Connor Loughran

Staff Writer

Although the gym was nameless

throughout the duration of

Larry Parpart's coaching career,

he truly made it his home over

the past 36 years despite the lack

In an intimate ceremony before

the varsity boys' basketball

game against Steward, the long-

awaited gym floor was christened

as the Parpart Pavilion in honor

staff, community members, and

Parpart's family all attended the

honored, and very humbled,"

Suzanne Criswell, the Athletics

"I was very surprised, very

Former coaches, players,

of the long-time head coach.

of a formal title.

dedication.

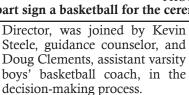
said Coach Parpart.

Gym Floor Dedicated to Basketball Coach



PHOTO: TOM VEAZY

Former players of Coach Parpart sign a basketball for the ceremony.



"I think it was something that many staff members felt needed to happen," Mrs. Criswell said.

According to Coach Clements, the planning for the ceremony had to be completed within a few weeks because they wanted to wait until he had seen the written dedication of "Parpart Pavilion" on the floor.

Coach Clements has been coaching with Coach Parpart for 15 years, and even played for him for two years; he has witnessed his skill and commitment to the sport first-hand.

"I don't think this dedication will shape his legacy any more than it already has," Clements said, "because he has coached

for over 30 years now. This is a great tribute for not only him but the 'Rebel way' that he has established over the years."

Coach Parpart's unique coaching style has influenced many players over time, namely Philip Rhorer, a former player and friend of the Parpart family, who gave a speech about how deserving his high school basketball coach is of this recognition.

"Coach Parpart possesses an innate ability to develop men through teaching life lessons such as leadership, character and the importance of family in the context of coaching basketball," Philip spoke of his former coach. "I cannot begin to express how honored I am to have played a part in this dedication.'

In addition to the speech, Philip presented a hand-made trophy of a Rebel basketball player from his grandfather to Coach Parpart, created for such an occasion. "[Philip's] speech, among

Coach Parpart accepts his award and shakes hands with Coach Clements.

other things, was very emotional and heart-warming; I am very appreciative," said Coach

Senior Jack McCall, a player under Parpart, agrees with Philip's sentiments.

"He is a really deserving coach to have the floor dedicated to," Jack said. "Over the years he has put countless hours into the program. I couldn't think of a better guy to have the floor dedicated to."

Although Parpart shies away from most recognition, this dedication is a testament to years of hard work and Rebel pride and will ensure that his legacy will live on throughout the future

of Freeman basketball.

"His insignia will be here awhile, as it should be. We have tried to help him understand that it's just out way of saying thank you and how much we truly appreciate him," Mrs. Criswell said.

PHOTO: TOM VEAZY

However, the impact he has made stretches far beyond the confines of a basketball court.

"If you ask Coach where he wants his legacy to lie, it would not be writing on a court. It would lie in each player who stepped on 'his' court," Philip said. "It would be the future husbands, fathers, elders, and leaders shaped by his own leadership and coaching. The swarm of players standing at mid-court during the dedication is Coach Parpart's true legacy."

New Mural Debuts in Social Studies Hallway



PHOTO: CAROLINE FORREST

Maddie Albrecht and Hannah Crowley work on the new mural outside the Leadership Center.

Caroline Forrest Special Features Editor

The hallway in front of the Leadership Center has undergone a major makeover. The once stark, white walls have been swapped out for colorful and prominent interpretations of the Bill of Rights, which are the first 10 amendments to the United States' Constitution.

The mural began as the brainchild of art teacher Rebecca Field and Leadership Center Director Rob Peck. According to Mrs. Field, the goal of the mural is to prove how "the Constitution, more specifically the Bill of Rights, is a living, breathing document [by] which Americans are directly impacted and can debate, still."

"Mrs. Field came to me and wondered if there might not be a way that we could collaborate between her art students and the curriculum in the [Leadership] Center. We bounced a couple of ideas around and settled on the Bill of Rights as a theme," Mr. Peck said.

To prepare for this project,

the Art III students read, interpreted, and did writing assignments on the Bill of Rights to better comprehend how the Constitution is relevant to society. They also studied politically-focused muralists like Diego Rivera, Keith Haring, and Shepard Fairey.

"Well, the goal of the project aligns with the objectives for Art III, one of which is to create meaning in pieces of art by using innuendo, symbolism, or point of view and so that was part of the reason for it," Mrs. Field said. "I really stressed the fact that their voice had to come through in the end so we talked about how an artist creates their own voice through the use of different aspects of the art."

It is essential to keep in mind that the visualizations of the Bill of Rights depicted on the walls stem from the artists' personal views on the subject matter. Thoughtful conversations and awareness, not offense nor outrage, are the intended outcomes of this project.

Mr. Peck said, "The works they came up with were each student's response to one idea in the Bill of Rights so the goal

was to begin a conversation, ultimately, about what the Bill of Rights means, and whether it's achieving what the government and the Founders intended it to achieve."

"I like the fact that most of them don't tell us what it is we should believe. They're asking us questions and I think that's what good artwork and what good schooling does," he said.

According to junior Maddie Albrecht, each pair of artists chose a particular amendment and interpreted this through the lens of artwork. It did not have to be neutral.

"The goal of the mural is to just show off those opinions and the different points of view the school has about the Constitution and about America, which is fitting for the Leadership [Center]

entranceway," she said.

The topics encompassed in this endeavor range from misrepresentation in the judicial system to police brutality.

Maddie and her partner, junior Hannah Crowley, focused on the former example: "Each mural is different. For example, our mural is about the court system and how we're not represented

as well as we should be in court. We're said to have an impartial jury but we don't have that all of the time," Maddie said.

Sophomore Gray Gibson's mural incorporates the eighth amendment protection against cruel and unusual punishment and applies it to recent incidents of police brutality.

"We had two types of policemen: the one who was obviously beating the man and the one who was showing what the police should be doing. We have it like shadows up against a brick wall. We have a poster that's like a propaganda poster (ish) [which says], 'Support your police' ... We [added] a hand coming out of the poster that's in the same color as the good police, restraining the guy holding the bat. There [are] a lot of police who are like that but there are others that actually do their job: to protect and serve," Gray said.

For both Gray and Maddie, this project has yielded surprising effects.

'Initially I was not excited for this project. I thought we were going to have a lot of limitations, just because [it's the] Bill of Rights and art ... We were actually encouraged to create our own style and we had total free reign over that," Maddie said.

Gray said that this kind of project is new but still important to him. "I've never really done something this big before - it's kind of like practicing to see if I were to do it in the future," he

Mrs. Field hopes that this mural project has helped the artists develop their voices into thoughtful and conversationprovoking expressions. "That's the best part: seeing how they are changing and becoming more and more secure in their vision," she said.

While the aim of the murals is to provoke conversation, one must understand that discussion, free expression, and awareness can be good forces in a community.

"If there's anything the Bill of Rights supports, it's free expression, and that's what's going up on the wall, so 'Yay, America!'," Mr. Peck said.

News-in-Brief:

Rebel Run:

Saturday, March 23 at 9 a.m. -Register before March 11 to get a t-shirt -Registration available online before the 18th

SOL Testing Dates:

(For Sophomores) Wed., March 11 and Thurs., March 12

In this Issue:

P. 2: News Henrico County Teachers to Recive Pay Raise

P. 3: Opinions

Winter Assembly: **Unconstitutional?**

P. 6-7: **Special Features**

"What are you eating for dinner tonight?"

P. 10: Sports 10 Winter Team Captain Spotlights News The Commentator

Government Classes Provide Hands-on Learning



Seniors Virginia Tilley (left), Ben Ellis (middle), and Frances Leake act as defense attorneys discussing a case in the ongoing mock trial.

Yashia Burrell Staff Writer

Papers rustle on desks and judge rulings bounce off of the library walls; each side calls on prepared witnesses, and questioning and cross examination ensues until an impartial jury steps into a room to make the important decision. Was he guilty? What sentence does he deserve, if any? These are the kinds of questions asked every day in courtrooms around the country. They are also asked by Ben Fabian and Hana Hecht, to Freeman students in government class.

Mr. Fabian and Mrs. Hecht keep their students engaged through simulations like the mock-trials held on Jan. 13 in the library.

Each of Mr. Fabian and

Hecht's government classes split into separate cases, using students from other classes to interchange between participating members in the jury and trial itself. Each student was given a role depending on the details of the case. There were witnesses, paralegals, jurors, lawyers, bailiffs, and of course, the judge who was their teacher. Every moment of the simulation imitated a real courtroom even down to the way the students dressed for their roles.

Rather than boring, the students found the experience empowering.

"I liked getting up there and knowing that what I was saying was going to impact the trial," senior Catherine Carson said.

For other students, it was the first time they had ever been exposed to the legal system.

"It was cool because I've

obviously never seen a real trial, and it was kind of a junior version of what a real trial looks like," senior Andrew Oostdyk said.

The government class is appealing to social studies teachers, in particular the lack of an SOL test.

"It gives the teacher plenty of flexibility and creativity in designing classroom lessons and activities that are more student centered and less teacher centered,' Mark Faglioni said.

Freeman government teachers constantly strive to make their classes enjoyable and informative. "You need projects

where students have a clear and defined role to play. After our unit on the law and legal process, we will be doing a mock trial on 'The Case of a Stolen Car,' allows the students to have fun with the topic after studying it intensely

for weeks," Mr. Faglioni said. Even though she finds reading a textbook interesting, Mrs. Hecht tries to engage students in class as much as possible.

"I like to bring in current events," said Mrs. Hecht.

Mr. Fabian has given many assignments throughout the year that are more handson, like writing and sending laws to Congress and running campaigns for mock candidates.

"He knows a lot, and he is good at communicating the material... He keeps it interesting and active," Andrew said.

This strategy seems to be working for students, as many of them see the same importance of taking government as the board that requires it for graduation.

"We are in the U.S so I think it's really important to have as much knowledge as you can about the country you live in," Catherine said.

We The People is a constitutional competition that Rob Peck's government classes participate in, hosted by the Center for Civic Education. Students separate into groups and argue the constitution, mimicking a congressional hearing, based on a question given. The event is a hands-on approach to understanding the Constitution as well as how it has changed over history.

"Each of Mr. Peck's government classes are split into six units and each are given a section of the constitution," said senior Nathan Lin.

The team, constructed of four to five students, spends many hours writing opening statements, practicing questions, and learning evidence to support their argument.

"The team dynamics can be pretty interesting, and we're learning a lot from each other and Mr. Peck," he said.

The best part for many students is, "figuring out how to work as a unit and how to confront challenges and address weaknesses," Senior Lohmann said.

Jack was a part of Unit Four of Team Brandeis, which was Mr. Peck's third period government €lass. Unit Four focused on political questions.

"We investigated two central questions. One related to the Supreme Court's role as a constitution guarding court and whether justices should have term limits. The other asked us to consider the powers of congress and subsequent limits on those powers," said Jack.

"We're helping each other and

learning from class instruction... so it's really a multifaceted way to learn the constitution," Nathan said.

It teaches them to be able to recall the constitution accurately and quickly in order to argue different sections of the text, its application, and meaning. "It's a dynamic competition

where we get a lot of constitutional information. There is great competitive tension and a great reward whether it is going to regionals or a great personal gratification," Nathan said. Freeman doesn't just participate, but has excelled in the We the

People competition. This year, Mr. Peck's classes placed 2nd and 3rd in the district, and then went on the place 2nd and 3rd in the state competition in Williamsburg on Jan. 30.

"I was too overwhelmed with pride from seeing my own classmates lean into something they had fallen in love with; ... My classmates had fallen in love with the Constitution of the United States of America." senior Martha Anne Sperandio

Team Holmes (Mr. Peck's 4th period AP Government class) will continue on and compete in the National We the People competition April 24th through

However, having class be more applicable and hands-on doesn't change the work-load. If anything it enhances it.

"A good government student is someone who likes to read and definitely someone who is organized," Mrs. Hecht said.

"You have to do your work and study and keep up if you want to learn. It's important to learn the most you can and have fun along with way. The best way to do that is to do your work," Andrew

Step

Yrs. of Experience

0-3 4-10

11-12

14-18

13

20

21

25

26

27

28+

salary.

22-24

PHOTO: SEBASTIAN HUGHES

Peter Humble poses for his winning picture with Mrs. Keller.

The Man of Mr. DSF: Mr. Brightside

What was it like to win Mr. DSF?

It was humbling. I was in it last year and I wasn't expecting to make the finals, so there was pressure to make it again. I'm thankful that I won. I thinking all the guys there are extremely funny. For me to win is really nice.

