

**Students Try Out for American Idol**

See Page 12



**Rebel Run Postponed???**

See Page 10



## HOMECOMING



PHOTO: CAITLIN MCSORLEY  
Homecoming King Nick Hargrove and Queen Abok Kawaj stand next to each other at the dance.



PHOTO: CAITLIN MCSORLEY  
Students cheer on the DSF football team at the homecoming game against Deep Run.



PHOTO: EMILY ANSTETT  
Senior students prepare their winning homecoming float.

## Junior Wins VA State Tennis Championship

Caitlin McSorley  
Editor-in-Chief

Senior Emme Levenson played an undefeated 20-0 season in the spring of her junior year, claiming the women's 5A Singles State Championship tennis title in June.

She defeated Liza Ulanova from John Champe High School in the final match with a score of 6-2, 6-0.



PHOTO: RICHMOND TIMES DISPATCH  
Emme Levenson makes a backhand hit against an opponent during a match.

"It was a tough match all together, and there was never a moment when I knew I was going to win. When I got to the deuce point, 40-all, I realized I was only two points away from winning the state title," said Emme.

With this accomplishment, Emme earned a spot in the rankings and was awarded the Richmond Times-Dispatch All-Metro Player of the Year for tennis.

Emme brought home Freeman's only state championship title of the 2017-2018 school year, and she is the first rebel to win the tennis singles state title since Bridget Brunner Reichert, Emme's assistant coach, in 1995.

This was Freeman's first year with Reichert as the assistant coach. "She is a really good coach and a great hitting partner for me," said Emme. "She was there when I won the region title at St. George and that was where she won her state title. That was a special moment. I was glad that she got to coach me during the state championship."

During her sophomore season, Emme won conference runner-up and region runner-up. She entered her junior year with new determination. "I had three goals: I wanted to go undefeated, I wanted to win the regional title, and I wanted to win the state title. To see all that and accomplish all my goals was a really good feeling," said Emme.

Her friends and family attended the game and they had "a little party" at her house afterwards to celebrate.

Emme describes tennis as a "mental game more than a physical game" and attributes much of her improvement to game strategy.

"I just thought about my shots and where I am placing them and really upped my power a lot. I started to go on the offensive side which was really good for me because I'm usually more of a defensive player," said Emme.

Her attitude was noticed by her coaches too. "Last year she was really focused all year to be the

best she could be. Her work ethic and determination was a high level," said Coach Larry Parpart, head tennis coach.

Emme got a lot of press around Richmond, but feels as though she slid under the radar at school. "Nobody really knew how good our team was. Nobody really paid attention to tennis. I

feel like it is such an underrated sport but [Henrico] has some of the best players in Virginia," said Emme. She hopes this title will bring more attention to one of Freeman's strongest sports teams.

This year, Emme is captain of the tennis team and is working to defend her title.



PHOTO: DEBBY LEVENSON  
Emme Levenson holds her winning medal, next to coach Bridget Brunner Reichert, DSF Singles State Champion of 1995.

## Severe Weather Impacts Henrico County

Josh DuPuis  
Staff Writer

After cancelling all HCPS activities Thursday, Sept. 13 and Friday, Sept. 14, HCPS seemed to emerge unscathed from Hurricane Florence as it hit the East Coast. The storm, categorized in the Atlantic as 4, was degraded to a tropical depression before it reached Richmond.

The aftermath of Hurricane Florence, took its toll on Monday, Sept. 17 when, according to the Richmond Times-Dispatch, "at least 10 tornadoes" hit "one commercial building and 13 single-family residences were damaged in Henrico."

At 2:39 p.m., Henrico County sent out a tweet telling parents and students that all after school activities were cancelled. About 53 minutes later, Henrico released another message to the northwest part of the county saying students would be kept in school for safety reasons.

