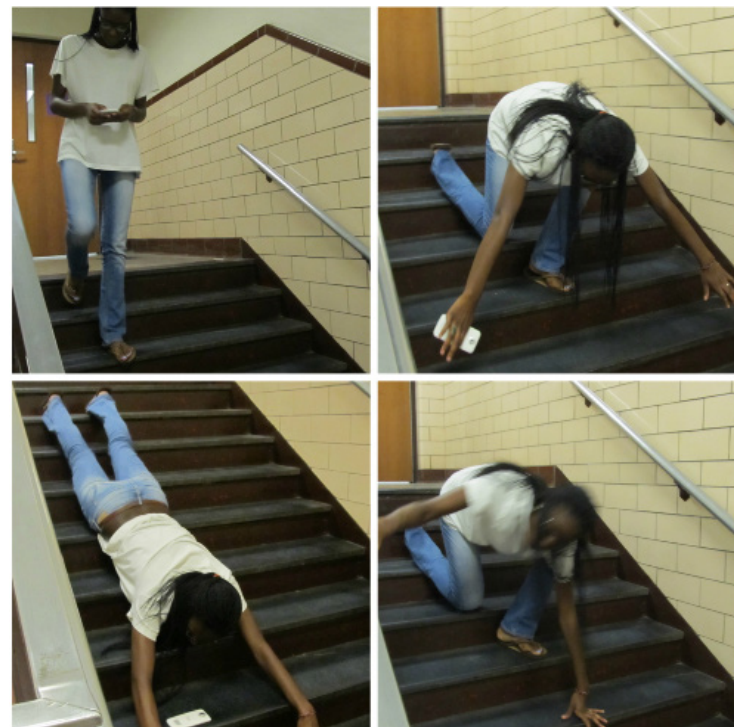
Mary Rockwell
Opinions Editor

I want to publish this article for the safety and sanity of all our students.

Texting and walking is a dangerous habit that hurts you and all of your peers, especially in the hallways at Freeman. It is crucial that this message spreads, so that this horrible atrocity will stop.

The prevention of concussions has continually become a key focus for young people over the years. Is a text really worth an injury to your head? Several students have experienced more collisions this year alone because of one phone policy. Suddenly, the rules of the hallway no longer apply. I have witnessed people swerving out of their lanes while focusing on their phones, texting away. Look up, people. It is not hard, and it can save a life.

Not only is the distraction a safety hazard, it can also take away a significant part of your day. What happened to people watching in the hallway? You may be looking at pictures



Senior Madinah Stallworth takes a tumble down the stairs, all thanks to her phone usage.

of people on your phone, but if you look around, I can guarantee there is someone more interesting walking by than the still photographs you are scrolling through.

How about the person beside you? Conversations with other people (using the spoken word) should not be replaced with words on a screen. Sure, it may be thrilling to send a text to your bæ, but c'mon, you could do that at another time. Let the five minutes of freedom in between classes be a breath of fresh air with your classmates. I do not recommend immediately

suffocating yourself with the information pouring out of your phone. Allow yourself to relax—well, if that is possible when you are sprinting from the Annex to the other side of the school.

And, I'm just wondering, who are you really texting between classes? Your mom can wait.

Come on, Rebs, you do not have to impress anyone. I urge you not to let your time pass by at Freeman because you were looking down at your phone. There is so much more to the high school experience than being caught up in the cellular social sphere.

If you could go anywhere in the world, WHERE would you go?



Adra Ford, sophomore

"Brazil because they have nice weather and I would like to see all of the animals they have there."



Angel de la Rosa, senior

"New Guinea because I'm always rooting for them in the FIFA World Cup and the Rugby World Cup and Kevin Durant is there a lot. I also really like guinea pigs."



Hannin Chaaban, senior

"Lebanon because that's where I was born."



Taylor Petrosky, sophomore

"Las Vegas because it's fun and I like the animals there."



Vanessa Delcid, sophomore

"Korea- because it is a very beautiful place."



Kyle Adams, sophomore

"Mauritius because my mom is from there."

Senior Tastes Turkish Delight

Jackson Ellis traveled to Turkey for This Summer as Part of a Foreign Exchange Program

Gates Towell
Staff Writer

Not many kids choose to be a foreign exchange student in a country surrounded by unrest for seven weeks of their summer. However, senior Jackson Ellis took the opportunity of a lifetime and ran with it. The he went to a city called Izmir on the coast of Turkey and lived with a host family.

"My dad was an exchange student to Germany, so I wanted to go abroad. Turkey has the same summer break as America," he said.

Right on the coast of Turkey, Izmir is the third largest city in Turkey. Jackson even said he could see Greece from there.

Jackson stayed with a family who is really involved in the AFS Intercultural Program.

"The family is really involved, and that was really cool. There was a girl from Hungary overlapping with me. Plus my host brother, Egemen, just completed a year exchange in Brazil," he said.

Jackson loved the food; his favorite was kororec.

"The guy I bought it from didn't tell me what it was, just told me I should get it. Turns out it is a sandwich with ground-up lamb intestines and spices," he said.

Seventy-two percent of people in Turkey practice Sunni Islam.

"My host family wasn't very religious. Even though Ramadan was going on, I didn't have to fast. Other exchange students would have to sneak food in their room, so I was pretty lucky," he said.

Ramadan is the ninth month of the Muslim year, when strict fasting is observed from sunrise to sunset.

Jackson said the concern about going to Turkey was the mining collapse, and there had been protesters in Istanbul. He was able to visit the site where it happened two years ago.

"I was a little concerned about the unrest in Syria and Iraq since both countries border Turkey. However, knowing that the city of Izmir where he was living was very far from Syria and Iraq gave me some comfort," his mother, Donna Ellis said.

"Probably one of my favorite parts of being there was waking up in the morning to hear the prayers of the people in the mosque," he said.

Izmir is very liberal. The president campaigned when he was the prime minister while Jackson was there. Being that the prime minister is extreme, Jackson's family didn't even listen to him as their liberal is equivalent to America's conservative.

"He learned a lot about the Turkish culture from the perspective of one who lives with a family and sees the Turkish life as a native might see it. Of course, it



PHOTO CREDIT: JACKSON ELLIS

Jackson sightsees with his host brother in Ephesus, Turkey.

is hard for a mom not to worry, but Turkey overall is a safe and friendly place to visit," Mr. Ellis said.

Jackson even said it was understandable to worry.

"The biggest difference between America and Turkey is I've realized we are really impersonal people," he said.

"If I greeted a person by kiss-

ing them on both cheeks in America, I would be looked at like I'm crazy. But it's normal for them." He said he never met anyone rude during his seven weeks there.

In the end, Jackson had the trip of a lifetime being with new people in a different culture.v



Madison poses in chemistry class

PHOTO: ALISON EDDINS

Freshman Follows Mission to South Korea

Maddy Waldron
Staff Writer

Freshman Madison Breen embarked on a once-in-a-lifetime journey this summer that transformed her perspective.

For a month and a half, Madison went on a mission trip to Ulsan, South Korea to aid North Korean refugees. She went with her dad and half-sister through their church, New Life Baptist.

Most of the refugees were suffering from post-traumatic stress disorder and depression.

"We told them that is was okay for leaving but their leader in North Korea was like their god so they were afraid," she said.

On a typical day for the adult refugees they would be taken out into the city of Seoul, South Korea or taken to the English community in Ulsan in order to learn the language.

However the kids, who haven't been educated, had school-type lessons every day including math, English and Bible study. The mission trip was not only a learning experience for the church members, but teaching was their purpose after arriving in South Korea.

Having never done anything of the sort before, Madison said, "I wanted to do it because I really like helping people especially when they have problems psychologically rather than physically."

She had her dad, sister and 20 other church members by her side, and they did everything they could to help.

"I felt like at first I was going to help myself and feel like a better person by helping others, but when I got there, that changed and I wanted to see the people grow from their past," Madison said.

Madison's stepdad set up the entire trip for New Life Baptist which added to the experience.

"He taught us some Korean words, but without him nothing would have happened this summer."

Her stepdad isn't the only significant person in Madison's life, "My real dad is who inspires me most because he has been through a lot in his life and has overcome it all and it has taught me that I can overcome anything too," she said.

"My dad was proud that I was doing this at my age and wanted to do it too and he was happy about that," Madison said.

Mark Keovongphet, sophomore, has been Madison's friend since kindergarten.

"She works really hard when she has a goal in mind," Mark said.

Not only did Madison feel that her mission trip changed her, but her friend Mark agrees, "She is more open-minded towards the situation of people and will understand if people are going through hardships and will try to help them," he said.

Madison's favorite story from her trip was when her church group took three kids into Seoul, the capital of Korea, and visited all the shops. "They were so blown away because it was so different to them, and seeing how grateful they were made me realize I needed to be more grateful" Madison said.

"Plus, I would rather see somebody else happy and overjoyed rather than myself, and that makes me happy," Madison said.