Why did you decide to do Mr. DSF?

My older brother was doing it last year and I thought it would be fun for us to do something together. It was a lot of fun so I wanted to do it again.

How did you and the other candidates decide on the opening dance?

The cheerleaders and Mrs. Smiley came up with it entirely. I was only there for about two practices so I really needed to concentrate when I was there.

Have you watched the bachelor or the bachelorette? I watched the first episode of the bachelor for this season and there were a lot of peculiar people.

Are you usually comfortable being on stage?

I describe myself more as reserved, especially when off the stage. I'm always scared right before the show, but when the curtains are drawn I become more comfortable. It's always easier after you get the first laugh. It's actually kind of weird.

How did you come up with the dating show for the talent portion?

That's a good question. For the talent portion, I was struggling finding something to do. I actually came up with that the day before and came up with the actual lines the day of.

How did your brother help you?

I credit a lot of my winning to my brother. He really helped me and was in both of my skits. Our chemistry is pretty good so that helped with the timing of it all. I would have an idea and be like "Will, is this funny?"

What was your favorite part of the show?

That was definitely James Irby's video of Mrs. Smiley and Mr. Riley in Don't Stop Believing because it was kind of gossip around the school. If you didn't know, it was fun to find out. The parents in the stands were also surprised by it.

Teachers Receive Raises

	Step	Bachelor's Grade	Master's Grade
	1	\$41, 988.75	\$44, 004.31
	2	\$42, 984.73	\$45,048.09
	3	\$44, 004.31	\$46, 116.64
	4	\$45, 048.09	\$47, 210.53
	5	\$46, 116.64	\$48, 330.36
	6	\$47, 210.00	\$49, 467.75
	7	\$48, 330.36	\$50, 650.35
	8	\$49, 476.75	\$51, 851.78
	9	\$50, 650.35	\$53, 081.70
	10	\$51, 581.78	\$54, 340.79
	11	\$53, 081.70	\$55, 629.76
	12	\$54, 340.79	\$56, 949.29
	13	\$55, 629.76	\$58, 300.13
	14	\$56, 949.29	\$59, 683.01
	15	\$58, 300.13	\$61, 098.69

Livi Justis Staff Writer

In his seven years of employment with Henrico County Public Schools, Greg Townsend, science teacher, has only received one raise in his monthly salary. Like many other county teachers, Mr. Townsend falls within the second step of the HCPS salary scale.

Depending on a variety of factors, teachers are placed in a corresponding step which determines their yearly salary.

"When I was hired, the steps were equitable," said Mr. Townsend.

Today, the steps are lumped in a nature that is more cost effective for the county. The largest of all the steps being the second, which includes teachers who have 4-10 years' experience in the county.

Because of the nature of the salary scale, "I make almost the same amount as someone who has been with the county for almost half the time in some cases," Mr. Townsend said.

However, as part of the 2015 budget, all full-time Henrico County employees will receive between a 2.4 percent and

3 percent pay raise in their

monthly paycheck. The last time

that Henrico County employees

received a salary raise was during the 2012-2013 school year.

"As discussed in the County message, Manager's budget funding was only provided compensation for increases full time employees," Terry Stone, assistant superintendent for finncancee and administration of Henrico County Public Schools.

The 2012-2013 budget included a five percent wage to offset the required five percent payroll deduction for Virginia Retirement Services. Prior to the 2012-2013 school year, the county covered this fee on behalf of employees.

"They say that they gave us a raise, but they put the money in one hand and took it out of the other," said Mr. Townsend.

Unlike the five percent raise was implemented to compensate for the discontinued county coverage of the Virginia Retirement Services fee, the 2015 raise will go directly into teachers' paychecks.

The raise will look different from teacher to teacher on their

monthly pay stub. "After taxes, my monthly salary increase will only be around \$60 or \$70 per month," said Mr. Townsend.

Full-time Henrico County employees who have been with the county between 1 to 3 years will receive a 2.4 percent pay raise for the first time at the end of this month. Employees with more than three years of experience will receive a three percent increase in their monthly

13

In the past, the county has been unable to afford a pay raise for employees due in part to "a tax shortage on a local, state, and federal level," said Michael Massa, associate principal.

Although teachers have not seen a direct pay raise in the past few years, the county has not had to lay off any county employees.

"Henrico did what they had to do... no furlough days, no raises, but no layoffs either," said Jeff Meador, science teacher.

Although Henrico County had previously been unable to award employees a pay raise due in part to tax shortages, in a published budget report, \$9,000,000 of the 2015 budget comes from the Meals Tax referendum. This 4 percent meals tax went into

At the end of this month, all full-time county employees with more than one year of service as of Jan. 1 will receive their first paycheck reflecting the new pay raise. It is unclear whether or not teachers will see another raise in

effect on June 1, 2014.

Winter Assembly: Exclusive or Inclusive?



Eric Asplund Editor-In-Chief

The Winter assembly is, like so many things, a Freeman tradition. The band, orchestra, and chorus rehearse for weeks in preparation for it. Students look forward to it on the last day of school before break. Teachers and administrators anticipate it every year on the same Friday.

I've been in the audience of four Winter assemblies. I've

different choruses, and four different orchestras get up on stage to perform in front of four different student bodies. I continue to support the idea that the arts are important for all students, and that school performances are culturally substantial, but, between hymns like the Hallelujah chorus and the Christmas-centric dialogue emphasized by the assembly, the underlying message is clear.

Public schools must fulfill the needs of their students, but they are also obligated to uphold the fundamental values of the government that they represent. In both of these respects, Freeman is no exception.

Our nation is governed first by the supreme law of the land the Constitution. The First Amendment to the Constitution, which guarantees free speech, press, religion, and assembly,

seen four different bands, four explicitly promises a freedom of as well as a freedom from religion. It states, "Congress shall make no law respecting an establishment of religion, or prohibiting free exercise thereof..." This obligation set forth in the First Amendment trickles down to all public institutions, including schools.

The Winter assembly is

lighthearted and fun. The student performance groups do a consistently wonderful job each year. However, the nature of the assembly is exclusive, regardless of its intent. Attendance is mandatory even for students who do not celebrate Christian holidays and are not Christian. The Winter assembly can be interpreted, without much of a leap, as an act of proselytization to the non-Christian Freeman community, favoring establishment of belief over disbelief.

As far as precedent, the Supreme Court decided in the case Engel v. Vitale (1962) that something as small as a voluntary prayer at the beginning of the school day is an example of favoring religious belief over disbelief, which violates the Establishment Clause. In Santa Fe Independent School District v. Doe (2000). the court held that even saying a prayer at an extracurricular school event was a violation of the Establishment Clause. The Christmas songs performed in the Winter Assembly, although cheery, clearly imply a preference of belief over disbelief.

In our diverse Freeman community, advocating religion over non-religion -- and additionally Christianity over other religions -- makes the school environment exclusive and preferential. The Winter Assembly should not cross the boundary of "winter" as a season, rather than delve into the religious festivities it so often implies. The Choral department specifically demonstrated its capability to do so with the performance of the contemporary Fleet Foxes song "White Winter Hymnal," a neutral celebration of the whose performance season was lauded by the audience. The overwhelming conclusion is that the Winter Assembly is religious by choice rather than by necessity.

To most people, the line between appropriate expression of belief and inappropriate expression of belief is fine and far off. The Constitution, however, which hangs forever minted in bronze in our own main hall, is not lenient toward the establishment of religion, even in winter assemblies. What value does the supreme law of the land hold if not upheld by its people?

Religions students identify with:

60% Christian

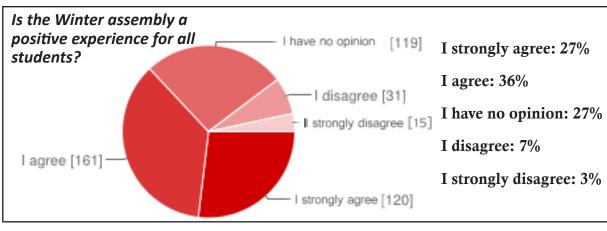
3.6% Muslim

1.1% Jewish

1.1% Hindu

25% Nonreligious

We polled 450 students for their opinion about the Winter Assembly.



For more statisics visit our blog: dsfcommentator.wordpress.com



Connor Glowacki Opinions Editor

Numerous court cases deal with the First Amendment and its Establishment Clause. The court case Engel v. Vitale upheld that school sponsored prayer violates the establishment clause, and so the precedent is set that a public school cannot favor a particular religion because it is a government facility supposedly separate from religion.

Santa Fe Independent School District v. Doe held that even a student-led prayer was in

violation of the establishment clause if a school condoned it in anyway, or if the prayer was to be a large and public event with a captive audience.

With that in mind, let us talk about the Winter assembly ("Winter", not "Christmas").

The hectic scheduling of this past assembly was only an aberration due to an inaccessible gym, so the real concern is if the assembly violates the Establishment Clause.

Honestly, it might.

Consider "Little Drummer Boy" and that one song riddled with hallelujah's ("Hallelujah Chorus")—both songs deal with explicitly Christian topics. However, these are two of fifteen songs. In addition, these songs are classic pieces learned throughout the world of music and added to a singer's cache of historically notable songs. The winter assembly performs these songs less for their religious content and more because they are part of a musical canon and suit the theme of winter. The same applies for the other winter and Christmas-related songs, inseparable from the American concept of winter.

So there it is, the part of the assembly related to religion, never mind the ensuing two-week break, which is traditionally when schools shut down for the Christmas and New Year's holidays. Does Winter Break violate the establishment clause because the government is giving everyone a vacation because of a Christmas? If so, think about spring break, formerly known as "Easter break."

In reality, neither of those violate the First Amendment, since the breaks only allow people to practice their religion; any notion of bias is so trifling that it is literally not worth confronting (i.e. Aronow v. United States where the "In God We Trust" on our currency was ruled constitutional because its interference with daily life is practically non-existent).

Also, in McGowan v. Maryland the Supreme Court held that laws with religious origins are constitutional if they have secular purpose. The winter assembly is not an exhibition of Christian pride nor any indoctrination of faith. It is a winter-themed showcase of the hard work and talent a large group of students put into something they are passionate about (like a football game for musicians, albeit without the risk of concussions...mostly). And in a country that is largely Christian, the media advertises Christmas unashamedly in every conceivable manner and makes money off the season of giving; any individual susceptible to the images of media (i.e. everyone) most likely sees Christmas everywhere, regardless of their own religion. It is a socially economically sustained tradition. In modern use, Santa Claus is a commodity very separate from the birth of Christ. Some Christians agree with this

statement placing less religious emphasis on jolly Saint Nick.

Now, what if a student positively cannot stand listening to a few songs about Christian ideals (despite that the rest of the songs are purely instrumental and or about winter)? Well if students cannot leave the assembly, they are a captive audience. But has anyone tried asking to leave? I honestly do not know, but I cannot imagine any teacher at freeman refusing to le a student sit out the assembly if the student felt uncomfortable listening. All of this assumes the assembly is seen as offensive in the first place.

Is the Winter assembly possibly in violation of the Establishmen Clause? Perhaps. Does it matter? Not much.

The assembly is for the students enjoyment and the performers fulfillment. It is related to religion so partially the overlap is more or less insignificant. I say just sit back and at least enjoy not being in your classes.

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



He Said

Connor Glowacki Opinions Editor

Big flower businesses taking advantage of love

Here, I killed this plant for you

Spend less time talking and more time eating

Classy? I think not

Sorry, Ladies, this ship has sailed

The irony of St. Valentine

Valentines Day

Flowers

Chocolate

Public Display of

Affection

Secret Admirers

50% off starting February

She Said

Carissa Campbell

Opinions Editor

Will you be my Valentine

Mr. Massa?

Rose are red...violets are

blue...

15th!!

Thank goodness I don't have to see it at school this year

I'm taken, sorry.

Best part of All of the candy, love, and ... Valentine's Day

Princesses Living Up to the Royal Standard

Gates Towell Staff Writer

Isn't it every little girl's dream to grow up and be a princess? If so, Freeman juniors Emily McLean, Grace Barker, and Caroline Lugar are living out the dreams of messy-haired 7 yearolds everywhere.

These girls get to work for a growing business called Princess Parties RVA. Dressing up exactly as their specified princess, each girl appears at birthday parties and special events.

"My mom said she was seeing a trend start all over the country and started it when there were no other businesses like it in this area. It has expanded so much that my mom started getting emails from recent JMU graduates, who have graduated with theater degrees. It is safe to say the business has exploded in the past year," Emily said.