As it is county protocol to re-

tain students when there is a tornado warning, high school and middle school students all across Henrico were kept in schools past the final bell. "If they were in transit, busses were instructed to do one of two things: Either turn around and come back to the school or seek shelter at the nearest available school, which [may have been] an elementary school," said Andy Jenks, director of communications and public relations for Henrico County.

Unsure of when the warning would end, Henrico guessed that students would be held until at least 4:15, the time the warning was supposed to expire.

At 4:15, several hundred phones buzzed, alerting an extension of the warning. The new time the warning would be over: 4:45.

For the next hour and a half, all students could do was sit in the halls and wait. The Emergency Alert beep rang out two more times, once at 4:45 and again at 5:15, indicating the warning would last for at least 30 subsequent minutes.

During this time, students were

sheltered in multiple locations around the school.

"We were all in the art hall . . . there were a lot of people making light of it. There was a kid walking around showing videos of what was happening outside [but] it was really scary," said juniors Zoe Mowery, Gillian Saunders and Tristen Lowrey.

On the other side of campus, wind caused several problems in the annex. "It was kind of odd, the doors flew open at like mach speed, it just felt really weird" said freshman John Metinko.

In Green Acres, water began to seep in through a doorway that refused to stay closed. "It was overwhelming because of all the flooding going on."

"I was crying. I thought I was going to die," said two students who were in Green Acres.

Outside the Leadership Center, a branch broke off one of the trees near the parking lot and came close to hitting a car. Laura Jones, a social studies teacher, said with a sense of gratitude and relief, "I ran out and saw this giant tree branch on my car and after my heart stopped, I thought, 'huh, I wonder who's taking me home today.'... [but] my car had no damage."

Additionally, during the storm "the poles on the baseball field [were] bent ... and we had a tree fall on the visiting bleachers," said Laura Hollowell, Assistant Principal. Ms. Hollowell said that these two repairs were the only damage sustained to our

sports facilities that would require an outside crew to come and fix.

Around 6 p.m., following two hours of sitting, crouching, and taking cover in the hallways, students were moved to the auditorium where they were dismissed a few minutes later to drive themselves home, leave with whomever picked them up, or wait for their bus to arrive.

According to Ms. Hollowell, "If we had been here another hour we definitely would have had an issue because normally in this situation we would call out for food, but you can't call out for food when there is a tornado going on outside the building." Throughout the entire warning, students with diabetic issues were being monitored by the clinic to make sure their sugar levels didn't drop too low in the absence of food.

However, the trouble did not stop when students were released. "We left Freeman last night around 7:50 p.m. but it took a long time for the middle school busses to get the students back to Highland Springs... because the bus driver was dropping off students closer to their homes due to the thunderstorms and the darkness," said Taylor Widdifield, freshman.

Although Chesterfield County and Richmond City Schools had two-hour delays on Sept. 18, Henrico County Public Schools operated on a normal schedule. "We don't compare ourselves to

other school systems because the honest truth is [we] don't know what went into those decisions," said Mr. Jenks. According to Mr. Jenks, the decision was made on the criteria of whether or "the facilities were suitable for school." Seeing no damage that would hinder an attempt to function on a normal schedule, Henrico stated school would start on time.

At Freeman, students were greeted with the blaring noise of a chainsaw as a Henrico County crew proceeded to chop up and dispose of a fallen tree branch.

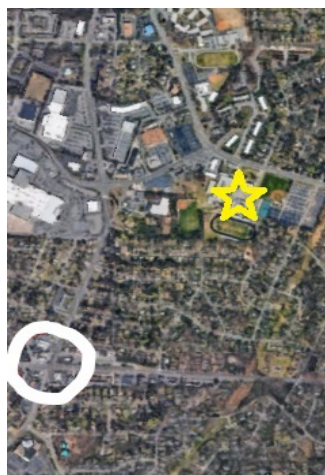
Furthermore, the effects of cancellations due to Hurricane Florence and tornado warnings had multiple imprints on after-school activities including the cancellations or postponement of several sporting events.