In the future, Madison wants to continue with mission work helping and teaching others. "I feel honored I got the opportunity to do it and I feel like it is something that has changed me and my perspective on what I have here," Madison added.

For Madison, sharing her faith with the people who need her help the most was an unbelievable experience and one that she would love to experience again.

A Day in the Life of:

TROY MOORE



7:42- Wakes up and immediately checks twitter for sub- tweets about himself

7:48- Pokes Bauer Lustig on Facebook

7:53- Puts on a nice pair of Nike socks

7:57- Makes one big bowl of Fruit Loops

8:03- Goes upstairs, takes off socks, and takes a shower

8:08- Steps out of the shower, looks in the mirror and thinks about how good he looks

8:40- Picks up Tyler Murdaugh and drives to school

8:55- Finds a pretty girl to walk with to 1st period

9:30- Has an awkward conversation with Meredith Given

9:50- Finds another pretty girl to walk with to 2nd period

10:15- Works on handshakes with Motti in Ms. Rabon's class

10:42- Finds a third pretty girl to walk with to class

11:00- Gets lectured by Ms. Smiley to do his homework

11:34- Finds another pretty girl to walk with to A lunch

Lunch- Eats a turkey sandwich, a granola bar, a bottle of water, a sweet to satisfy his sweet tooth

12:00- Hunts down another pretty girl to walk to class

12:15- "I don't even know what to say about math. I'm horrible at math"

12:53- Rushes to finish last night's homework in study block

1:19- Looks for a sixth pretty girl to walk with to 5th period

2:11- Mixes it up and walks with a guy to 6th period

2:35- Listens to fascinating facts from Ms. Pittman in History

3:03- Walks with ex-girlfriend to try to better his relationship on the way to 7th period

3:30- Takes the rest of Page Ryland's lunch and eats it in Ms. Vest's study hall

3:55- Finds a final pretty girl to walk with to the parking lot

4:45- Works on his figure in the weight room

6:00- Has baseball practice on the beautiful Ken Moore field

8:30- Washes up for a dinner of pasta and a tall glass of milk for strong bones

9:30- Attempts to do his homework

10:45- Hits the sack after a long day of activity

Student Photographer Captures Richmond's Personality

Ashley Frederick
Staff Writer

Junior Caroline Plashal enjoys capturing the stories of strangers one photo at a time. Caroline is currently creating a personal project inspired by Humans of New York, a website and Instagram account of people on the streets of New York City with a personal caption. Her project and Instagram account is called Humans of RVA.

She said, "I did this to learn more about the people around me and the people that I live with. So I go around, mainly downtown Richmond where there's a bunch of different types of people, and I'll ask them a question—not like a stupid question like what's your favorite color—but a question that will kind of open a door to their past or a really important moment in their life."

Caroline began this project to expand her photography

portfolio to apply to art school. "I was talking to a VCU arts school professor and he told me that I don't have any pictures of people and that I should probably add that to my portfolio. I told him that I just don't find photographing people to be that perplexing. But by doing this, it's opened up a whole new door to a type of photography," said Caroline.

Her father's new passion influenced her interest in photography. "A few years ago, I saw the website and the Instagram feed of 'jamielbetsphoto' who is a professional photographer in town with identical interests. We became friends and began photographing storms and dilapidated buildings and homes. So I credit him for inspiring me to take up this hobby," said John Plashal.

Caroline approaches a specific type of person: "I look for people that are kind of more reserved, the people that wouldn't put themselves out there, and people that most people wouldn't really

consider having a conversation with... the more unapproachable people," she said.

Despite the interest of her new project, Caroline prefers photographing nature to people. "I love urban environments. I try and make beauty out of things that don't look beautiful almost. And I really like taking long exposure. For example, capturing car lights going all the way across a bridge. That's something that we can't see with our own eyes but we can see it through a camera," she said.

Caroline's interest for long exposure has been noted by Rae LaBrie, her previous Freeman photography teacher. Ms. LaBrie said, "her portfolio project stood out to me. It included photos she took for the class and outside of the class. The most memorable were her long exposure photographs. She took those personally and they were especially creative."

Caroline's friends have gone downtown with her to find people to photograph. Junior



PHOTO: JOHN PLASHAL

Caroline Plashal snaps a picture of the old CSX A-Line bridge.

Austy Wood said, "Caroline's passion is both personal and shared with her friends. She does it for herself because it shows her creative side, but she likes to share her interest with friends."

Mr. Plashal believes that Caroline's project, "exposes her to the heterogeneity of our society and to all walks of life." "She's getting first-hand exposure of the real world on a face-to-face basis. More importantly, I love the independent initiative

she has shown towards this project. The fact that she has taken an idea and turned it into a successful product for others to enjoy makes me proud," he said.

Caroline ultimately has a major goal for the project. "As I heard more stories it later turned into forming a sense of community, showing people how intriguing others can be if you take a second to get to know them."

Q&A: Meet the Newest Rebels on Staff

Michael Massa:

Associate Principal

Do you have any funny stories from your past teaching experiences?

My first year teaching I was chewing a pen and it blew up all over my face with black ink. It wasn't like just a pop. Somehow, the pen literally exploded, and my face was covered with ink.

Think fast! You're in the zombie apocalypse and your weapons of choice are on your desk. What do you choose and why?

The HCPS 2014 Code of Conduct! I know there are some serious dress code violations and insubordination in any zombie herd. If I could send them to ASP or, better yet, maybe an out of school suspension for not doing what they are told, we wouldn't have to worry about them here at DSF.

Devon Collins: Physics

Do you have any funny stories from your past teaching experiences?

Funny story....yes. I had a secret handshake with a former student where we added a new step to it every Friday for 8 weeks. The same student also

gave a speech unannounced about how he wishes that he'll be taller when he grows up.

Think fast! You're in the zombie apocalypse and your weapons of choice are on your desk. What do you choose and why?

I love zombie apocalypse questions!! Okay, I would probably grab the lighter, because I have a gas line there and I could makeshift a flamethrower. Yeah, that would be pretty awesome.

Becky Milton: Health and P.E.

Is there any particular reason you moved to Freeman? I coached JV softball at Freeman last year and loved it. I thought it would be better to teach and coach at the same school so I could bond more with the players.

What made you want to teach? I have always wanted to be a teacher because I thought it is important to make differences in peoples' lives. If I can help one student it was well worth becoming a teacher.

Why should you be everyone's favorite teacher? I don't know that I would ever be everyone's favorite teacher because you cannot please everyone. The one thing that keeps me in good standing or relationships with students is that I tell them I will treat them as adults as long as they act like one, and also if you work with me I will work with you.

Jeremy Booher: Physics

What is your biggest pet peeve when it comes to your students?

I get peeved when students are afraid to take risks and make mistakes. I once met with a college professor to tell him how I didn't understand any of the material and how it was so difficult to work through any of it.

After my long rant, he simply told me, "What you just described to me sounds a lot like learning," and he couldn't have been more correct. You cannot be perfect right off the bat, but you learn from your mistakes and they help you to grow.

How would you describe your high school self? I was always very busy and involved. I took the highest level courses available, had an after school job, participated in many clubs, and was always involved in whatever productions or musical assemblies were going on.

Dave Inman: English

What made you want to teach?

I'm sure I was influenced by great teachers I had in my life, some of them here at DSF. Teaching allows for an intellectual life not offered in a lot of other professions. Plus, it's fun.

What made you want to teach the subject you are currently teaching? Words have got to be the most powerful tool we have in human civilization, so teaching English provides a great opportunity to help young people learn to use that power effectively. And I've always loved reading.

What is your biggest pet peeve when it comes to your students? Oh, I don't know. There are lots of ways to get under a teacher's skin. What I do like is when students are respectful, responsible, reasonable, and kind.

Paverick Nicolas: Spanish

Do you have any funny stories from your past teaching experiences?

I do, I once let a class believe that two foreign exchange students in that class had been deported. I thought it was really funny, and so did the students once they found out I was joking.

Think fast! You're in the zombie apocalypse and your weapons of choice are on your desk. What do you choose and why? I fashion some sort of hand held weapon from the legs and drawers of the desk, you need something sturdy enough to get at the brain but light enough to swing over and over again if you run into a hoard.

What made you want to teach? I learned I wanted to become a teacher my sophomore year in high school. I started working at the YMCA in a before and after school care center and immediately knew I wanted to work with students. I decided to teach Spanish because of molecular biology. It was a hard class so I decided to change majors and teach Spanish.

Lauren Lightfoot Clare:

Reading and Basic Life Skills

What made you want to teach?

I never really thought about teaching, until I was working with a teacher through a previous job and he shared with me a program that was specifically

for those interested in teaching special education. I decided to look into it and ended up loving the idea and was teaching the following year.

Why should you be everyone's favorite teacher? Because I love having fun in class and want my students to enjoy what they are learning.