While Robin McLean, Emily's mother, started with the most common princesses (Cinderella, Belle, Snow White, etc.), she soon realized everyone wanted the princesses from the movie Frozen. Now there are multiple "Anna's" and "Elsa's."

All three girls have dressed as different princesses from Tinker Bell to Anna, yet it seems Elsa is a common request, since Grace, Caroline, and Emily have all dressed as her.

Being a princess, however, is no small feat. To be a princess, each girl is required to sing and memorize her character's specific story.

"I've watched the movies countless times. One time, a girl asked me what my middle name was, and I had no idea so I just said I didn't have one. You have to listen to every detail, since the kids are so detail oriented. It helps to take the pressure off when the kids sing along, so we always encourage them to sing too," said Grace.

When going to birthday parties, they crown the birthday princess of the day and read their character's story. They also play games and sing songs with the kids. Grace, Caroline, and Emily also participated in the Dominion Christmas Parade.

"If they have seen the specific princess I have dressed up as at Frozen on Ice or Disney World, I have to say I am the same one. When the girls ask if I remember them from Disney World, I have to say I recognize them or they look familiar," said Grace.



PHOTO: EMILY MCLEAN

Jornee Smith, Whitney Trevillian, Emily McLean, and Caroline Lugar spread some royal magic.

Rebecca Barker, Grace's mom said, "I think it's a great fit for Grace, since she enjoys working with children. I've seen her at one party and really enjoyed watching the children light up because of what she was doing."

"Leaving parties is so hard because the children beg you to stay longer but we give lots of hugs and take excessive amounts pictures before goodbye," Emily said.

Getting paid a dollar a minute (\$60/hr.), the singing, reading, smiling, and dressing up is all worth it. However, these girls find that the pay isn't what makes the job special.

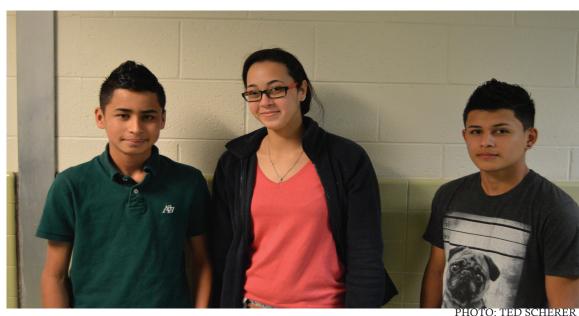
"You never think of how when you were a little girl, what if your role model or favorite character showed up to one of your birthday parties and how cool that is," Grace said.

"It's really fun because it's for these little kids, who get to see all their favorite fairy tales come to life," Caroline said.

"My favorite part is making children's dreams come true and creating this indescribable happiness. I get to show children what a good role model is like and what good role models do. There are so many bad things in this world, so it is great to know that little girls believe in something good and wholesome," Emily said.

With an organization like Princess Parties RVA, a little girl's dreams can come true even if they aren't in Disney

Rebels Learn What it Takes to be a Citizen



New U.S. citizens Eduin Mendoza, Basma Bakir, and Jose Perez hang out in the halls.

Rachel Varon Staff Writer

Freeman students may be Rebel born and Rebel bred, but not all are "U.S. born." While all students juggle school, extracurriculars, and social lives, for Rebels recently arrived in America, becoming a citizen can be a difficult addition to

Jennifer Crowder, School Counseling Director, explained that a student's citizenship status cannot be questioned in the process of enrollment.

However, while the number of students without citizenship papers is unknown, it is known that, "Second to Tucker, we have the highest number of ELL (English Language Learners) students in Henrico County," said Ms. Crowder.

Kevin Kubota has been teaching ELL at Freeman for the past 22 years. He sees first-hand the challenges of balancing school and applying for citizenship. He said, "Sometimes [my students] miss class because they have to go all the way to Norfolk or DC."

Mr. Kubota has taught students from Egypt, China, Russia, the Philippines, Cuba, Nepal, Burma, Sudan, Brazil, Pakistan,

Portugal, Haiti, Vietnam, Congo, Afghanistan, Mexico, El Salvador, and Honduras. He said that he is, "always happy when they become US citizens, but I am more concerned with them graduating."

Mr. Kubota believes that students that have successfully secured an American citizenship feel more settled. "They now have a country to belong to. They know they are going to live here and not move back to another country. There is a greater feeling of pride and interest in the affairs of our country," he said.

In order to become citizens, students must meet the legal requirements of naturalization: they must have lived in the United States with a green card for 5 years, be 18 at the time of applying for citizenship, pass an English test and a test on American civics, and be a person of sound moral character.

Junior Basma Bakir is from Cairo, Egypt. She came to the United States 8 months ago with the help of her brother, who has lived here for the past 10 years. "I have a green card for 10 years. I don't know if I want to be a citizen yet... maybe when I finish college," she said.

"My brother wants me to study here, but I want to become a doctor or engineer and then go back to Egypt with my friends. I miss Egypt a lot," Basma said.

Freshman Jose Perez is from onduras and has been in Richmond for 3 years. He is currently working to get his papers to live here, to work, and, like most other freshman, to drive. To get these documents he must, "go to court sessions, visit a lawyer and take an exam," he said. When the process is over he will have a dual citizenship in the U.S. and Honduras.

Freshman Eduin Mendoza, also from Honduras, will celebrate his second anniversary of living in the United States this April. Like Jose, he also must make court appearances for his

"I feel very happy here," he said; however, he does not know where he will live in the future.

It is not only students at Freeman that have undergone this process. Anu Pasyavala, a math teacher, became a citizen in 2007. She came to the United States on a VISA with her husband, and after they both acquired green cards and lived in the country for five years, they qualified to apply for citizenship.

"For citizenship we had to take a test that [asked] about history and general information about the United States government and then [we went] through screenings with background checks and they got our fingerprints," Mrs. Pasyavala

She said that becoming a citizen gave her more job opportunities, peace of mind and a general sense of security.

"If you have a VISA, you can work in the country but you cannot vote and you cannot have a fulltime job in the government" she said, "if you are a citizen, you can vote, have a job in the government and run for certain offices, but you cannot be president," she said.

Mrs. Pasyavala now has a dual citizenship to the United States and India.

"I hope American students will seek to befriend our international population. My students have had experiences so different from growing up in the suburbs of Virginia," Mr. Kubota said.

On the Stage to On the Air: Student Goes Commercial

Sydney Catlett Staff Writer

Sophomore, Jared Scott is on his way to becoming a local star. Recently, Jared starred in a

commercial that portrayed a dragon destroying a pack of

"The message is basically that smoking cigarettes isn't cool, destroying cigarettes is cool" said Jared.

This is the first commercial that Jared Scott has ever acted in. However, along with performing in the plays and musicals at freeman he also performs musicals at SPARC.

Jared's family is actively involved in the performing arts. Jared's mother, Jolene Scott did a lot of singing and performing until she graduated college and Andrew Scott, Jared's brother has been involved in the performing arts in Richmond for over 10 years.

"Jared started in Sparkler camp when he was 7 or 8 years old and was on-stage in the show 'Really Rosie' by the time he was in

fourth grade," said Jolene Scott. SPARC is the School of Performing Arts in the Richmond Community and Jared has been performing there since he was 6

Last spring, Jared played Danny Zuko in 'Grease' but is not performing in the musical this spring.

"I am performing in a musical outside school through SPARC in March called the 'Secret Garden," Jared said.

Although he has performed in many musicals and plays, one role in particular was his favorite. "Leaf Coneybear in 'The 25th

Annual Putnam Spelling Bee' was my favorite because the character is so weird and crazy, and you never know what he's going to do next," Scott said.

He particularly liked this role because it contrasted with his

personality. One of the actors that Jared



PHOTO: JARED SCOTT

Jared Scott shines in the the spotlight onstage during SPARC's 'The Addams Family.'

admires and aspires to be like is Sierra Boggess. "She was in 'Phantom of the Opera' and 'The Little Mermaid' and she was amazing. I was so impressed with her wide range of vocals," Jared said.

As an aspiring actor he has

dreams of being able to play various roles of the actors he looks up to today.

"I think my dream role is probably to be Jimmy in 'Thoroughly Modern Millie,'"

Jared Scott said. "It would be awesome to see him on Broadway," said Mrs.

He hopes to star in more commercials and musicals and extend his acting career. In the future, who knows, maybe Freeman will have a famous actor as an alumni.

Brothers From Ghana Start Anew at Freeman

Ashley Frederick Staff Writer

Scrolling through Facebook on a seemingly average day in November 2012, Andrea Edmunds, mother of three, saw a post about two boys from Ghana looking for their "Forever Family." This moment proved to be pivotal for the Edmunds family. Andrea's 12-year-old daughter Emma said, "Mom, we need to go get them. They belong in our family."

After a long two-year adoption process, the Edmunds family welcomed their new freshmen Jason and Joseph Owusu, into their home.

"Having these two with us was worth every penny, every struggle, and every hour it took,' said Mrs. Edmunds.

Leaving the orphanage in Ghana has introduced Jason and Joseph to many things that seem typical to any American

"Just since November, they have experienced their first movie in a theatre, first escalator - that was pretty funny - first elevator, first mattress - that too was interesting watching them bounce on it - first pizza, and even first time seeing real water from a faucet," said Mrs.

Life in America has afforded Joseph



The Edmunds family meets in the airport with Jason and Joseph after their arrival from Ghana.

opportunities that many kids would never receive.

"I like everything about it. The thing I liked most was meeting the governor. We've been to so many places," said Jason.

Spending time as a family has been a priority since Jason and Joseph arrived.

"They've been to Sky Zone, the beach (first time ever seeing the beach was in November), and ves they met the Governor! They met Gov. McCauliff and his wife in November at the Thanksgiving Fest," said Mrs. Edmunds.

The move to America has also allowed the brothers to pursue an interest that they had back home. They played soccer (football to

them) everyday and are currently playing indoor soccer for the Richmond Strikers.

Also, Jason and Joseph already have a strong bond with their new sisters and brother.

"Emma and Jason are only three months apart and although they all get along great, those two are definitely very good buds. Both boys adore their older sister, Madison. In fact they look to Madison for advice on what to wear and they love doing absolutely anything with her or going anywhere with her. Honestly, all five get along as if they've known each other forever," said Mrs. Edmunds.

"I just met a girl here and she

looks like my sister. So I told her that, and that's how I met my first friend here," said Joseph.

The arrival of Jason and Joseph has been a positive adjustment for the whole family.

"A few ways that I have helped them adjust is just by letting them know that I love them and that they can ask me any questions that they have. I need them to know that I am always here for them. I also try to help them feel more comfortable by introducing them to friends so they know how proud I am," said Madison.

Freeman's own Roger Biney, who is also from Ghana, intends to help Jason and Joseph have a smooth transition in school.

"I have the intention to help in any way possible - an emotional support, an educational support, pushing and being supportive. I believe I can also serve as a model, something for them to aspire for," said Mr. Biney.

Education is just one of the aspects that differentiates Ghana and America.

"Ghana school is good, but the way you teach here is different. Here you mostly have rules. In Ghana, you just have to memorize," said Joseph.

"The schools are different because we have resources here, and in Ghana we don't. There, you are used to the teacher lecturing and you just had to take notes, like a living book," said Mr. Biney.

Ultimately, the Edmunds and Mr. Biney hope to give Jason and Joseph the support they need to do great things. The most important thing is to give the brothers the best opportunity possible to get an education and later find a career in addition to having a loving family.

"They know what really matters in life, what's really important and what's really not. They have so much to teach all of us. They've already blessed me and taught me what truly matters in life and it's not the "stuff" we accumulate but it's more about the love we share with others that really matters," said Mrs. Edmunds.

Senior Photographers Take Their Passions to the **Next Level**

Grant Satterwhite and Ryan Bryson Exercise Their Talents Around Richmond



PHOTO: RYAN BRYSON

Caroline Lugar poses for Ryan near the softball field at Freeman. This is just one of the many photos that Ryan has taken around campus.

Teddy Scherer Photography Editor

Freeman provides photography classes, but students must go beyond the classroom to truly gain a better understanding of the subject. Seniors Grant Satterwhite and Ryan Bryson are two yearbook photographers who do just that.

Grant first became interested in photography five years ago on a trip to New York City and it has been one of his favorite hobbies ever since. Ryan took an interest in photography his freshman year, but started focusing more on it during his junior year. As their experience with photography grew, Grant and Ryan developed their own opinions about the importance of the skill and reasons why they are drawn to it.

"You are capturing something that wouldn't be captured otherwise, and it's always unique," Grant said.