Elizabeth Jones:

Art and Ceramics

How would you describe your high school self?

Umm, my grandma used to use this word to describe someone who is kind of goofy, always forgetting things but is fun loving, social and easy to get along with: a "flibbertigibbet"

Do you have any funny stories from your past teaching experiences? I don't know how funny it is, but I accidentally stabbed myself in the knuckle with an exacto knife after giving a safety talk about how to properly use exacto knives. Sometimes, you have to learn the hard way.

Why should you be everyone's favorite teacher? I am a real person and I understand and remember how complicated high school is. I try to make art a place where students can further their knowledge and understanding while also having fun.

Jess Pruett: English

What made you want to teach?

I have wanted to teach since high school. I had some pretty great teachers that really inspired and motivated me and I want to do the same. English and art have always

been my favorite areas of study. I love teaching English because I get to expose my students to all kinds of great writing. Literature encourages use of the imagination and inspires deeper thinking!

How would you describe your high school self? I was a bit of an outsider, and still love a lot of the things I used to back then, reading, painting, writing, watching films, and collecting records.

Junior Aspires to Become A 'Model' Student



PHOTO: TED SCHERER

Mehmed Salkic jokes in the hallway with Luke Twente.

Emma Dixon
Staff Writer

Junior Mehmed Salkic does it all except follow the crowd. After coming from Bosnia in 2000 and having to start completely over with his family, his experiences have made him the person he is today.

The Yugoslavian war brought Mehmed and his family from

Bosnia. "Growing up and noticing all that you have lost, you have to reconcile with some of the things that you have, which has led me to have a pacifist outlook on life," Mehmed said.

In the United States, Mehmed's life was fast-paced and busy. "We came to a brand new country and didn't know the language, we basically started from ground zero and had to find our own way," Mehmed said. He found himself setting his standards

higher and trying to keep an optimistic attitude. Mehmed then began to pursue modeling and photography.

"I started off having an interest in photography. I learned how to position people and showed them how to model. This helped me learn what poses were better for a more appealing photo" Mehmed said. Photography sparked an interest in modeling, which became his main priority.

"I grew up not looking at myself as the attractive type, but I opened my options and I believed I portrayed the qualities of a model," he said. His goal is to someday make a career of modeling.

Although Mehmed hasn't signed on anywhere yet, he continues to send out portfolios to local Richmond agencies. "I am looking to develop with an agency that will sponsor me and look at my attributes," he said.

Mehmed has high expectations for himself as a model. He doesn't want to do runway modeling, but instead model for clothes, perfume, and cologne. "I don't like some of the things

that runway models have to do. They change their own structure and I believe that if you have the qualities of a model why not just stay the same, instead of changing yourself so drastically," Mehmed said.

While local Richmond agencies are looking at Mehmed for modeling, he hopes to pursue a larger brand name in the future. "I am looking to model for Armani, modeling their cologne," he said.

Mehmed is grateful for his parents' support. "My father is open minded about modeling because he wants me to do whatever expresses myself the best," Mehmed said.

Mehmed also likes mixed martial arts and wrestling. "I see this as ironic, because models want to preserve their facial features and mixed martial arts doesn't," Mehmed said, laughing.

Friends of Mehmed are supportive and encouraging of his modeling. "I think Mehmed is a great model and a great guy. What particularly makes him a good friend, is that he cares. I was

very excited when I learned he was going to come to Freeman," junior Peter Humble said.

Mehmed also has an interesting back up plan. "If modeling doesn't work out I want to be in the special ops," he said.

Mehmed feels his exposure to genocide and war could help him do the job. "They complete operations that people wouldn't have the mindset to follow through with, and we are called in to do that, we do whatever is told," Mehmed said.

Mehmed was in the International Baccalaureate program at Henrico, but decided to come to Freeman to pursue other interests. "I decided to pursue things that take it down a notch but still keep myself at high standards for the goals I want to achieve," Mehmed said.

Mehmed not only has high standards for himself as a model, but also as a person. While juggling school, modeling, and being a teenager Mehmed knows what he wants to accomplish in life and will do anything to achieve his goals.

Hello! Hola! Aló! नमस्ते

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Student Is 'An Honorary American'



PHOTO: EVELYN MCMULLEN

Evelyn poses with sister, Katharine, in Canada.

Caroline Forrest
Special Features
Editor

Imagine if a friend
pulled you aside and said

Evelyn McMullen.

"Evelyn had many friends who worked on getting her to pronounce words the 'U.S. way'—like 'sorry', 'pasta', 'data', 'mom', and etc. Plus losing her 'ch?'" said Evelyn's mother, Liz McMullen.

Pronunciation variations are among a handful of differences between Canada and the United States.

"Of course, the currency [the Canadian dollar] is different there. We actually have a dollar coin called a 'loonie' and a two dollar coin called a 'toonie,'" Evelyn said.

"We also have Quebec, which is predominantly French speaking... but it's a different dialect than the Parisian French."

"We have a lot of British influences and everyone enjoys a cup of tea!" said Ms. McMullen.

At the age of four, Evelyn's family moved to

Boston, Massachusetts because of her father's job. At this point, Canada and the United States seemed very similar to her because she was so young, Evelyn said. The McMullens remained there until Evelyn was in the 6th grade and then moved to Richmond for "job reasons."

"Boston is still pretty Northern so I guess it wasn't so different from Canada. But moving from Boston to Virginia was very different because the South and the North are so different, at least, personally, to me," Evelyn said.

Despite being so far away from Canada, Evelyn still holds fond memories of her native country.

"My entire family lives there so it's nice to see them and I always have family memories," said Evelyn. "My grandparents have a farm

on Pender Island, which is off of Vancouver. I think every summer of my childhood I went there and I was with my cousins. It was a fun time."

This past November, Evelyn travelled to Canada to tour McGill University in Quebec and the University of Toronto. Prior to this, she and her parents visited family in Vancouver and Montreal in the summer of 2013.

"I just can't wait to go back because it's so beautiful there," she said. Evelyn plans to visit Canada this upcoming summer.

Living in a different country has given Evelyn a more "global or objective perspective on international issues," said Ms. McMullen. "I think she feels like an honorary American."

Luck Sends Cuban Student to U.S.



PHOTO: ALISON EDDINS

Meliza's family won a lottery to come to the U.S.

Alison Eddins
Photography Editor

Before the age of one, sophomore Meliza Caballero had already won the lottery.

"My family won a game—it's like the lottery—but it's to come to the United States, and then two years later my aunt won. My grandma

told us we should join the contest and see who wins," said Meliza.

Meliza was born in Cuba but moved to America to be with family who already lived here. "My grandpa and my uncle already lived in Florida, so we went there first," she said.

After moving to Richmond, Meliza learned to speak English while speaking Spanish

at home.

"Seventh grade was when I learned to really speak English well. It was difficult because at home, I wasn't allowed to speak English—only Spanish—when my mom and dad were still together," Meliza said. "Watching TV [in English], like Dora the Explorer, actually helped a lot when I was learning to speak another language."

Meliza and her family plan to return to Cuba for a family event this summer.

"This summer I'm going to Cuba, and it will be my third time going back. We're going because it's my cousin's quinceañera, and we're renting a beach house and having a big party," she said.

"For my own quinceañera, I had the option of having a party or getting a car when I'm

sixteen, so I chose a car."

Even while living in the U.S., Meliza's family continue traditions that her grandmother brought from Cuba. Some of these customs are unique to her grandmother's faith. The rest of her family participates because these traditions are very special to her.

Before coming to Freeman, Meliza attended Tucker High School her freshman year. She describes Tucker as more inclusive environment, but she is not sure what accounts for the specific differences.

"I still kind of hang out with the same people over there, but first of all, it's more like everybody gets along there. At Freeman, it's more like certain people hang out with certain people; over there, it doesn't matter where you're from. Everybody gets along,

and that's why I like it," she said.

Outside of school, Meliza is an avid boxer. She started boxing last year and hopes to compete in the future.

"I really like boxing. My stepdad is a boxer, and in our garage we have a boxing bag and everything, so he teaches me. He's like my trainer. My brother is 10, and he also boxes," said Meliza.

When she's not boxing, Meliza likes watching TV or movies with her brother and occasionally she plays the bongos with her family.

"I used to play the violin and piano, but now I play the bongos. My mom sings, and my aunt helps me with the bongos too," Meliza said.

Meliza's unique journey to the United States and her various activities complements her individuality.

Student Feels at Home at Freeman and in Nepal

Yashia Burrell
Staff Writer

It's often an adjustment when people have to switch schools across states let alone having to move to a place that is oceans away from your home.

This adjustment, however, was no challenge for sophomore Passang Dukpa, entering his second year at Freeman with his goals set on soccer and a better education.

"I could play soccer for hours," he said.

Passang landed a spot on Freeman's JV soccer team, with only experience from playing with his friends and family.

Soccer keeps him closer to home since he started playing at a young age in Nepal. "It was a national sport in Nepal and that's all we played from childhood," he said. Passang hopes to stay in soccer. His ambition is to become a goalkeeper when he gets older.

Passang was only 9 when his family moved to America, some things about the American lifestyle were hard to get accustomed to, like the language and differing sleep schedules.

"The days and nights would get messed up and I would end up sleeping a lot during the days and staying up at night," he said.

Even though speaking English inside and outside of school was hard since he only knew



PHOTO: YASHIA BURRELL

Passang feels connected to Nepal despite distance.

Hindi, he is now able to speak English and is even working to learn Spanish.

A better education and life for his family was the driving force behind the move, and with his ability to speak different languages and his love for math, specifically Algebra, he is taking every opportunity to get just that.

"We have Tihar, where we go to people's houses in groups and they bring out a bowl with money

and other things in it during the nights, and during the days sisters put tika on the forehead of their brothers," he said.

As a self-proclaiming shy and not talkative person, the thought of home and the traditions he once celebrated brought him out of his shell.

Even though Passang sees the differences between Nepal and America, he says that it was different to cross

countries but he still feels connected to Nepal.

"Some stuff is done here also, it's like a home away from home," he said.

An athletic sophomore whose academic achievements don't disappoint, plays JV soccer at Freeman, and is working on learning his third language. Passang Dukpa recognizes he has a lot of room to grow.

"My strength is yet to be known," he said.

Vietnamese Culture Expands Borders

Livi Justis
Staff Writer

Senior Vy Le came to the United States from Vietnam with her parents and two younger siblings, in 2006.

Although she left behind many family members and the place she called home, Vy was joined in America by her mother's side of the family.

Since coming to the States, Vy has grown more accustomed to American society.

"My mom says I act more American than Vietnamese," said Vy.

"I have been here for eight years, so I feel more American, but I still have some of my Vietnamese culture at home," said Vy.

Although she identifies more with American culture, Vy does miss

some aspects of life in Vietnam.

"I definitely miss the food," says Vy, whose favorite dish is broken rice with fried pork—a traditional Vietnamese dish.

"It is sort of like barbecue pork with rice—it is really good," said Vy.

When it comes to school, biology teacher Carol Campfield said that, "Vy is a very hard worker who always has a smile on her face."

If her friends had to describe her in one word, Vy says they, "would probably say I am studious, because I am always studying."

On top of working hard at school, Vy has two jobs outside of school.

She works at Tara Thai in the Short Pump Shopping Center and at Outback Steakhouse.

If she lived in Vietnam, "it would be hard to go to school and also have a

job," said Vy.

For Vy, balancing schoolwork and her two jobs, "is a lot, but my teachers are really understanding and I work well under pressure."

At home, the Le family puts a strong emphasis on education.

"In America, the college education is better than in Vietnam," said Vy. Her older sister attends the University of Virginia, which is where Vy hopes to one day study medicine.

"I would really love to be an orthopedic surgeon," said Vy of her occupational aspirations.

When she isn't studying or working, Vy enjoys shopping and going out to eat with her friends.

Vy is "dependable and gives really good advice," said Sandy Lpu, fellow senior and longtime friend. Sandy and Vy met in the sixth grade.



PHOTO: CAROLINE FORREST

Vy aspires to one day become an orthopedic surgeon.

"When you first meet Vy, you might think she is shy, but she is a lot of fun," said Sandy.

Like Vy, Sandy's family is from Vietnam. "Sometimes we like to eat Vietnamese food together,"

said Sandy.

With such a strong work ethic and positive outlook, Vy should have no trouble achieving her dreams. One day we may see her name above her very own practice!

Teacher's Culture Expands Borders

Sam Anderson
Staff Writer

6,140 miles east of the United States there is a small country in Africa: Ghana. This is the birthplace of history teacher Rodger Biney.

"I learned to be more independent at a young age, and society wasn't as dangerous," Mr. Biney said about his childhood in Africa.

Mr. Biney grew up in Accra, the capital of Ghana. As a child, Mr. Biney's parents cherished education but were still tough when disciplining their children.

In 1998, Mr. Biney came to America for better economic and educational opportunities.

"I did my first degree in Ghana, and came to America and went to graduate school at

Cambridge College," Mr. Biney said.

When comparing the two different countries Biney said, "Africa was much simpler than America. The culture is different because you know your neighbors in your community, and parents could discipline kids that weren't their own. Punishment from teachers in school was also okay, but here you could never do that."

"There are more job opportunities here than over there, and more educational opportunities here than there," he said.

Traditions in America are different than Africa as well.

"Christmas in Africa is more a celebration of Christ," Mr. Biney said. "In America it is more materialistic trying to buy more for your friends and family. There is no Santa Claus in

Ghana, while it is huge in America. In Ghana there are more religious festivals; African religion is fused into the culture," Mr. Biney said.

"There is a huge difference between American schools and African schools," he said. "Students in Africa seem to like it a lot more than in America, and teachers don't have to struggle to get students' attention. There are more rules and regulations in America, as well as more financial and technological resources," Mr. Biney said.

"The transition from school into the work force is brighter in America than Africa. That's why I came over," he said.

Mr. Biney's experiences in Ghana have benefited him as a teacher. "He has experienced living in several different cultures which provides him a



PHOTO: RODGER BINEY

Mr. Biney poses with a friend while in Ghana.

unique perspective that benefits his teaching style," said Callis West, school administrator and friend.

African culture still has a huge impact on Mr. Biney's life. "I have had the opportunity to experience different

languages and cultures that most people don't. I advise students to cherish what they have. I believe I have more because I have experienced both cultures," he said.

"He is able to provide a view of the world that most students will never

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PHOTO: ALISON EDDINS

Quarterback Tanner Toy looks to the sidelines for the play call against Deep Run.

Seniors Fill New Leadership Roles in Varsity Football

Leah Dillard
Sports Editor

Freeman football fans should remember 2013's successful season. The Rebels, led by then-seniors Trent Young and Sinclair Farinholt, ended their season 10-2 after a playoff loss to Atlee. Many key players graduated in June, but the 2014 season has brought in new talent and a new dynamic that will lead the Rebels to another winning record.

"Last year's team was filled with seniors and three year starters but we have a lot more juniors and sophomores making major contributions to our team," said senior running back Nathan Moody. Ford Hendrix, wide receiver, and Tanner Toy, quarterback, lead the offense alongside new junior linemen George Holm and Ryan Waltz.

Tanner has taken the place of Kyle Farkas, who was Freeman's quarterback for three years. Despite the pressure to match Kyle's success, Tanner has emerged as a leader on this year's team. "[He] is an extremely quick and shifty runner, especially for a quarterback," said Mike Henderson, head coach.

Troy Davidson, who mainly coaches defensive line and special teams, said, "[Tanner] didn't play at all last year. We

didn't know how he was going to play but he really stepped up as a leader and he's really athletic."

Tanner said, "Kyle always threw his passes with some air on them to give the receivers a chance to make a play on the ball. I try to incorporate that into my game because my style is usually more of throwing faster passes with less air on them."

Of the new offensive line, Tanner said, "[it's] smaller and faster and we have a lot of capable receivers."

Key defensive additions include senior Jack McCall, linebacker and team captain, and sophomore lineman Nick Ackies. "Nick has really come on strong at Defensive Tackle. [He] is one of the better ones we have had here, and he is only a sophomore," said Coach Henderson.

These new starters have filled in for graduated players like Buck Elliot, Will Moore and Chris Conti. Although last year's group had memorable talent, this season's squad also has much to offer. "I think they had big shoes to fill from last year's success, but they're really stepping up. They're quick learners," said Coach Davidson.

They might even have some advantages. "[They] do better at playing together as a team," said Coach Davidson. "They

are a very close-knit group that has great chemistry," said head coach Coach Henderson.

Senior captain Jack McCall said, "We're a close group and we hang out with each other. For example a group of us goes to Glory Days on Thursdays."

Captains Tanner Toy, Jack McCall, Jake Hendricks, and Cody Banks "are leaders by example by working hard in practice as well as vocal leaders in the locker room and at practice. They have performed admirably," said Coach Henderson.

Shared experiences have fostered this successful atmosphere early on in the season. "I would say the biggest difference [between this year and last year] is that everyone has each other's backs...with stuff that's happened over the years, we've all become a lot closer. That's what compensates for losing a lot of good players from last year," said Jack.

Last year's captains still left their mark on the Rebels' dynamic. "[They] showed this year's whole team how to act, practice, and perform like a winning team," said Coach Henderson. Equipped with talent, experience, and friendship, this year's team can now make their own legacy.



PHOTO: ALISON EDDINS

Ja'kari Williams runs off to the sideline to get a water break.

Sophomores Show Their Stuff

Trey Holsten
Staff Writer

When most hear of sophomores playing football, you think of them playing JV. That is not the case this year with multiple sophomore players on the varsity team.