"I've always be a fan of fine arts. Drawing was hard for me but behind a camera I feel like it's my canvas" Ryan said.

Since they began taking photos, Grant and Ryan have both gained experience and turned to the Social media to gain feedback and display their works. Both are known for using instagram, @r.bryson, @grant.s, and Grant also regularly updates a website which displays his portfolio, grantsatterwhite.com.

"I put a bunch of my photos on Instagram because I like the immediate feedback from people I know. The website is cool because it acts as a portfolio for my photos and it's something for colleges to look at as well," said Grant.

There are many different styles of photography. Grant tends to vary his styles and says he doesn't have a clear cut favorite. Ryan prefers portrait photography which involves taking photos of a model or models and he often asks his friends to model. He tries to schedule at least two shoots a week with friends. The

style primarily focuses on people and emotion.

"Photographing people is my passion. Î feel like I'm a "people person", so being able to photograph people expressing emotions is awesome." said

In the job world, there is a number of opportunities to turn photography into a career. Students like Grant and Ryan will have to decide whether to pursue it professionally or strictly as a free time hobby.

"It's more of a hobby for me, but it's something I'm very passionate about. It might be a career, but I'm not sure," said Grant.

"I would like to make it a career but keep the personal hobby feel and not get caught up in the money," said Ryan.

Whether or not they decide to turn photography into something more, Grant and Ryan will always have the ability to capture the unique and rare sights of the world through a viewfinder.

A Day In the Life of:



6:30: First alarm.

6:45: Second alarm.

6:55: Wake up and cancel fourth alarm.

7:40: Race into school with food, water, and coffee.

8:00: Coffee.

9:00-9:50: Take food bribes from late students.

Spell students' names wrong. Complain about how cold it is outside. Talk about Bear with Mrs. Crouch (her dog)

Prank call Mr. West.

9:55-10:42: Look at Instagram. Weather and sports talk with Ray Moore. Writes poetry about James Franco

Prank call Mr. West.

Snack.

10:47-11:34: Tennis club meeting in library with Wheeler, Given and Rabon.

Coffee.

11:39-1:19: Steal food off the cart. Scower student database for kids on field trips.

1:24-2:11: Go to nurse and take a nap. Run unexcused tardy reports while answering phone while resonding to emails while checking more tardy kids in.

2:16-3:03: Start a "snow day" rumor.

Snack.

3:08-3:55: Lipstick. Workout in the weight room.

3:56: Speed down Quioccasin Rd. to Trader Joe's and get home really quick.

4:10: Leave keys in ignition on rush into house.

4:15: Watch tennis channel and recorded episode of last night's "Tonight Show with Jimmy Fallon."

6:30: More coffee.

7:00: Cook an Ina Garta Dinner.

7:25: Take picture of food and post on Instagram.

7:26-8: Rake in likes on picture of food.

8:15: Early to bed (not early to rise).

SAVAGE: A BETTER CHOCOLATE CHIP COOKIE



Vincent Steenburgh, 11 What comes to mind when you hear the word "savage"? For junior Vincent Steenburgh, dessert comes to mind. His family comes from Richmond, Virginia and they turned a dessert they call "Savage" into a

family tradition. The Savage has been in nearly 10 years but has never lost its superb taste or originality.

chocolate chip cookie to a whole new level. It is a cookie covered in confectionary sugar and cut into squares or spooned into balls. It also has an optional addition of walnuts or pecans for any nut-lovers. The Savage is any sweet-

The Savage takes an hour to bake and 10 minutes for cooling. It

the Steenburgh family for is then cut into mediumsized squares and rolled in powdered sugar.

"My mom typically makes it," said Vincent, This treat takes the who occasionally lends a hand. "Sometimes I help and I put the sugar on it and take it out of the

> "My mom makes it for my brother when he comes home because it's his favorite and she spoils him," Vincent said.

The Savage remains a family favorite because it never disappoints.

"My favorite part is that it tastes so good," Vincent said.

Next time your family is craving cookies or a sugary treat, the Savage is a fast and easy recipe

Indulge in a sample of Freeman's culinary variety with these six recipes!



SAUCY GREEN BEANS: A LEBANESE CLASSIC

family's home town, said Mrs. Burgess. Beirut, Lebanon.

beans in tomato sauce since she was about two vears old.

In addition to making

For the holidays, history this recipe for the teacher Ryan Burgess is holidays, Mrs. Burgess in charge of making her makes it about five other family's recipe called times a year for a normal Mama's Lebanese green dinner at home. "It lasts beans in tomato sauce. a long time. I can make This classic family recipe it on a Sunday and it will is originally from her last until Wednesday,"

Mrs. Burgess's mom, Mrs. Burgess has eaten originally in charge of Mama's Lebanese green making the recipe, passed said. the duty of making this dish down to Mrs. Burgess. "When I make it I definitely do the taste test," she said.

Mrs. Burgess starts by

washing and snapping the green beans, sautéing the garlic, onions, tomatoes, and olive oil – the most essential ingredient. "This dish tastes very

tomatoes, like a marinara sauce with green beans and rice," Mrs. Burgess This recipe has not changed overtime in

Italian because of the

Mrs. Burgess' family. However, sugar is the secret ingredient to the recipe. She said "[it] complements the acid in

the tomato sauce."

the perfect Sears' Flán

de Leche Evaporada,

there are secret steps not

big but my mom takes

some ingredients out and

puts some other things in

so it has her own touch

instead of just following

the recipe," said Charles.

been in the family for

The recipe has

"There's nothing too

included in the recipe.



Ryan Burgess, teacher

During the holiday season, instead of bringing a traditional Thanksgiving, Christmas, or Easter dish, try Mrs. Burgess's Lebanese green beans in tomato sauce. Your family will be stunned by

PASTITSIO: A GREEK VERSION OF LASAGNA

different for the Bazianos family than it is for most Freeman households. For sophomore Steve goes by for special Bazianos, lasagna is celebrations. We will eat referred to as pastitsio, its it two to three times a Greek name.

of Greek heritage, said because it's special," he that they have a lot of said. recipes that have been passed down through the generations. Pastitsio

RECIPE

INGREDIENTS

6 large eggs

FILLING:

and minced

toes, chopped ½ cups dry, red wine

chopped

PASTA.

melted

BÉCHAMEL SAUCE

1 sticks unsalted butter

3/4 cup all-purpose flour

6 cups whole milk, heated

½ teaspoon nutmeg, grated

Salt, white pepper, to taste

1/4 cup extra virgin olive oil

2 medium yellow onions

1 large garlic clove, peeled

1 teaspoon ground cinnamon

2 cups peeled, plum toma-

½ teaspoon nutmeg, grated

2 pounds lean ground beef

6 tablespoons unsalted butter,

Salt, pepper, to taste

peeled and minced

1 cup flat-leaf

up eating at special occasions.

recipe that our family we make regularly

This dish is common to eat on New Year's Day.

PROCESS

"We have a specific

year. It's not something

"It has a top that's a is one that he grew creamy cheese [and]

1. Make the béchamel sauce: In a large

saucepan, melt the butter. As soon as it

begins to bubble, add the flour and stir

vigorously for five minutes over medium

heat, until the flour begins to turn golden.

Gradually add the hot milk, stirring all the

while, until smooth. Add the nutmeg. Beat

the eggs separately in a bowl, until frothy.

Slowly add two cups of the sauce to the

eggs, beating all the while. Then, return the

contents of the bowl back to the saucepan.

Cook sauce, stirring, over low heat, until

thick. When sauce is thick, cover saucepan

2. Make the filling Heat the olive oil and

sauté the onion and garlic until lightly

browned. Add the meat and brown. Spoor

off any fat and discard. Add parsley, cin-

namon, tomatoes, and wine. Let the sauce

simmer, uncovered for 20 minutes. Season

3. Boil the pasta until it is all dente. Drain and rinse under

cold water. In a large bowl, combine the pasta with cup grated

cheese, the melted butter, 2 cups of the béchamel sauce and the meat filling. Toss well. 4. Preheat oven to 350 F. Lightly oil 10"

sprinkle with cup grated cheese. Bake the pastitio for at least 1 hour, or until the top is golden. Remove and cool for 2 minutes

with salt, pepper and nutmeg.

1 pounds thick, tube spaghetti x 15" x 3" baking pan. Spread the pasta mixture in evenly the 1 ½ cups kefalotiri cheese, pan. Carefully pour the béchamel sauce evenly over the top and

before serving. Enjoy!

chopped up bits of meat like ground beef," he

"Some of the ingredients are hard to get," said Steve. He said the cheeses that are in the recipe, like kefalitiri cheese, are difficult to find or are expensive.

Every step of the preparation of the

going down it has Greek dish is important, and noodles, which are it requires care and hard to find. Inside are precision. Making the pastitsio requires a daylong process

> "It takes a long time to get everything situated inside. When you cut it, the whole thing can just fall apart," said Steve. On cooking days, Steve said that his mom and grandma are in charge

of the kitchen and start

preparing the pastitsio

PHOTO: BAZIANOS FAMILY

early in the morning. Although the dish is difficult, the work is worth the taste and family time for the Bazianos family.

Next time your family WHAT? is planning on having

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FOR DINNER

AT YOUR

House?

FOR MORE RECIPES

de Leche Evaporada (Evaporated Custard). It is a Puerto Rican family recipe derived from Charles' mom's side of the family.

Not only does Flán de in sophomore Charles Leche have a rich layer Sears' family while they of soft caramel on the make their delicious top and smooth textured dessert recipe, Flán insides, but also is special because it is a Sears' Milk family original. Charles' mom is in

> Flán, but he assists. "I help out by mixing the ingredients, cracking the eggs, and letting my mom take care of the

this family treat only takes place on special occasions such as holidays and birthdays and also on a few occasional reoccurrences throughout the year charge with baking the because of its popularity

rest," he said.

within the family. The production requires precise steps that must

followed in order to get the perfect result.

But, in order to get

generations and Charles is "devouring it all has eaten it ever since he

FLAN: A PUERTO RICAN, CARAMEL CUSTARD

The creation of

can remember. After all these years, Evaporada has never Charles said his favorite

part about making Flán

and texture. The recipe will stay in the family for generations to follow

lost its exceptional flavor

Charles Sears, 10

afterwards.'

Leche Evaporada

Flán de Leche

RECIPE

INGREDIENTS cup sugar (to caramelize pan)

teaspoon vanilla extract 1 ¼ cups sugar

PROCESS . Preheat oven to 350 F 2. Caramelize a round 8 x 3-inch hot water and bake about 1 aluminum pan (or any dish that hour, or until set and golden. can survive the oven) without Remove pan from water bath. tube, by melting 1 cup sugar, 5. Allow to cool on wire rack. slowly, in the pan to a light gold. Cover, and set in refrigerator Swirl the pan to coat bottom and When ready to serve, turn

sides with caramel. Set on wire custard onto a platter.

3. In a saucepan, break eggs, without beating, just enough to mix egg yolks and whites. can (13 ounces) evaporated milkAdd rest of ingredients and

mix. Strain 4. Pour strained mixture into a caramelized pan. Set pan in a large shallow baking pan containing about 1 inch of

PHOTO: CHARLES SEARS

IRAQI CHICKEN AND RICE DISH



Karrar Sabeeh, 10

When coming home to dinner, sophomore Karrar Sabeeh, smells the savory scents of chicken drum sticks cooking with the spicy smell of black pepper, red pepper, oregano, and turmeric. This aromatic dish that is cooking is the Sabeeh family version of a traditional Iraqi dish called maglooba.

In Arabic, maqlooba Karrar and his family means "flipped over" and make this dish for a that is just what maqlooba regular meal. However,

vegetables and spices. This chicken and rice

dish, similar to *maglooba*, has been in Karrar's family since the 1970s. Karrar first's memories of the traditional family

10 years old. He has never forgotten the first time he tasted it. "It was fantastic," Karrar said with a smile. The Iraqi dish has many spices and vegetables, such as green beans,

drum sticks and three

cups of rice. About once a month

is: an upside down, on special occasions, flipped over chicken and such as family gatherings, rice dish with various Karrar's mother will make it. Karrar's mother is

in charge of making the dish while Karrar is just excited to eat it with his family. "I never help make the *maqlooba* dish begin when he was because it is so hard to make," said Karrar.

Overtime. Karrar's family has changed the recipe by adding different and more spices. "I am not sure which spices my family has added," Karrar said corn, mushrooms, and while laughing. carrots which are mixed When your family is in with the 8 chicken

looking for something different to eat for a week night dinner meal, try Karrar's family chicken and rice dish.