"A couple of the [sophomore] players are starters and are better than other guys at their position. They also give us good depth," said Mike Henderson, head coach of the Douglas Freeman varsity football team.

This many sophomores playing on varsity makes the future look bright. The players will be able to practice and develop for three years. "We will lose seniors but the current sophomores will already know the speed of the game and how we play," said Coach Henderson.

Nick Ackies is one of the four sophomores on varsity football. He starts as a defensive tackle for the Rebels. He has been playing since he was 5 and his experience shows on the field.

Nick said his best play was either when he forced a fumble on the Glen Allen quarterback or when he played fullback for a play and was the main blocker in a 65 yard run. "Nick Ackies could develop into one of the best players in the conference at his position," said Coach Henderson.

Ja'kari Williams is a first string wide receiver and a second string cornerback. He also helps on special teams. Ja'Kari has only been playing football for 5 or 6 years.

Coach Henderson said he is a fast player who plays mostly offense. Speed is an important element as a wide receiver so you can run by the cornerbacks of the defense. Ja'kari's goal for the season is to "get better."

Sam Murphy is 2nd string middle linebacker. The middle linebacker is one of the most important positions on defense because the player is usually the one in command of the rest of the defense.

Sam has been playing since he was 5 years old. His goals for the season are to get better and prepare for the upcoming years on the Freeman team. He said his best play on varsity so far was a tackle for loss on the James

River running back.

The sophomores all enjoy being on the varsity team and the burdens that come with it.

"I like that everyone on the team is like a family," said Sam. Being close as a team is important and helps them to work together well rather than trying to make plays by themselves.

Work ethic is very important for players on a football team. Ja'kari said that this is one of things that he likes most. "I enjoy being around people who want to be better players and better as a team," said Ja'kari.

Ja'kari, Sam, and Nick all said that the team has a winning attitude. They said it is mostly from Coach Henderson and they believe that they have a chance in every game no matter how good the opponent is. The sophomores said everyone on the team has the same attitude, and better attitudes result in harder work.

To get on the varsity team, the sophomore players had to go through a different process than the upperclassmen. "I practiced hard in the offseason and Coach Henderson told me [I'd be on the team] and to practice with varsity," said Sam.

Ja'kari said he was doing seven vs. seven drills over the summer with players from the team when Coach Henderson told him he was going to give him a shot on varsity. Ja'kari started practicing with them and is now a first string wide receiver.

Coach Henderson said some players, like quarterback Trey Laughlin, are just practicing with the varsity team. Players like Trey will know how varsity plays and be able to keep up better next year when they are on the varsity team.

As sophomores surrounded by many upperclassmen, they are all under a lot of pressure. The pressure is eased by some of the seniors who are leaders and mentors to them.

Ja'kari is a wide receiver. His mentors or leaders are fellow receivers Andrew Oostdyk and Ford Hendrix. They give him advice on how to practice or in a game telling him of a defense's weak point. Sam Murphy said Jack McCall helps him the most as a fellow middle linebacker.

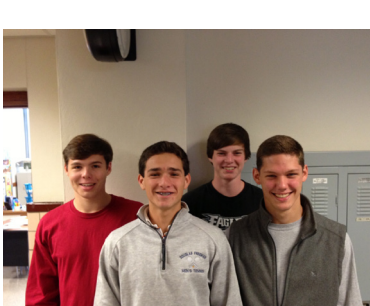
Nick said that defensive end guides him in his decisions and how to play and practice.

A New View of the Student Section



PHOTO: PEYTON BRADY

The student section for the first home game against James River.



Staff Writers:

Coleman Greene
Micheal Wagner
Sam Anderson
Jack West

know to look out for this notorious cheering section. Adding a name to the Freeman section will give us a sense of identity. Even the addition of a few signs "welcoming" other schools to the "Freeman Frenzy," for example, would increase the spirit at our game.

2. Create an atmosphere: A key part of developing an effective student section is noise. Lots of noise. Yelling and chanting can be blaring, but the addition of horns, vuvuzelas, drums, buckets, and bells will make our section truly wild. Godwin High School was exploding with sound when we visited, thanks to the presence of noisemakers. Also, the addition of flags and Freeman memorabilia will turn the Blue and Gray into a force to be reckoned with.

3. Create a voice: The chants off the whiteboard are great and all, but it is difficult for the student section to properly execute a chant unless it is rehearsed. The "rebel born, rebel bred" chant that we have been using this year is a great start, but we need more like it. Another possibility would be to introduce a fight song that could be sung after every score. For example, The Good Old Song at UVA games is played after ever score. The best student sections to emulate are college teams

where the people know all of the cheers and chants beforehand so that they are ready to perform on game day. With the introduction of permanent cheers and a fight song, our student section will be more unified than ever before.

4. Create a turnout: It is necessary for not only our seniors to be supportive of our teams, but especially the other grades. An incentive for underclassmen would be including them in the theme for night. In the past, only seniors have had the privilege to dress up in togas or Hawaiian shirts. On top of that, we need more diversity in our student section. We are one of the most diverse schools in the county and yet our student section looks sadly uniform. However, if we use this diversity to our advantage, our student section will rise above the rest. By including all grades, social groups, and ethnic backgrounds, the Freeman section will turn into an unstoppable frenzy. Turnout from the whole school is vital in the rebirth of a new and improved student section.

By combining all these element of hype, a rebooted atmosphere at Freeman football game is inevitable. Bring your crazy, bring your your frenzy, and bring your Rebel.

Homecoming Events:

• October 21
Powder Puff Football Game

• October 24
Homecoming Pep Rally
3:30 p.m.

• October 24
Parade - 5:45 p.m.

• October 24 -
Football Game vs. JR Tucker
7 p.m., Tickets: \$7

• October 25
Homecoming Dance
8-11p.m., Tickets: \$10

Freshman Phenom Claims Top Spot

Connor Loughran
Staff Writer

Despite having a small stature and being an underclassman, freshman Patrick Murphy is defying the odds by claiming the number one spot on the Freeman golf team. This is his first year being on a golf team, and he is relishing every moment.

"I like the team a lot," said Patrick, "the kids on the team are super nice, and I'm getting to know Mr. Peck for when I have him later."

Although he is new to the Freeman team, Patrick is no stranger to the game. As an active member at the Dominion Club in Richmond and a player of seven years, he manages to keep his game sharp.

"I like that I really have to think. It's more of a mental game that requires more strategy than athleticism," said Patrick.

Patrick's success in the game can be accredited to his sheer persistence and consistency. Robert Peck, the coach of the golf team, said, "In golf, you need to be able to repeat your motion and be consistent and that only comes with practice, and his is the exact same every time. He is small but able to keep up with much stronger and taller players."

Patrick owes his success and love of golf to his father. "My dad influenced me to start



Patrick's consistent precision putting has made him to the best golfer at Freeman.

PHOTO: HUNTER BEVERLY

playing. He was really big into golf, so I started watching it with him and began to enjoy it."

His composure throughout games and practices is unfaltering, despite having the high pressure of upholding first place with a technique different to those around him.

Concerning Patrick's golf swing, Mr. Peck said, "The

motion is unusual, but it is the exact same motion every time, which is key. And he is incredibly calm—you don't seem to get him flustered or excited, which is unusual for high school golfers."

At the conference 11 golf tournament, Patrick was not only the only Freeman player to advance to regionals, but the only freshman in the

entire conference. He shot 81 for 18 holes—also his new personal record.

Looking toward the future, Patrick finds comfort in idolizing professional golfer Rory McIlroy. "He started from a very young age, had some breakdowns here and there but he worked really hard to get it together, and now he's the best golfer in the world,"

Patrick said.

But Patrick isn't the only one taking his future into consideration.

Mr. Peck said, "To me, if you're that way when you're 14, it's a very good chance you'll be there when you're twenty. He's the real deal."

Senior Seeks a State Championship in Final Season

Jack West
Staff Writer

Senior volleyball middle blocker Duncan Thurston, or "Squirrelo" as he is affectionately called by his teammates, is excited to make his last year of high school volleyball count.

According to head coach David Calvert, Duncan will play a crucial role in the team's quest for the state championship this year.

"Duncan is a bomb waiting to go off," said Coach Calvert. Thanks to his incredible vertical leap, Duncan combines both raw talent and finesse on the volleyball court.

Duncan said he "fully buys into the program that Coach Calvert has implemented here." After playing as a junior, Coach Calvert said that "the transition [from role player to starter] came very naturally for Duncan. He came ready with the confidence that a senior starter should have." "I was happy because I saw my hard work in the offseason pay

off," Duncan said.

Off the court, Duncan is a great teammate and role model for the younger players. "Duncan pushes me every day in practice and is an inspiration on and off the court," said senior Christian Meade.

Duncan is also well-known for helping younger players better understand volleyball concepts and drills. "Duncan has been a huge inspiration and is always there to help me," said sophomore Thomas Best.

Junior Cole Campbell also spoke highly of Duncan. Cole called Duncan his "hero" and said he is a "volleyball ambassador."

In game situations, Duncan is very intense, but in practice and with his teammates Duncan does his best to lighten the mood. Duncan's partner-in-crime, senior Jack Shade, vividly remembers the game against Tucker in which Duncan wore his shorts backwards during the game. Duncan went on to lead the team in a victory over the Tigers. Wearing his shorts

backwards during games soon became his signature move.

Duncan started another unique tradition on the team. On the bus ride home after each away game, Duncan leads the team in singing "With Arms Wide Open" by Creed.

Despite his humorous nature, Duncan is still very focused on his goals of "being the best player I can be and winning the state championship."

"Duncan works really hard at everything he does," Jack said. Thomas called Duncan "the hardest working player on the team."

After his high school career, Duncan hopes to continue to play volleyball on the club team at his dream school, Virginia Commonwealth University.

Armed with an unusual combination of athleticism, skill, work ethic, and humor, Duncan Thurston is ready to help lead the Freeman Rebels to the state championship.

"Come out and support your Freeman Rebels against Godwin at home on October 21," he said.



Duncan's athleticism has been a major key to success this season.

PHOTO: PATTY HILL

Girls Volleyball Team Comes Back After Injury-Filled Start



The girls team has meshed well despite an injury-plagued start.

PHOTO: LIBBY HERRING

Matthew H.P.
Sports Editor

Sometimes a win is all a team needs.

The Freeman Girls' Volleyball Team brushed off a shaky start to their season with a head-turning win against Godwin on September 25. Not only was the win a major upset, as Freeman was unable to even

take one game from Godwin last year and Godwin sits atop the current regional standings, but it was proof that a team whose season looked like it might be compromised by injuries has made a major comeback.

"It was definitely a shocker to us and Freeman fans and a real upset to Godwin...it was one of our best games we've played this season" said senior passer Renzi Smith.

"The win against Godwin

was perhaps one of the greatest moments in this team's history. I was cheering them on so long, I couldn't talk for the rest of the night," said junior libero Ellie Bisese.

Ellie, along with many of her teammates, has had injury problems this season. She had recovered from a lengthy concussion during her softball season, but stress fractures on both sides of the vertebrae has sidelined her for the entire

season.

"I was devastated when I heard I would not be playing for the rest of this season, but it was either rest up and heal, or have an unhealthy back for the rest of my life, so I had to choose the latter."

"I miss playing with my team very much, but I never miss a game and never miss an opportunity to cheer them on to victory. I'm very appreciative of the fact that they still include me in their team activities; they make me feel like I never stopped playing."

While Bisese's injury may have been the worst time-wise, she was only one of several Rebels whose injuries contributed to a difficult start to the season. Senior captain Leah Dillard and junior setter Ellie Cox both suffered ankle injuries prior to the Rebels' showcase tournament.

"My injury wasn't really bad, just bad timing," said Ellie.

"The beginning of the year is usually about building a team and learning how to work well together, but it was hard meshing since the lineup was constantly changed."

During that showcase tournament, another Rebel suffered a serious injury; this time it was Renzi. She suffered a concussion that put her out of practice for three weeks. However, the win against Godwin and the return to health of most of her injured teammates is giving her confidence about

the remainder of the season.

"Our beginning was definitely different from others because [of the injuries], but the team came together and worked and played well to make up for the absences of injured players. We lost a couple games that we would have won, but it hasn't affected our season in a negative way."

Renzi's sentiments are echoed by her teammates; after the Godwin win, the team's early-season goals have become much more attainable.

"Beating [Godwin] was proving to ourselves that we can beat anyone else around and showing how far we have come in the past year. This season will be a great year for us and I'm excited to see what the rest of the season has in store," said Ellie Cox.

"We had worked really hard in practice during August, and were showing incredible potential to be an unstoppable force in the conference. The team expectations have not changed—we are still so talented and should definitely go far in the conference tournament," said Ellie Bisese.

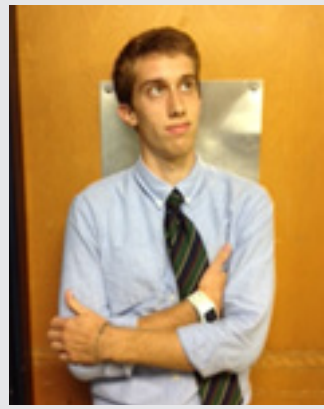
"I can definitely see us going to regionals and maybe even farther," said Renzi.

Of course, the Rebels still have big games ahead of them. A rematch against Godwin is only fitting for a team looking to prove that their first big win was definitely not a fluke.

The game is at Godwin on Oct. 28 at 7p.m.

Fall Spotlights

Boys Cross Country



Peyton Artz
 Grade: 12
 Best time: 16:09
 "The season's going great; we've had a lot of young talent step up and help build our team... ultimately, our plan this year is to win a state championship."

Girls Cross Country

Nellie Calkins
 Grade: 12
 Event: 5k
 Best time: 21:12
 "Everyone obviously wants to get as fast a time as possible... We always work on closing the gap between yourself and the next runner."



Field Hockey



Trudie Grattan
 Grade: 10
 Position: Center Defense
 "We have good team chemistry, and right now we're putting it all together. Hopefully by the end of the season we'll be ready to win districts."

Football

Josh Pilgram
 Grade: 10
 Position: Offensive lineman
 "I like Freeman a lot more than Hermitage. It's more of a team effort than everyone trying to make themselves look good."



Golf



Chip Shover
 Grade: 12
 "Being a four-year senior on the team is really cool, and our goal for the season was to get to know the four new freshmen so that they don't feel like they're hitting every shot out of the woods as it were."

Boys Volleyball

Nate Mazzini
 Grade: 12
 Position: Setter
 "We've worked really hard to mesh, and that sense of unity really shows in games... I hope we can be a team that makes it to states."



Girls Volleyball



Molly Herring
 Grade: 9
 Position: Setter
 "It's cool being able to say, 'Yeah the varsity game is at 6:45.' And then people are like, 'You're a freshman on varsity? Whoa.'"

Coach Spotlight



Brian Reutinger
 Sport: Cross-Country
 "Expectations for the team coming into the season were high because we knew we would have a mix of talent, leadership, and experience... So far the season has gotten off to a solid start and we have positioned ourselves well."

Jordanian Runner Joins Varsity



PHOTO: CHANIN GILMAN

Sophomore Waleed Suliman surged to the varsity forefront in only a month. In the Great Plains meet, he ran in the 3rd spot.

Grace Gemmill
Staff Writer

After living in Jordan his entire life, sophomore Waleed Suliman's family decided to move to the states for a healthier, more desirable lifestyle. Waleed, now a Freeman student, has only lived in the United States for four months. Waleed and his four younger sisters started school in Henrico in September. They only knew some English.

"Moving to the US with my family was scary and exciting at the same time," he said.

Although Waleed was born in Jordan, his family is originally from Sudan.

"My father and his relatives left Sudan because of a war that was going on there," Waleed said. The United Nations High Commissioner of Refugees migrated Waleed's father and relatives to Jordan.

Waleed did not like the education system in Jordan. "Jordan schools were like jails," he said.

He and his siblings went to an "army school." "If you misbehaved or didn't do your homework, the teachers would hit or slap you," he said. Waleed loves Freeman because he has much more freedom than he did in Jordan.

He has played soccer since age 4; however, one day in Jordan Waleed's soccer coach told him he should be a runner because he is so fast.

"I didn't know my coach very well, but he inspired me to become the best runner I could be," he said.

In 2013, Waleed overcame a sickness that made him stop running. His coach and teammates encouraged him to start again because of his speed. "In Jordan, I competed in a race called the Dead Two Red. We ran a relay that consisted of 160 miles and it took my team 11 hours and 33 minutes," he said. His team of ten boys broke the record.

Matthew Heinicke-Pearl, senior co-captain of the Freeman boys cross-country team, befriended Waleed when he made the team.

"Waleed keeps a positive attitude about practicing and racing, and always works hard at every practice," Matthew said.

Waleed has run for less than two years, but competes against boys who have run competitively for four. "Waleed is an amazingly talented runner with lots of potential," said Matthew.

In the beginning of the 2014 school year, Waleed tried out for the Freeman cross-country team. He ran on his own outside of school at first, but now he is a full-time member of the team. He participates in the 3 mile event at meets.

"I ran in Jordan for only one year before I came to America," he said. In his first meet at Freeman, Waleed came in ninth place. In his second race, at the Norfolk meet, Waleed won first place. He ran the three mile in 17:03. "It was a great feeling when I won the first place medal in America," Waleed said.

Brian Reutinger, cross-

country head coach, said that Waleed has transitioned nicely. "Waleed fits in well with the team, he is charismatic, and works very hard," he said.