RECIPE

INGREDIENTS

3 cloves of garlic

4 cups of water

1 orange

1 tablespoon salt

3 cups of rice 8 chicken drum sticks 2 ½ cups of green beans 2 ½ cups of corn 2 ½ cups of mushroom 2 ½ cups of carrots ½ tablespoon black pepper tablespoon red pepper teaspoon oregano teaspoon turmeric 1/4 cup of nuts (almonds

1. Place chicken in a large pot with 4 cups water, onion, ½ tablespoons of the spices. Bring to a boil, and cook until chicken is tender, about 40 minutes. Remove chicken, strain and reserve broth. 2. Soak the rice in water while waiting for the chicken to cook. When the chicken is almost done, drain the water off, and stir in 1/2tablespoons of the spices.

3. Heat the oil in a skillet over medium-high heat. Fry the vegetables in the hot oil until browned. They do not need to fully cook. 4. Add the vegetables, and sprinkle a handful of rice over the vegetables. Remove the bones from the chicken and place the chicken in the pot. Cover with the rest of the rice. Pour in the reserved broth until it reaches a level about ½ inch above the level of the rice. Cover the pot, and cook over medium-low heat for 1 hour, until rice

5. When the liquid has absorbed, have a large round tray ready. Uncover the pot, and place the tray over the top. Invert so that the pan is upside down on top of the tray. Let stand for 10 minutes like this, then slowly remove the pot to let the food fall onto the tray. Now it is time to eat!

BAKLAVA: AN EGYPTIAN PASTRY

"It's very sweet and very fat from it," she said.

found in countries recipe is from her home Maha. country of Egypt.

families eat it during the call for nuts like holidays," she said. "We eat it during

Christmas and Easter,' said Maha, but she also raisins and coconut. That

The recipe her family Maha's mother is in dessert.

"I help prepare stuff recipe is the flaky phyllo

"We actually make it

While many pistachios, Maha's family adds their own garnishes.

"We actually put in

The secret to Maha's ½ cup honey baklava lies in the sweet teaspoon ground cinna-PROCESS

have a secret ingredient that makes it why it is syrup on after it is done

She said the ingredients are not hard to find. You

RECIPE

INGREDIENTS

1 (16 ounce) package phyllo 1 cup water 1 cup white sugar teaspoon vanilla extract 1 pound chopped nuts



2.Brush each sheet of phyllo dough with butter before you add it to the pan. (It will make the phyllo come out crispy

3.Lay 6 or 7 sheets of buttered phyllo dough then sprinkle

4.Lay two more sheets of buttered phyllo dough over the nuts and then sprinkle another layer of nuts, any nuts you want to. On the last sheet don't put anymore nuts leave it blank. Heat the butter very warm and drizzle a little more

5.Before baking, cut the baklava into triangles or rectangle whatever you like.

6.Bake in a 3250 F oven for about 30-40 minutes, until

7. Then take it out of the oven and let it sit for 5 minutes then pour the syrup over the whole thing. Finished but first let it cool for about 3 minutes then eat it.



baklava, it would be wise once a month during the And lots of syrup." to make friends with year. freshman Maha Farouk. Baklava is a sweet pastry follows has been passed made of layers of thin down for generations. dough, phyllo dough, and chopped nuts and charge of making the amounts of syrup.

very fatty - you can get and get it out," she said. Baklava is a popular dough that gives the treat and baked," she said. Middle Eastern desert its crispy exterior.

ranging from Greece to at home. It's actually can find the ingredients Jordan. Maha's family not that difficult," said "A lot of Egyptian Mediterranean recipes version of baklava can be

If you have never had said that they make it makes it really sweet.

syrup. She said that baklava from different countries use different "My mom actually does

An important part of the very sweet. She puts the

at the Mediterranean Bakery, and even sample it in the deli. A Greek found at the restaurant Greek Cuisine.





1.Melt the butter over low heat and keep it warm through-

the sweetened but don't put too much.

over the entire pan.

slightly browned.

Longtime Assistant Assumes Head Coaching Job



Coach Butcher with wrestler Micheal McGuire.

Sam Anderson Staff Writer

A three-time time all-conference conference champion wrestler at Baldwin Wallace University is the new head coach

for Freeman wrestling. Jim Butcher, the new wrestling coach, experienced similar success in high school; he was ranked number one in the state through his high school wrestling career. This is his first head coaching job after volunteering with the Freeman wrestling program for

"I have a lot of help. Coach Bright, Sandy Ailor, and Josh Foltz are all assistant coaches," Coach Butcher said.

Sandy Ailor is the brother of the former head coach and Josh Foltz was a four time all-state wrestler at Freeman.

"The Freeman wrestling program has a rich history," Butcher said, "I came here as a volunteer because I liked the environment. We are in a rebuilding period but things are coming back."

He also has high regards for the community involvement. "I also like it because of the support we get, and the support from the parents this year."

"This year we want to do well in the conference, and we want to get our qualifiers through to regionals." The tournament has gotten tougher because of the number of beach teams that have been added.

"I like to wrestle hard and aggressively, and coach solid technique. The practices vary for the upper and lower weights. For the upper weights we do not want them to attack legs like lower weights. We want them to attack form from the neutral position," he said.

He has instilled a strong work ethic and a vigorous practice schedule," junior George Holm said. "At practice we wrestle and run and it improves my athleticism." Butcher's practices involve

conditioning, weightlifting, and lots of technique work and live wrestling.

"Practices are more in depth, and he has taught us many more moves to help us take beat our

opponents," sophomore Brett Reid said.

Senior Jake Hendricks said Coach Butcher focuses on form and technique. "It's much more technical I think, more based towards form and working moves over and over, and different ways to use those moves." Jake said.

"The strongest people become weak when they are tired. Technique requires execution when you are really tired," Coach Butcher said.

"He has a lot of experience wrestling experience wrestling, so he is very knowledgeable about the sport so it helps us win," Brett said.

According to Brett, the season so far is going "okay." The team is very young in experience, but we are getting there.

"The team is working hard to learn what we have to teach them. Wrestling is a complicated sport, it's a matter of lots and lots of experience and the more you wrestle the better you he," Butcher said.

Juniors Use GoPro When Hitting the Slopes

Michael Wagner Staff Writer

Nick Woodman, a senior in high school, caught the surfing bug and chose to drop team sports to focus on carving the waves. Then he went on to start Menlo School's first surf club and headed off to University of California, San Diego, after graduating. He went on to create the GoPro, "an incredibly versatile, powerful camera", and started a trend.

From taking monstrous jumps to hanging ten and excavating caves, the GoPro can be used in an incredible array of ways. Traveling to Wintergreen or Snowshoe, you will see many people with these strapped to their helmet or connected to a

The GoPro can be mounted on anything from the end of a surfboard, a helmet or a dog. "Mounts are a big part of the magic in getting epic GoPro shots", according to the GoPro

There are Rebels who use the GoPro daily. GoPros were spotted in the student section at many of the football games. Looking around Instagram and Twitter you may find other shots taken by GoPro users who attend

Sophomore Bella Dorrington said, "[t]he quality is incredible, I can't wait to take it surfing and wakeboarding in the summer



Oak Mize and Cole Campbell use their GoPro in the terrain park at Wintergreen Resort.

because that's going to be really cool to capture on it. I have taken it on hikes and to an isolated island and it was great."

Juniors Oakley Mize and Cole Campbell are very familiar with the GoPro. They both try to ski/ snowboard as much as they can, often going about every other weekend. And while bringing their skis, boards, bindings, boots and poles, they also bring their

"I use the GoPro to capture ideo and also to make edits in videos for tricks that I do," said Oak, who snowboards.

"I mainly use my GoPro when skiing just for tricks that I do," said Cole, who skis, but has many of the accessories for the GoPro, including the helmet mount, the chest strap and the head strap.

While both prefer to stick to the terrain park and perform tricks, Cole and Oak have different GoPro skill sets. "I am no stranger to the 'butter zone', I can do a 360, rails, and also helicopter," said Cole, who claims that he has done a backflip before. Cole also explained that the butter zone is reached by hurling oneself forward or backward and riding on the tips of your skis for a few

"I do backflips a lot and I also can do 360s, 180s and rails with 270s and 450s," said Oak, who has learned a lot from his GoPro.

"You can see what you are doing wrong and then the next time out you can work on improving what you messed up on," Oak said.

"[It] makes me try new tricks because I'm trying to get the awesome video, said Cole. This is another advantage to the

powerful, pocket-sized camera. The GoPro is a great tool for winter sports, but really can be used for anything. There are many examples of the GoPro being used with urban exploring,

on trampolines, in cars, and while doing parkour.

Oak and Cole use the GoPro for many things other than winter sports.

"When I went parasailing I used my GoPro and also I have filmed some of my projects for school on the GoPro," said Cole. Oak said, "When I find myself

doing something cool, I bring along the GoPro. I also use it when I wakeboard during the summer." Another advantage of the

GoPro is using it to meet new people. "It's an easy way to connect with people if they have one too," said Oak. "People love being on camera, so you can meet new people that way too,"

If you are interested in buying a GoPro, visit gopro.com, the official website for the camera, which sells the most advanced version for \$500. The lowest priced GoPro is the Hero, which is sold for \$130. You can also buy a GoPro at Walmart or Dick's Sporting Goods.

Additionally, many winter resorts are beginning to offer GoPro cameras for rent so that during your stay you can film yourself for a price that is not as steep.

No matter what version GoPro you may buy, you are buying into Nick Woodman's dream and have the ability to create something purely awesome with your GoPro.

Freeman Students Take on Rock Climbing

Jack West

Staff Writer

Rock climber Nick Humble witnessed a fellow climber fall 50 feet after a belayer error.

However, that has not dampened his passion for climbing. Nick, a sophomore and James Mayer, a sophomore, have conquered their fears and are now accustomed to such risks. They are both are active rock climbers who climb multiple times a week.

James was first introduced to rock climbing by his father, and has just become more serious over the last two years. When he has free time, James usually climbs between four to six times

"I usually climb at [Peak Experiences] (an indoor climbing center in Midlothian), but if the weather is good I'll occasionally go to Manchester Wall, which is the remains of an old bridge that has now been turned into a popular climbing spot," said James.

Nick was introduced to the sport differently. Nick has poor eyesight and said he has trouble keeping his eye on the ball which has prevented him from participating in more traditional school sports like baseball or basketball.

"I saw [rock climbing] and thought, 'Hey that's really cool, so I'm going to do that,'" said

Rock climbing is one of the few

sports in which athletes compete primarily against themselves. The difficulty of a specific route never changes, so it is up to the climber to improve until he can complete the climb.

"I enjoy climbing because of how much self-challenge there is," said James.

Setting goals is a crucial aspect of rock climbing. "It's mostly competing with yourself and that's what I enjoy most. Setting goals for something I want to do and working day in and day out to achieve it is really fun for me,"

A grade system is used to rate the difficulty of rock climbing The climbing grade system begins at a 5.0 (similar to climbing a steep ladder) and increases in difficulty up to a 5.15 (a smooth overhang cliff). The grade of a rock route is subjective, and is usually based on the crux, the most difficult

Both Nick and James are currently focused on "projects" at Peak Experiences. James is working towards climbing a 5.12 without falling while Nick is currently focused on building his climbing skills so that he can one day achieve his lifetime climbing

"I want to do this route called The Nose on El Capitan in Yosemite. It's about 3,000 feet and is an extremely difficult route," Nick said.

For those interested in rock climbing, both Nick and James suggested that newcomers go to Peak Experiences, where



Nick Humble climbing Manchester Wall.

employees teach new learners the steps to becoming a climber. An all-day pass at Peak Experiences is \$19 for adults and \$16 for students. A Rental Package is \$9 and includes a harness, shoes, belay device and caribiner, chalk bag, and a helmet.

"Gym memberships can be pricy for indoor climbing, but the basic equipment to start climbing - a harness, some shoes, and a basic belaying device should

be less than \$200," said Frank Mayer, James' father. The two main types of rock climbing are top-rope and bouldering. Top-roping is when

the climber is attached to a

rope which connects to the top of the wall and then continues back down to a belayer who will stop the climber if he falls. Bouldering involves a climber who completes routes about ten feet tall without a connecting rope. Bouldering routes tend to be more technically dense. Both of these types of climbing are available at Peak Experiences. For those concerned with the

danger involved in rock climbing, it is actually a relatively safe

"Modern rock climbing is as dangerous as you choose for it to be. Between bouldering, toproping, and sport-climbing, there

are a lot of ways to enjoy the sport which are fairly low risk. Human error and choosing not to climb safely are the biggest dangers in rock climbing," said Mr. Mayer. Rock climbing is a unique

James Mayer climbing Pinnacle Rock in Conneticut

opportunity for athletes to push themselves, connect with nature, and grow into more driven people. "Passion is always a great

thing for a teenager to have, and [James] loves climbing, so I try to support it as much as I can. I think it gives him confidence, and that it is a good venue in which to test himself," said Mr.