"I love running because it is hard work, fun, cool, and it takes me away," said Waleed. He wants to go back to visit Jordan and Sudan, but he wants to live in the United States forever.

"I want to go to college for running. I don't know where yet because I've only lived here for a few months," he said.

"When I grow up I want to be a running champion," said Waleed. He plans on living up to the best of his ability.

"Waleed is currently fourth on the team, which is remarkable for how new he is. Given his potential and how rapidly he's improving, it wouldn't surprise anyone on the team if he moved up," Matthew said.

Waleed was one of the best runners in Jordan, and he dreams of becoming the best runner in the United States. Waleed's bright attitude and determination will someday lead him to become the winner he strives to be.



HTTP://URARTUTRAVEL.EU

Field Hockey: Is a 'Three-Peat' Possible?

Michael Wagner
Staff Writer

The regional champion title has belonged to the Freeman varsity field hockey team for the past two years. This year, they are going for the three peat, and many wonder, can they do it again?

"I feel like we can do it! However, it is very stressful and there is a lot of pressure on us," said Annie Crouch, the field hockey head coach and a social studies teacher at Freeman. "We are in a much better place this year than last year and I hope that we don't peak too soon!"

The varsity team is young, with nine underclassmen. Junior Varsity goalkeeper Emma Buckley said, "There is a great future ahead of us because of all of our youth. I think if the varsity team works together and play to each other's strengths, then they can do it for sure. But even if they don't get it this year, we will for sure get it in the future because of our great underclassmen."

Seniors Sarah Ashman and Mary Rockwell and junior Sarah Lindamood are the varsity captains this year. The team does not contain many seniors. With such youth, it is crucial that everyone works well together because the team will maintain many of the same players in the years to come.



PHOTO: SARAH LINDAMOOD

"Everyone on the team gets along well," said Sarah Lindamood. This is one of the reasons why she is confident that they can and will do it again this year.

Sarah Lindamood said she loves being on the field with her teammates, but also loves being a part of the team off the field and in the classroom.

The team has a record of 5-4 as of Oct. 8, with losses coming from tough opponents such as Maggie Walker and Deep Run.

Watching from the sidelines gives insight into the team's future. Senior manager Ethan Payne watches from the sidelines of every practice and game. "I definitely think we have the ability to win the regional championship. The drive the girls have

is extremely unique to them, and the way they're able to work hard and compete without sacrificing the fun of the game is something I've definitely been impressed with. I think it's a possible feat with this team," Ethan said.

His confidence in this team is mirrored by the players and coaches and hopefully will show on the field. The Rebels face a tough conference schedule. They play Godwin twice more, and Deep Run and Maggie Walker once more.

If the Rebels want to win the championship, they will have to come together and perform as a team. Sarah Lindamood tells the student body, "Come out to support the field hockey team!"

DINNER IDEAS FOR HOMECOMING

Galaxy Diner
Serves typical American food (hamburgers and hotdogs); desserts are to die for
Price Range: \$
Friend friendly
3109 W Cary St
Richmond, VA 23221

Christian's Pizza
Serves pizzas
Price Range: \$\$
Friend friendly
7003 A Three Chopt Rd
Richmond, VA 23226

Kan Pai
Japanese hibachi restaurant; dinner and entertainment
Price Range: \$\$
Friend Friendly or Group Date
11964 W Broad St
Richmond, VA 23233

Portico
Mediterranean food with big portions; beautiful outdoor patio
Price Range: \$\$\$
Date
Address: 12506 River Road Richmond, VA 23238

Stella's
Greek restaurant with a variety of options
Price Range: \$\$\$
Date
1012 Lafayette St,
Richmond, VA 23221

Azzurro's
Italian dining with an amazing atmosphere—either outside under the stars or beside a crackling fire
Price Range: \$\$\$\$
Date
6221 River Road,
Henrico, VA 23229

Sine Irish Pub and Restaurant
Serves traditional Irish food; has live music and outdoor seating available
Price Range: \$\$
Group Date
1327 E Cary St Richmond, VA 23219

Mediterranean Brick Oven
Serves authentic Middle Eastern and Italian food.
Price Range: \$
Friend friendly
2557 Shelia Lane
Richmond, VA 23225

It's a Twin Thing: Contortionism Bends Bond



Freshmen Allie (right) and Maigan (left) Gaines practice their contortionism together.

PHOTOS: SHANNON MCCARTHY

Shannon McCarthy
A & E Editor

Identical freshman twins Allie and Maighan Gaines share more than genetics—they share an unusual hobby: contortionism. After seeing other twin contortionists perform, Allie and Maighan decided to bend the limits of human flexibility.

Allie's first thought of "this hurts" solidified that the new hobby required hard work.

"At first we thought it looked easy," Maighan said, "but then we saw how hard it was and how much commitment people put into it."

The twins taught themselves everything they know about contortionism. After three years, they can hit a number of poses.

The twins use pictures from the internet of other poses. Then, they stretch and try to hit the pose. Sometimes it requires more stretching, but after a while they can finally hit it.

"It is actually kind of relaxing," Allie said, "it's kind of like meditation."

Maighan likes how stretched out she becomes after working on the poses.

Allie and Maighan practice in their backyard. They describe their skill as a "hobby" they can do together. The twins do not perform their stunts, but use it as a way to bond with each other. They call it "a twin thing."

Outside of contortionism, the twins lead an active life. Allie and Maighan played softball for nine years and are in the marching band. Allie is a member of Color Guard and Maighan is a flute player.

Allie said that their hardest pose to master is called the spider-woman. The spider-woman is when someone is on her elbows and their legs go outside of their head. They are "still workin' on it" at the moment. The next stunt they want to try is having someone doing a bridge with the other on top with her legs behind her head.

Although both twins are extremely flexible, each possess an ability that benefits the duo. Allie is more flexible in her back, but Maighan is more flexible in general. Allie provides the base of the position and Maighan provides the more "elegant piece" to it.

This unique activity allows Allie and Maighan to become closer. Allie and Maighan want to continue it throughout high school. They are always "looking for new things to try!"

DSF Musicians Band Together



Seniors Jeremy Macpherson and Devin Hatcher jam out in the band room during lunch.

PHOTO: SEBASTIAN HUGHES

Rachel Varon
Staff Writer

Today's most famous celebrities started off as just normal high school students like us. It's possible that perhaps some of DSF's "normal high school students" will be seen rockin' on MTV one day. One such Rebel group is Calliope, the newly formed band consisting of DSF seniors Devin Hatcher, Jeremy Macpherson and graduated Rebel Spencer Hues, who is currently studying at J. Sargeant Reynolds.

It all started with a group of friends jamming together and developed into a band with a unique flare and a very specific genre: "Its like rock with influences of metal and funk" Jeremy said.

The band got its start jamming,

and so do their songs.

"I write the guitar and vocal parts and bring it to the other guys and they make up something around it." Devin said. Like many other song writers, Devin writes about his life experiences. These aren't, however, his only sources of inspiration: "Science fiction stories, sometimes I write music based off of books I've read," he said.

They get together at Jeremy's house to practice at least once a week.

"We all work well together, if one person plays something, the rest of us instantly come in and play something along" Jeremy said, describing their practices. The practices are set up by Devin, who Jeremy considers the group leader:

"He organizes all the practices and is the singer. He wants it to be like equal, that's just Devin."

Devin's musical talents can also

be heard in the Freeman Choir, being the male choir leader, and a part of the school band.

When comparing singing in chorus to singing in the band he said, "Choir is like more technique, you have to sing a certain way to sound good with everyone else, but with band it's less refined, and you can yell more. You don't have to sing you can scream"

Jeremy laughed when talking about the difference between Devin in chorus and in the band, saying he goes from singing like a choir boy to something a little more intense.

The group is newly formed so they haven't done any gigs yet, but will soon be playing a private performance this Halloween.

All great bands start somewhere, maybe one day we'll be able to say the start of the world famous Calliope was our very own Douglas Freeman.

Tortillas Make Tasty Taco Time

REVIEW



Coleman Greene
Staff Writer

Nestled in an unassuming corridor of Quioccasin Road, Tortilleria San Luis (9027 Quioccasin Road) is a hidden gem.

Although only represented by a modest sign on the window, this neighborhood taco shop is soon to be on the lips of the community.

Tortilleria San Luis is locally owned and operated by Maria Sosa. Regarding the unique atmosphere of the restaurant, Ms. Sosa said, "It's the family aspect. The only people who make the food is me, my mom and my dad, and it is all from scratch."

The word homey does not do it justice. As you leave your car and the bustling commotion of Quioccasin Road, the aroma of sizzling meats and fresh flour tortillas invites you past the giant ear of corn on the window and into the restaurant.

When I walk to the counter to order my food, Mexican candies decorate the display and a fridge stocked full of Jarritos sodas stands to my left. Although cluttered, the restaurant is clean and well kept.