Multi-Sport Athletes Boost Indoor Track Team

How Athletes From Other Fields Make Freeman Track a Force to be Reckoned With



PHOTO: BODHIE LONG

Junior Bodhie Long sprints toward the finish line during one of three indoor meets at St. Christopher's.

Clayton Leep Staff Writer

A varsity football and baseball player, junior Bodhie Long looks to winter track as a way to keep him in shape in the offseason. After two seasons with the track team. Bodhie now finds himself in the race for states as he looks to qualify in the triple jump.

"Though the weather is cold, the competition makes my blood red hot!" said Bodhie.

This seems to be a trend on the successful track team. Athletes from multiple sports have found success on the track. Coach Brian Reutinger is working to push this team to states.

"Our goal is to have the best performance in the postseason. It is what our training has geared

for.", said Coach Reutinger.

The winter runners have competed in three outdoor meets, or polar bears as the team calls them, at Glen Allen and Freeman and three indoor meets at St. Chris and Woodberry. No records are set during these meets, for they are meant to help the athletes qualify and prepare for the postseason.

One of the events multiple

athletes do well in is the 4 by The event includes four runners and one baton. Each runner completes a curve and a straightaway before handing the baton to the next runner. The boy's 4 x 200 is dominated by athletes who were in football season just a couple of months

Seniors Richard George and Cisneros Harrison, sophomore Jakari Williams, and Bodhie have proved intimidating forces to be dealt with both on the football field and the track competing in the 4 by 2.

Bodhie and Terrell also aim to qualify for states in long jump and triple jump this season while numerous others attempt to compete in the postseason.

"The boys have the potential to be competitive as a team at the conference, regional, and state level." said Coach Reutinger.

The team is also bringing back veteran runners looking to continue success in 2015. Senior captain Peyton Artz looks to lead the long distance runners to more success in winter track after winning the cross country state championship.

Peyton, along with seniors Matthew H.P. and Alex Gilliam, will lead Freeman in the mile and two miler events. The state title won in the fall helps long distance runners even in the winter.

"It gives us confidence and helps us set goals for the winter and spring." said Peyton.

The girls 4 by 4 team also has state honors to defend. Junior Jordan Bourgeois, seniors Mackenzie Kerr, Carole Trevey, and Tessi Rossette won the state title in the 4 by 4 last winter. Jordan and Mackenzie are number one and two in the state in the 500 meter dash.

Three members of this intimidating line up came from other sports. Jordan, Carole, and Mackenzie are all former soccer players who turned to track to stay in shape.

After finding success, they have all become full time track runners. Kerr will even take her talents to Duke University next

After only two meets, the girls have built a solid foundation for the rest of the season.

"The guys are having a better start (this season), but hopefully we will start to improve" said Jordan.

These veteran track stars are more than happy to welcome in new talent from different sports teams. "We enjoy having them there and hopefully they will stay for the spring." said Peyton. With state titles to back up and

help from a variety of athletes, the winter track team looks to have continued success this post season.

Freshman Gymnast: More than Just a Tumbler

Frances Leake Features Editor

"Small but mighty" is a phrase that is particularly relevant to freshman Mallory Girven, a main competitor on Freeman's gymnastics team.

Before moving to Virginia, participated competitive gymnastics in New Jersey for twelve years. However, she decided that she only wanted to compete on the high school level when she came to Freeman.

"I enjoy both competitive and Freeman gymnastics equally, there just comes a time when the competitive schedule becomes too overwhelming and you have to make a decision on what you can do, and what you can handle," she said.

Team captain Olivia Humrich said that Mallory has brought a great level of competitivity to the team this year.

"In all seriousness, Mallory is amazing at every event. Her best [events] are probably beam, floor, and bars, and the things she does on each are phenomenal," Olivia said.

"My floor routine usually consists of a mixture of leaps. jumps, and dance, layouts, and back- handsprings. I have been working with some ankle

problems recently though, so I have had to be careful," Mallory

Along with her notable skill, Mallory is also recognized for her gracefulness in performance.

"Mallory looks like she has done ballet for her whole life when she performs her floor routines, she is extremely dexterous and balanced," Olivia said.

Despite her high level of prowess and skill, Mallory still maintains her composure and serves as an example of perfect "Mallory is very humble in the

skills that she has, she is one of the best on the team, but most of us didn't know about her until later in the season because she never flaunted her skills at practice," Olivia said.

After eleven years of practicing competitively every day for three to four hours, Mallory finds the Freeman gymnastics team to be low key and enjoyable.

'While I liked the fact that I got really close with the people I was working out with at the gym all the time for competitive gymnastics, I really like getting to know everyone on my team here, and I really like my coach,"

"The atmosphere is much less stressful and competitive, which is what I wanted, because I didn't want to start high school with

that much of a time-consuming sport," said Mallory.

Along with her participation in gymnastics, Mallory is also a part of Rebels swimming.

"I really enjoy swimming—my best stroke is breast stroke. I also really enjoy my teammates," she

As a leadership student, a gymnast, and a swimmer, Mallory has certainly kept herself busy during the winter season, but her hard work and time management enable her to succeed in all three academic and athletic components.

"Right now, everything has

"Right now, everything has a nice balance"

a nice balance, but sometimes it can be difficult because I get home late because of gymnastics, and then have to get up early to go to swim practice before school. I also live far away so there is a lot of time spent in the car," Mallory said.

Mallory's positive attitude and work ethic shine through both in her coursework and both of her sports, she is excited to get a feel for high school gymnastics, and looks forward for the meets and other competitions to come.

Mallory has brought a lot of



PHOTO: GIRVIN

Mallory scored the highest of any Freeman gymnast with a 9.175 out of 10 on the beam in the conference championship at Deep Run High School.

skill to the team, her scores give a large boost to our team total, and she brings a positive attitude

to practice each day that makes practicing more fun," Olivia

Ranked Swimmer Competes for Freeman

Trey Holsten Staff Writer

Jac Cortright goes to bed at 9:30. He wakes up at 4:30 to go to swim practice. He gets in the pool, starts with a warm up of just a couple thousand meters, and then swims about 7,500 meters during the rest of practice. Jac eats up to 8,000 calories a day. He then repeats this routine six days a week for all but three weeks of the year.

Jac's commitment is undeniable. He said he usually shaves his legs before all of his big meets to get any possible edge.

Jac started swimming when

he was four years old. He began competing at seven, when he joined NOVA, a non-profit competitive swim program in central Virginia. Swimming has been a huge commitment for Jac's family financially and timewise, as Jac usually has at least

one meet a month in Maryland,

Virginia, or North Carolina. Jac said the single swimmer who has been his toughest competition is Townley Haas. Townley, like Jac, is a swimmer at NOVA. Townley has committed to the University of Texas and

holds multiple NOVA records.

Freeman swim team.

"It is a lot more fun and competitive because you are going against other high schools," said Jac. It makes swimmers want to win more because they usually know swimmers on the other teams. Jac said their stiffest

competition is probably Godwin. "The [Freeman] guys team is pretty loaded," said Jac. He thinks that they have a very good chance at being the best in the county. He also thinks the girls' team is a lot better than last year and could win the Henrico County meet.

Jac is a part of the main relay for the boys. This season their goal was to break the record they set last year for the county.

Through NOVA, Jac competes in lots national meets. In the past, he has been to California, Orlando, and Indianapolis. He recently went to Austin, Texas to compete in an event called the Grand Prix. Jac liked the meet because there were lots of former Olympians and older swimmers. Jac said it was a very fast meet.

Besides Jac's participation in national meets, "He has multiple state titles, Eastern zone titles, and has been nationally ranked in the top 20," John Cortright,

Jac also competes for the Jac's dad, said. Jac has also been ranked 3rd nationally in his age group for the 200m butterfly. Jac recalls one of his best times being 1:45 for the 200m freestyle at the first meet for Freeman.

With great accomplishments come college offers. Only the academies are allowed to recruit this year, so Jac's only current offer is from the Naval Academy. Other schools have e-mailed Jac about his swimming though, including Arizona University and Virginia Tech.

Jac has a lot of dedication to keep swimming and stay on the same schedule for it. The dedication has obviously paid

First Places - January 23rd Meet 500 Free: Carter Bristow 200 Free: Jac Cortright 50 Back: Anna Gilliam 50 Breast: Emma Phelps 500 Free: Jack McSorley 200 Free Relay: Jac Cortright, Will Riggs, Jack McSorley, Anthony Vinson 200 Free Relay: Clair Cortright, Martha Ann Sperandio, Carter Bristow Brittany Fisher 400 Free Relay: Jac Cortright Colin Fenster, Campbell Nys-

trom, Anthony Vinson

Spring Sport Tryouts

Boys Lacrosse

Feb. 23, contact Mr. Seegar room 213 with questions

Girls Lacrosse

Feb. 23 at Tuckahoe Middle School, contact Mrs. Trexler room 227 with questions

Girls Softball

Feb. 23 on the softball field, contact Mrs. Milton with questions

Boys Baseball

Feb. 23 on the baseball field, contact Coach Moore, room 160

Boys Tennis

Feb. 23 on the tennis courts, contact Coach Given room 110 with questions

Girls Tennis

Feb. 23 at Tuckahoe Middle School, contact Coach Parpart with questions

Track

TBD; March, see Coach Reutinger with questions

Winter Team Captain Spotlights

V-Girls Basketball



Shannon Longworth 12

"I support my teammates by guiding them during plays, telling them where they need to be on the court, and supporting them when things don't go exactly as planned... It was a hard season. We didn't win many games, but we always played as a team. I'll remember most the great friendships that will last a lifetime. I got to play with great girls for many years!"



Deija Bowden

"By far, this is the best team I've been on...Our team tries every single game. If anyone were to have seen our Godwin game, they would have noticed how hard we worked. We came back in the second half and gave their coach a scare, although it wasn't enough to receive a W. We all left with smiles on our faces because we had given 110 percent as a team."

V-Boys Basketball



Connor Fair 12

"My role is not 'the best player.' I try to lead by example in my hard work on and off the court and hope that the same attitude can spread to other guys on the team."

JV-Boys Basketball

Jack Neary 10

"The season started off a

little rough because of the

gym situation and the usual

process of getting used to a

new team. As the season went

on, everybody improved

their game individually and

we really came together as a team. This season

was special because we all

enjoyed playing for two first-

year coaches that also went

to Freeman – Coach George

Gymnastics



Olivia Humrich 12

"This year we've won first place in every single meet, except for one. We have very serious practices in order to maintain the high team scores that we are capable of. Being a captain this year has been a lot of fun. We may not be the best gymnasts on the team, but we encourage [the younger girls] and make each practice as fun as possible.'

Jake Hendricks

"This year we had a smaller team than in years past,

which meant we didn't have

much depth, but under Coach Bright, Coach Butcher

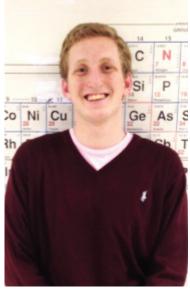
and Coach Fultz's leadership

we were able to pull together

and have a good season and

improve."

Boys Swimming



Colin Fenster 12

"The most fun part is leading the team in cheers and getting the team energized. The most exciting part of the season was upsetting our rival Godwin and winning the meet by two points."

Girls Indoor Track



Carole Trevey 12

"Our 4x400 relay won at districts! It was an exciting race for us because we all had to work really hard to beat our tough competition, and it was the last event of the day so we all left everything on the track! It's important to remind yourself why you run track - because you like to run and be with the team and not to beat yourself up over one bad race."

Girls Swimming Boys Indoor Track



Martha Anne Sperandio 12



"Being the captain of such a new school sport has been a challenge, but I think Colin and I have done a great job this year of really making it feel like a team at meets. We do a cheer before the meet begins and cheer for our Rebel swimmers. It has been a great way for me to meet people in different grades who love to swim as well! I love being a part of something so great."



Richard George

"Senior year is by far the most bittersweet year of high school and the bitter part is the fact that it's the last time I will ever run high school track. To look back at all the years I have run, and I want this last year to be phenomenal... I want to end my high school career by performing to leave my mark with all the coaches and athletes here.'

Senior **Athletes** Commit to College

Students, parents, and coaches gathered in the library on Wednesday, Feb. 4 to witness five senior athletes officially sign to their respective colleges.

Cody Banks

University of Central Florida **Football**

Lacrosse

Shannon Longworth

Averett University **Basketball**

Eric O'Brien

Hampden-Syndey College Basebal1

Rives Worsham

Virginia Military Institute Soccer

and Coach O'Ferrall.' **Gymnastics Wins Championship**

Sarah Ashman Editor-in-Chief

Girls gymnastics is traditionally a quiet, individual sport. However, you would never know that after attending a gymnastics meet at Freeman. From the hallway leading into the small gym, sounds of girls clapping and cheering for one another overtake spectators like a wave. The Rebels have rebelled against tradition with team spirit and have experienced incredible success.

Ending the regular season with a record of eleven wins and two losses, the Rebels have gone on to finish first in the Conference 11 tournament on Saturday, Feb. 7 with a team total of 137.275

The Rebels received a team total of 35.525/50 points on vault, 32.65/50 points on bars, 33.775/50 points on beam, and 35.325/50 on floor. Their closest competitor, Lee-Davis, came in second with a score of 132.3 points.

Sharon Kelly, who has been coaching Freeman's girls gymnastics for 20 years, said she has been blown away by the talent of her current team. "All the teams I've coached at

Freeman are pleasantly surprising... every year we get the most amazing girls. But they are more collectively talented this year.... it's not just one person," said Coach Kelly.

Suzanne Criswell, Director of Student Activities, believes that the current gymnastics team is not only talented, but has active-



PHOTO: GIRVIN

The gymnastics team poses with their newly-won trophy after the championship meet on Feb. 7.

ly focused their talent in order to be successful.

"I think we have a good crop of underclassmen [who] instead of being cheerleaders who like gymnastics, are gymnasts first. It's different when their primary focus is gymnastics," she said.

Success begins behind the scenes with a supportive atmosphere. Senior captain Peyton Brady attributes much of their success to team bonding. "We're like a little mini family;

we like to have fun but be competitive at the same time," she "They follow each other from

event to event and cheer each

other on. If you walk through a

practice, they're talking, having

fun together, and helping each other," said Mrs. Criswell.

The source of the inclusive, encouraging atmosphere is not unknown to the Freeman family; Coach Kelly's coaching strategies and general attitude have made all the difference.

"I believe Mrs. Kelly does a really good job of taking an individual sport and making it a team event," said Mrs. Criswell.

"She's the sweetest woman I've ever met, and she will do anything out of her way for us. She is the most selfless human being. She gets to know us on a level that's past a sports level and more on an emotional level," said Peyton.

With support and talent, the

Freeman girls gymnastic season is far from over as they head into the 5A South regional competition. Coach Kelly believes that the team could advance if they continue to perform at the same level. "If everybody hits, they can be one of the top two teams," said Coach Kelly.

The team is just as optimistic about their future performance. "I think that we are going to win and go to states," said Peyton. Win or lose, the team is very

proud of their accomplishments in competition, as well as along the sidelines as a family.

'Either way, whether we're good or not as good, we still try our best...I see that every year," said Peyton.

Sarah Fortune Lynchburg College

Theatre Students Compete in One Act Festival

Leah Dillard Sports Editor

Not all Freeman students get to stay home and rest when Andy Jenks calls with the good news. While most Rebels were watching Netflix and drinking hot cocoa this past snow day, the theatre department was at school preparing for the Virginia High School League Conference 11 Drama Festival, in which they earned a first place title and a spot in the regional competition.

The drama festival, which took place all day Jan. 29 at Godwin High School, displayed theatre groups from eight Conference 11 high schools including Hermitage, Lee-Davis, and Atlee. Each school performed a one-act play.

Drama festivals, which typically last from 9 a.m. to 5 p.m., can showcase many different genres and styles.

"[The plays] can be comedy, tragedy, farce, or even a musical version of something...also, if you get approval, you can do cuttings of a full-length play in the competition, but there are ruling regarding that. You can't be doing the full-length play during the school year," said Mary Spears, Freeman's drama teach-

Regardless of the play's genre, each school is required to follow specific VHSL and copyright rules. For example, a performance can only include 30 seconds of music due to a fair use

In addition, "every school has to pay royalties to perform a play...that's how the writers make money," said Mrs. Spears. Schools usually pay \$30 to \$50 for these rights.

This year, Freeman performed an adapted version of William Shakespeare's play "The Comedy of Errors." It tells the story of two sets of identical twins who were separated at birth. The comedy involves mistaken identity and clumsy interactions; ultimately the twins reunite at the

Senior Alejandro Brown and junior Jack Fulton played the











PHOTOS: SHANNON MCCARTHY

The Douglas Freeman Players preform Shakespeare's "The Comedy of Errors" in competition with high schools around the

Antipholus twins, while juniors Angus Dawson and Owen Payne played the Dromios. The main female leads were senior Ashley Adams and junior Ellie Priday.

Mrs. Spears said that her students are always "excited to do the VHSL" because they get to "meet a lot of new people and friends in the theater.'

"It's a lot of fun...you get to meet a lot of new people who have the same interests as you and you get to see their plays," said senior Milan Rachal. By watching other schools' plays, Freeman students also learn how to perform in new and different

"It certainly gives us some different perspectives on how some other theater groups perform, even though we can't see what goes on behind the scenes," said junior Angus Dawson. "Freeman always has elaborate sets, whereas some of the other schools may just have a box or a

Alejandro, Angus, and sopho-

more Claire Gardener each won a Best Actor award at the district competition. Though Freeman received three out of ten available awards, the group planned to up their game for the regional festival. They competed with Atlee, who also progressed past the district competition after winning second place.

"Competition in regionals is definitely tighter, so it depends on who's really clean that day and where everything's clicking," said Mrs. Spears. Only one team advances to the state competition, and Freeman has not made it in several years.

Freeman's theater group gained confidence once they overcame their first hurdle. "I think once you win Districts, it's a good feeling because you know you're the best," said Milan.

The regional festival took place Feb. 14 at Atlee High School. Check the blog to see whether Mrs. Spears' earned a spot in the state finals.

Does "Unbroken" Live up to the Best-Selling Biography?

Jaime Bacon Staff Writer



Louis Zamperini, the subject of Laura Hillenbrand's biography "Unbroken: A World War II Story of Survival, Resilience, and Redemption," deserves an accurate telling of his heroic story. The Angelina Jolie directed movie "Unbroken" precisely depicted Zamperini's story, except for the second half, which was completely left out.

Louis Zamperini, portrayed by Jack O'Connor, was born during the end of the first World War to an Italian family, became a runner for the U.S. in the 1936 Olympics in Berlin, joined the army, survived a plane crash in the Pacific, floated adrift for forty seven days, captured by the Japanese, and lived as a prisoner of war for over two years. Afterwards, he suffered from severe Post-Traumatic Stress Disorder, or "shell shock" as it was referred to in the mid-1900s, nearly all of which was excluded from the movie.

While the movie left out much of what made Louis' journey so inspirational, the choices were understandable considering the book is 528 pages.

If I had not read the book, I am certain I would have enjoyed the movie more; however, because I did read the book and liked it, I was compelled to enjoy the movie too.

Hillenbrand wrote more in depth about Louis' Olympic career. The movie did depict Louis in the 5,000 meter dash, but it did not go into great detail. Two scenes I personally wish had been included in the movie was when Louis stole a Nazi flag in Berlin (which I think of as his first act of fighting against the Axis powers), and how Louis caught the eye of Adolf Hitler, who actually wanted to meet him, but for

one reason or another they ended up not meeting.

Another important element the movie left out was Louis' relationships with his fellow B-52 crew members, which adds to the tragedy of the plane

The movie does deserve credit for the portion of the movie based on the raft, which was very effective in giving the impression of being stranded for forty seven days. I would say that it was better than the book, as the book was almost bland at times during the description of this period.

Another interesting (but unnecessary) section not included in the film adaptation was how the Japanese treated Louis fairly at first, until he was sent to Kwajalein, also known as Execution Island. They "could not guarantee [his] life," one of the Commanding Offi cers said to Louis.

Most importantly, the movie left out Louis' great struggle with PTSD, which is very inspiring. Louis eventually finds Christianity, which seems to heal him.

Although Zamperini's struggles with PTSD may not have made for a riveting conculsion, it should have been included. The writers merely acknowledged this part of the story by having text appear over a blank screen, which was not enough to cover the ordeal.

O'Connor was a great fit for the role. When I saw him in the trailer I thought they had at least cast someone who looked how I envisioned Louis, but as it turned out, he was just like the character I grew to know in the novel.

Jolie did a great job of making a movie, but a poor job of adapting a book into a film.

While the movie did not live up to my expectations, I did enjoy the movie. O'Connor truly embodied Louis' character and personality. I probably will not watch it again, but I do not regret seeing the movie. I would suggest to anyone who is interested in the subject to see it.

Family Tradition Spans Generations and Globe

Grace Gemmell Staff Writer

Anxiously completing seven venues in two and a half weeks, sophomore Malavi Revindrin and her older sister, Maya, lived in the Indian classical music world this past winter break. Not only does Malavi have a passion for this religious art form, but she loves to go and watch other people perform the same type of music.

"Since my parents both teach Indian classical music to children, over the years, my sister and I have grown to love and practice many Indian religious songs," she said.

Malavi and her family have been living in the United States for sixteen years. Before they moved to the U.S. to find a better job and education, her family lived in India and England. Both sets of her grandparents live in India, where her mother and father had an arranged marriage.

"My grandfather was super into music and forced my dad and uncle to take classes when they were younger," she said. When Malavi's father moved to the United States, he did not practice Indian classical music. Eventually he returned to music, and he became more serious about it.

Malavi began singing when she was 3 years old, but recently she has become more passionate about her talent.

"It wasn't until summer before ninth grade until I became serious about singing in the Indian music world," she said.

There is a long process in order to sing in each venue. "There are thirty sabah's (which

means venue in Tamil) that we applied to sing in. If they accept, then they give you an hour and

a half to perform," Malavi said. In the past, Malavi's family visited India during winter break

every two years. Now that they

have become more energetic about singing, Malavi and her sister go to India every year to perform.

The past two December's, Malavi and her sister Maya have performed at the Chennai Margazhi Music Festival. Each venue has an audience

of about 100 people. "At first, our audience was mostly family, friends, and senior citizens, but now, more people have come to listen and support us," she said. Malavi and her sister work very

hard to memorize and practice the songs they perform. Each song has a variation of scales they have to perfect. "My favorite scale is called suddha dhanysi because it has influenced me throughout my life and is one thing that keeps me connected to my culture," she said.

When most people think about the musical world in India, Bollywood comes to mind. Malavi's performances are very different from the Bollywood music and entertainment world. "Unlike the traditional and religious songs I sing, the songs people hear in Indian movies are very upbeat and poppy," Malavi said.

Each concert consists of songs that are about Hindu gods. The atmosphere is very serious and reverent. "While my sister and I sing, the audience is seated and some people sing along quietly," she said.

Each song is very hard to learn because the lyrics are filled with all different kinds of languages. "When the song is finished, I feel very relieved and accomplished because the lyrics are very hard to get right," Malavi said.

"Most of our performances are free but often the organizer will give us ten or twenty dollars at the end," she said.

Malavi's mom, Chitra Ravindran, has been a great support to Malavi and her singing.

"There is no pain no gain. A lot of planning and organization goes into these performances," Mrs. Ravindran said.



PHOTO: CHITRA RAVINDRAN

Sophomore Malavi Revindrin preforms Carnatic music with her sister throughout India.

Malavi and her sister sing Carnatic music and occasionally play western Indian violins. Carnatic refers to a valley in western India where the music originated.

Western Indian violins are played differently than American violins because you play them sitting down and the strings are toned differently. "My sister and I play the western violin by memory, there is no note reading," she said. "This music is very different

and diverse and there is a lot of stuff you can do with this type of music," she said.

Malavi and her sister started to play the Indian violin about four years ago. They played the violins at a fundraiser concert

to help a school in India. "I love singing and playing the violin because it is very relaxing," Malavi Not only does Malavi perform in India, but she has sang at a few fundraisers and events in the United States as well. Since her father is the president of an

Indian Organization called Rich-

mond Rasikas, she occasionally

sings at some of his events. "I

have also sung at a children's

venue in North Carolina and a temple in Washington D.C.," she said.

To be a professional Indian classical music singer, you have to move to India.