Fridays are \$1 Taco Day at Tortilla San Lucas! This deal is hard to beat and is one of the tastiest in Richmond. For \$5 and some change you can enjoy four tacos and a drink. Tortilleria San Luis is cash only.

Ordering from Tortilleria San Luis is simple. A whiteboard hangs on the back wall with an assortment of meats for your tacos: tripa, chitterlings, asada, and al pastor, to name a few. The menu also includes other traditional meals, such as quesadillas and gorditas.

Once customers are seated, the service is lightning fast. The wait time for tacos is usually around 10 minutes. Ms. Sosa brings out her classic sauce holder with red and green hot sauces, limes, and cilantro. Then she or her mother, Catalina, brings out the food on paper plates hot and ready.

Ms. Sosa recommends the asada (steak) tacos for any newcomer to the restaurant. "Most people like steak and some of the other types are acquired tastes," Ms. Sosa said. This selection of taco meat is smoky and rich in flavor. However, I enjoy the al pastor (pork) and tripa (chitterlings). The tripa is a succulent sampling of fried pork intestine. More adventurous connoisseurs may enjoy the chicharron (pork rinds soaked in jalapeño sauce) or barbacoa (stewed beef tongue).

This time I decided on Chiccharron Gorditas. The plate came out steaming, with four gorditas and a side of fresh greens and tomatoes. Inside the thick, pancake-like pocket that makes a gordita were pork rinds soaked in spicy jalapeño sauce.

The pork definitely delivered a kick, but the richness of the shell added to the fullness of the dish. To wash it all down, I enjoyed a refreshing Jarritos grapefruit beverage, one from the wide selection of Mexican sodas that they carry. The whole meal was \$6.25.

Junior Wins Creative Writing Award

Konstantin Rega won the Blanche Pickrel Parkes Award for his Story

Frances Leake
Features Editor



PHOTO: SHANNON MCCARTHY

Junior Konstantin Rega recently won a prestigious award for his writing.

Parkes, who was the mother of retired Freeman English teacher Sharon Boyles. The award was created last year for the first time for high and middle school students.

Konstantin said that his main motivation in entering this competition was to create a work that was meaningful to him.

"I love writing and I want to show colleges that I am interested in a writing program, but most

of all I wanted to write this for myself—it meant something to me on a personal level," he said.

After his initial submission in March, Konstantin was notified that he had won in May.

"I received a letter in the mail notifying me of my success, along with a check for \$150 dollars. It was very nice, but I must say, I slightly anticipated winning. I knew what I had written was very good, and I was

proud of it," he said with a smile.

One of only five applicants from Freeman, Konstantin strongly encourages others to enter into the BPP writing competition this spring.

"If you see an image or object that makes you feel any kind of emotion, write it down! Anything can turn into a story. That's why writing is so beautiful," he said.

The Maze Runner Fails to Amaze

REVIEW

Movie: The Maze Runner



Shannon McCarthy
A&E Editor



PHOTO: <http://imdb.com>

Maybe I'm tired of the young adult post-apocalyptic movie craze, but I left "The Maze Runner" with a foul taste in my mouth. Although I have not read the novel, I wanted to see the movie because my friends raved about the book. I found the overall plot interesting, but the end predictable and underwhelming. The world building was interesting—but the ultimate demise of the movie was its lackluster ending.

The story revolves around O'Brian's character, Thomas, and his struggle to adjust to living in "the maze" with about twenty other boys. Before Thomas arrived, the boys had organized themselves into a functioning society. Once Thomas arrives, however, the society begins to unravel as the true nature of

the maze is revealed. The main antagonist, whose name we learn about three-fourths of the way through the movie, decides to exile Thomas and his supporters after their home is reduced to rubble. The boys, and the token girl Teresa, learn that they were part of medical trials.

My overall enjoyment of the movie was based on the amount of chemistry between the actors. Thomas relied on his relationships with others throughout the entire movie. Alby, the leader of the boys, Newt, Thomas' best friend, and Chuck, the youngest of the boys, have most of the main heartfelt moments in the movie. The boys were able to portray the idea

of family extremely well. Each character played a significant role in the society.

The story was interesting for the first hour of the movie. The villains—the griever—looked really awesome when you got to see them. The society the boys built was intriguing, and I wanted to see more. But, once the newest arrival, Teresa, appears the movie becomes convoluted.

Gally, whose name was not mentioned for about half of the movie, was thrown into the villain role in order to create conflict. Why this occurred, I do not know. The weird-looking spider things were a far better villain to me. Thomas needed to go through the typical

"overcoming the odds" arc in the movie, but it ended up dragging down an interesting character in the process.

My main issue with the final moments of the movie stem from the fact the movie seemed to have six unique endings. One ending happened and then something would happen without any transition.

The clunky ending was also followed by one of the worst "We want to be a franchise!" moments I have ever witnessed in film. The sad part is, the movie has no time to recover from this ridiculousness. It ends with more questions than answers. I laughed out loud at the final line of the movie. I heard a few chuckles from other theater patron as well.

Overall, I thought the movie was forgettable. My opinions of this movie are based on its ending, but the middle chunks were boring as well. I thought that the actors did a serviceable job, but the script was not able to serve them as well. Maybe it is worth watching On-Demand, but I would not spend the \$10.50 to go see it again.

Fall Album Reviews: Trainor and Brown

Album: Title
Artist: Meghan Trainor
Genre: Pop/Doo-wop
Release Date: Sept. 9, 2014



The last genre of music that I expected to come to mainstream radio was doo-wop, but Meghan Trainor has revived the style of music from its grave.

Trainor became a household name after her hit song "All About That Bass" started to dominate and pop radio. Trainor could have easily been a one hit wonder, but I think Trainor's new album is here to stay.

Trainor's new Extended Play, Title, was recently released with four amazing songs, all of which combine doo-wop and pop seamlessly. The best song on the album is "Title", bringing a modern vocabulary and style to the old genre. In the song, Trainor talks about wanting to be called a girlfriend rather than just a friend. The attitude and

catchiness of the song make it hard to resist.

I truly believe Trainor's songs are popular because she has added curse words and other modern slang into doo-wop. This creative move has made each song stick out in an era of very similar music.

The only song on the Extended Play that could have been left out is "Close Your Eyes". This song has a much slower tempo than the other songs and does not have the same fusion with modern day styles.

After hearing this Extended Play, I strongly suggest checking out the rest of the album, as Trainor has established herself as an artist that is here to stay.

Sebastian Hughes
A&E Editor

Album: X
Artist: Chris Brown
Genre: R&B/Soul
Release Date: Sept. 15, 2014



After pushing the release date back several times because of Chris Brown's arrest and jail time, I was unsure what direction the artist's new album, X, would take.

First, the music is very catchy. Most songs focus on dance rhythms and beat, and the majority will make a person tap his or her feet. The best song like this is "X", which has great background music and builds to a fantastic chorus.

The faster paced songs are fairly good, but most of the slower ones, such as New Flame, do not have a good beat and fail to spark any interest in them.

After Brown's history with women, I was hoping this album would be respectful towards them. About half of the songs

about girls do this, like the song "Fine China". Brown also shows growth in the emotional song "Do Better." However, it is songs like "101" that show the other side of Brown. It seems as if half of the songs were made before his rehabilitation, and the other half were made after.

This inconsistency is the main issue with the album. While there are some really good songs, there are a few that make you back off the album.

Overall, the album does a decent job of reintroducing Brown's music, but hopefully future albums will show the changed side of Brown and have a more focused direction.

WHAT'S HAPPENING IN RVA?

46th Richmond Oktoberfest

Oct. 17 & 18, 2014

Richmond International Raceway

Admission: Under 15: free; Door: \$15; Advance: \$12

Wait Until Dark

Every Thursday through Oct. 16, 2014

Firehouse Theatre Project

Admission: \$16-\$35

Based in 1960s Greenwich Village, a blind woman and conman become involved in a terrifying game of cat and mouse.

Live Music Thursdays

On-Going

2501 W Main Street
Richmond, VA 23220

Admission: free

Listen to live, local bands every Thursday

See How They Run

Every Sunday, Wednesday, Thursday,

Friday, and Saturday through Oct. 25, 2014

Swift Creek Mill and Theatre

Admission: Theater Only: \$21-\$35; Theatre and Buffet: \$59.15

Comedy based on two English women and how they get mixed up with an escaped prisoner, and a sedate Bishop.

CSI for Mystery Writers with Ellen Crosby & the VCU Department of Forensic Science

Oct. 17

821 West Franklin Street

Richmond, Virginia

Admission: \$40

Hands-on workshop in VCU's forensic science lab will allow participants to

explore investigative techniques and crime solving skills by processing a crime scene.

Step Out: Walk to Stop Diabetes

Oct. 18

2401 W. Leigh Street
Richmond, VA 23220

The 5k walk raises awareness about diabetes.