"I do not want to be a singer as a career, I would call it a serious hobby of mine," she said.

Malavi plans on staying in America and going to college here. "I do not know exactly what I want to do, but I want to major in math, and maybe have a minor in music," she said.

"My dad inspired me to start to sing seriously. He is super into music and is always singing around the house," Malavi said. Malavi's father is a teacher

and coach for her and her sister. When they practice at home, her mother and father give corrections that enhance their perfor-

"At the end of the day we are happy to see that this art form is Ravindran said.

being taken up by the younger generation like Malavi," Mrs. Teens that live in India do not sing like she does, it is mostly

the teens that live in the United

States that go to India and sing.

"Kids in India are obsessed with the American culture and not with Indian classical music," she said. It is considered uncool in India to sing the kind of religious music Malavi and her sister perform.

Malavi and her sister have been recognized in the city newspaper in India a few times for their impressive performances.

Not only has Malavi influenced many people's lives through her musical talent, but she has also influenced and inspired herself to become a strong and independent woman.

"I would say Malavi has matured more as a person when it comes to performing and presentation in front of large crowds," Mrs. Ravindran said.

Although Malavi does not intend to have a serious singing career, her compassion and perseverance has inspired many people in her path to success.

You can watch Malavi's preformance at: http://tinyurl.com/ malavisinging





















The Most Anticipated Movies of 2015

Sebastian Hughes A&E Editor

10. Mission Impossible 5 a. Release Date: July 31, 2015 b. The Mission Impossible franchise is a classic and possibly the best when it comes to old-fashion spy movies. Though I have confidence in the film, it is found at the bottom of my list because it was moved up from its original release date in December to avoid competition with the new Star Wars movie, showing lack of confidence. Also, Tom Cruise is getting a little too old to play a spy. Casting Alec Baldwin, however, makes it interesting and I have never been disappointed in the franchise's plots. The film also stars Jeremy Renner, Simon Pegg, Ving Rhames, Sean Harris, and Rebecca Ferguson.

9. Pan a. Release Date: July 24, 2015 b. As a kid, I watched the animated Peter Pan practically once a week. For this reason, I had to add this live-action prequel to the list. Though this probably will not be the biggest blockbuster of the year, big profit from live-action films like Maleficent and Alice in Wonderland have proven these adaptations to be huge successes. Don't expect the story to be the best, however, as Maleficent and Alice in Wonderland have also proven to lack originality. The film stars Hugh Jackman as Blackbeard, Levi Miller as Peter Pan, Gareth Hedlund as James Hook, Rooney Mara as Tiger Lily, and Amanda Seyfried as Mary Darling.

8. Jurassic World a. Release Date: June 12, 2015

b. The fourth installment in the

Jurassic Park film series and the first one to be made since 2001. I this movie warranted the eight spot. The film deals with a new park, named Jurassic World, opening with the development of a hybrid Dinosaur. The concept is interesting to me, but I am not sure the present generation has as much anticipation as the studio expects. The change in title does, however, suggest that they are trying to lead the franchise in a new direction, rather than making Jurassic Park IV. The film stars Chris Pratt, Bryce Dalls Howard and Vincent D'Ontario.

7. Inside Out a. Release Date: June 19, 2015 b. I have to admit that I love quality animated movies and Pixar has created a tremendous amount of them. The past few years, however, Pixar has missed the mark with Cars 2, Brave, and Monsters University. This is the opportunity for Pixar to show that they are back in business. Inside Out creates characters out of the emotions of a teenage girl who goes through troubles when her family moves to San Francisco. The concept is very original and I believe it has great potential to be a classic for kids and their families. The film stars the voices of Amy Poehler as Joy, Lewis Black as Anger, Mindy Kaling as Disgust, Bill Hader as Sadness, and Phyllis Smith as Sadness.

a. Release Date: May 22, 2015 b. Now, this is a movie I am looking forward to seeing. Melissa McCarthy has been on a role recently, as well as the director of this movie, Paul Feig, who directed both Bridesmaids and The Heat. In this movie, McCarthy is a boring CIA analyst who must

go undercover to prevent a global disaster. The hilarity of previous team ups between Feig and Mc-Carthy make this a movie that I believe everyone will be talking about. McCarthy and Feig will team up again with a Ghostbusters reboot in 2016. Spy also stars Rose Byrne, Jason Statham, and Jude Law.

5. SPECTRE

a. Release Date: November 6,

b. Skyfall put James Bond back on the film map with over a billion dollars in box office revenue. This 24th installment of the Bond franchise sets 007 against the sinister organization SPECTRE. Skyfall was a way of revamping Bond and setting him in a new direction that will finally play out in SPECTRE. With a new M, the oldest Bond girl yet, and Skyfall director Sam Mendes returning after liking the direction of the film, it seems that this film could surpass the record breaking Skyfall. The film stars Daniel Craig as James Bond, Christoph Waltz as the main antagonist, Lea Seydoux, Monica Bellucci, Ralph Fiennes as M, Naomie Harris as Eve Moneypenny, and Ben Whishaw as Q.

4. The Fantastic Four

a. Release Date: August 7, 2015 b. After a successful revamp of the X-men franchise, 20th Century Fox is hoping the keep the ball rolling with a moneymaking Fantastic Four reboot. The previous attempt at the Fantastic Four took a comedic route, but this attempt will see the superheroes go in a darker and younger direction. A sequel set for 2017 is already planned. The film stars Miles Teller as Mr. Fantastic, Kate Mara as Invisible Woman, Michael B. Jordan as Human

with "Simpsons" creator Matt

Torch, Jaimie Bell as The Thing, and Kebbell as Dr. Doom.

3. THE HUNGER GAMES: Mockingjay Part 2

a. Release Date: November 20,

b. I admit that I am too big a fan to put this movie any lower on the list. This film marks the last installment of the Hunger Games, bringing an end to the franchise that made Jennifer Lawrence a household name my freshman year at Freeman. The last installment picks up where Part 1 left off and continues to deal with the war against the Capitol. Part 1, so far, has earned less than the second installment, Catching Fire, and it will be interesting to see whether the flames have died out or not. I, however, think Part 2 will bring in a huge amount of money. The film stars Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth, Woody Harrelson, Elizabeth Banks, Donald Sutherland, and Julianne Moore. 2. Avengers: Age of

ULTRON a. Release Date: May 1, 2015 b. For obvious reasons, the sequel to the 2012 hit, The Avengers, is the number 2 movie of anticipation. After solo movies for Iron Man, Captain America, and Thor, Age of Ultron brings the team back together to battle the evil robot Ultron, who, ironically, was invented by Tony Stark. The film introduces Elizabeth Olsen as Scarlet Witch, Aaron Taylor-Johnson as Quicksilver, and Paul Bettany as Vision. While I enjoyed the first one, I think I may like the sequel better than the original because it will not have to deal with forming the team anymore. I also feel I will like the villain more, even though I am never fond of the

villain created by the heroes in the first place. The film also stars Robert Downey Jr., Chris Evans, Chris Hemsworth, Mark Ruffalo, Scarlett Johansson, Jeremy Renner, Don Cheadle, Colbie Smulders, Samuel L. Jackson, and James Spader.

1. Star Wars: The Force **A**WAKENS

a. Release Date: December 18,

b. Each decade has its own Star Wars Trilogy and I am very excited for the first movie in my decade to be released. It seems fitting that the most anticipated, and likely highest grossing, film be at the very end of the year in December. This time, in the galaxy far far away, a new trio will emerge to fight a new evil 30 years after Return of the Jedi. Not only will new heroes be introduced, but also almost all of the original cast are returning, including Luke Skywalker, Princess Leia, and Han Solo. Many films are rumored to have moved from their original release date to avoid competition with it. The plot of the movie has been kept secret, with only a teaser trailer that reveals some characters and a new lightsaber. I am not quite sure how the force "awakens" but I definitely want to find out. Hopefullly, JJ Abrams will do a good job creating new characters to watch in one of America's favorite universes. The film will introduce characters played by Daisy Ridley, John Boyega, Adam Driver, Andy Serkis, Domhall Gleeson, Lupita Nyong'o and Gwendoline Christie, as well as bringing back Mark Hamill, Carrie Fisher, Harrison Ford, Anthony Daniels (C-3PO), Peter Mayhew (Chewbacca),

Binge **Worthy Television**

Shannon McCarthy A&E Editor

Most teenagers spend their weekends socializing with their friends, possibly going to parties and or sporting events, or updating their Snapchat stories with humorous content; I, however, spend my free time getting emotionally attached to fictional characters. Over the summer, I spent an ungodly amount of time binge watching TV shows, movies, and other various forms of media, to the point where my family began to question my sanity and personal hygiene habits. I am, unfortunately, extremely qualified to inform our student body on the TV shows to binge watch on Netflix when you want to talk yourself into an "afternoon off from work.'

Sherlock: 8.5/10 Everyone's favorite sociopath and doctor duo return in this modern update of Sherlock Holmes. Part hilarious, part fangirl, and part gripping drama, "Sherlock" shines in every episode. The episodes, which are 90 minutes, play like miniature movies with subplots that are intertwined throughout the three episode season. Despite its short seasons, this show is one of the most beloved shows on Netflix. Seriously. Watch it. Reasons in-

1) The acting is superb. Everyone brings their A-game to their roles and it's utterly amazing to watch them transform into Sherlock Holmes, John Waston, and company.

2) Each storyline is intriguing and utterly fascinating. The entire episode grips you and there

is never a dull moment within the episode.

3) It's easy to finish. There are only nine episodes to catch up on so it is not hugely daunting. Episodes are long, but there are so few of them that it's easier to knock out.

Parks and Recreation: 9/10 Ah, the beautifully insane Parks and Recreation Department of Pawnee, In. The misadventures of Leslie Knope (the overzealous government employee), Anne Perkins (a nurse), Ron Swanson (the head of the Parks department who hates the government), April Ludgate (the intern who does not do any work), Tom Hatherford (the South Carolinian with dreams to become famous), Jerry (no one's favorite character), and Donna (the embodiment of sass) allow viewers to witness a wonderfully dysfunctional cast of characters interacts with the daily struggles of small government. Reasons include:

1) It's a commentary on the importance of friendship and office relations. Seeing how these people genuinely care about each other reminds me that people aren't all bad all the time.

2) Amy Poehler and Pratt are perfection. 3) The conflict of the season reflect real life events going on in

the real world. 4) The sarcastic yet innocent

humor of the show reflects our modern views on society. The self-referential jokes about government, feminism, and other tough topics shed light onto what some of our generation is feeling about the world surrounding it.

Let's travel to the year 3000

Futurama: 9.5/10

Groening and explore the hilariously bizarre city of New New York. "Futurama" is honestly one of the most heartwarming, hilarious, and genuine shows to be on the air within the past decade. Each episode leaves you laughing, crying, and craving more. Every character has a unique personality that is paradoxical, but the people of the future still have similar problems to people of the 21st century. The crew of Planet Express is an eclectic cast of characters that include an alcoholic robot, a twen-

1) Every character has its own unique sense of humor. Lots of different types of humor (naive, raunchy, etc.) are expressed. I bet you'll find a character that you love within the first two episodes.

tieth century pizza delivery boy,

a Rastafarian bureaucrat, and an

elderly, mad scientist. "Futura-

ma" is honestly one of the best

TV shows I have seen in a while;

the commentary on modern so-

cial issues and culture is incred-

ibly unique and fresh. Reasons

2) It has an ending. There is a goal in sight at the end of your binge watching session. Although it saddens to me realize that Fry, Bender, Leela, Dr. Zoidburg, Professor Farnsworth, and more will not grace my computer screen any longer, it's nice to know there is an achievable

3) It's more than a silly sitcom it has heart. I was often in tears due to some of the most touching sequences in all of television. From Fry coming to terms with his older brother to the death of Seymour, every episode packs an emotional punch.

Man on the Street: Is your phone too big?



Bradley Knaysi, Junior

What kind of phone do you have? "iPhone 6"

and Kenny Baker (R2-D2).

What do you think about the 'phablet' trend? "The plus is too big, but the iPhone 6 is good."

Justin Gorman, Freshman

What kind of phone do you have? "iPhone 4s"

What do you think about the 'phablet' trend?

"I feel like it's ridiculous. Who needs a phone the size of tablet. It's hard to hold the 6, too."





PHOTO: ALEX GILLIAM

Sophomore

What kind of phone do you have? "iPhone 5C"

What do you think about the 'phablet' trend?

"I think they're too big, and they should be the size of the 5C. I think it fits in my pocket better and it's easier to type on."