However, despite all of the negative effects the tornadoes left behind, Ms. Hollowell said that Freeman will not have another tornado drill this year and that she was "amazed" with how the faculty and students responded to the crisis. "I don't think I would have done anything differently," she said.

Although Florence seemed to be the worst of it, Hurricane Michael also caused Henrico County Public Schools to have an early release Thursday, Oct. 11, and allowed students to miss school Friday, Oct. 12, due to power outages for schools and homes, and flash flooding in the area.



PHOTO: CAITLIN MCSORLEY  
Students crouch down on the floor to stay safe during the tornado warning.



This map shows just how close the tornado was to Freeman High School.



# Students Scramble to Park

Addison Gorenflo  
Staff Writer

Last year, student drivers scrambled to find parking spaces in the midst of the construction of the turf field, which caused about half of the main lot to close. This forced many students to park in various off-campus lots and neighborhoods. With the completion of the turf field, students and faculty were relieved to have the parking lot returned to full capacity. However, the parking issues are not over.

Parking pass sales started on Monday, Sept. 10 during lunch, and were given on a first-come, first-served basis. Students waiting to buy a pass stood in lines that extended beyond the cafeteria doors. All had to have a copy of their driver's license, a copy of their vehicle registration, and \$50 in order to receive a parking pass. By the time everyone had made it through the line, lunch was over. For this reason, some students chose not to buy a pass in the first two days, expecting that passes would still be available throughout the week.

By Wednesday, lunch sales had been shut down as administration tried to discern how many passes they had left to sell.

According to Laura Hollowell, assistant principal and administrator of safety, "A record num-

ber of parking passes were sold this year, much more than we had expected to sell in just the first two days."

Olivia Moum, a junior, did not receive a pass before the initial sales ended. She said she forgot to bring her money the first two days, and was shocked when she realized that she may have missed her chance to get a pass.

"It's unfair for students to only have two days to turn in parking documents," Olivia said. "We have so much on our plates and it's easy to forget."

After the initial wave of sales ceased, a new system was devised to allocate the remaining spaces to the student body. Students wishing to purchase a pass were to arrive at the cafeteria between 8 and 9 a.m. on Tuesday, Sept. 17.

"We scheduled to accept applications in the morning to give everybody the same opportunity to be there," Ms. Hollowell said. After the applications were collected, they were placed in a lottery to decide who would get passes.

This lottery did not give privileges to athletes, participants in the school play, or students in the specialty center to ensure a fair playing field for everyone.

Furthermore, seniors who did not purchase their passes on fee night did not have any advantage over juniors in the lottery.

Matthew Mays, a junior, is one

of the many student drivers who did not have favorable luck in the parking pass lottery.

"There's nothing wrong with carpooling," he said, "but it can be difficult to schedule if your ride is a member of different clubs or sports teams." In addition, Matthew explained that being able to drive to school "is an important part of growing up" that he feels he is missing out due to the lack of parking.

Though nothing is permanent, administration is already discussing ways to ease the process of buying parking passes for next year. Some ideas include numbering and assigning parking spaces to students, a system that is already in place at Glen Allen and Deep Run High School. Another possibility is that in coming years, all junior drivers will be immediately entered into the lottery that was eventually used this year.

Not having sufficient parking for the student populace is a new issue for Freeman, and students and faculty alike are experiencing a learning curve in how to handle it. "[Administrators are] learning more each year [we] handle parking, and [are] looking to make changes to this process moving forward," Mrs. Hollowell said.



PHOTO: KATIE COOPER

The student lot fills up early, leaving few spots available for students

# Little Freshmen, Big Class

Julia Hall  
Staff Writer

Evidence of the large freshman class was seen on Friday, Sept. 7, at the pep rally when the rows of freshmen spilled into the sophomore section of the gym. Renee Ferrell, head of Freeman counseling, said that the freshman class, at 512, is not a large number in comparison to years past.

The sophomore class has 402 students, juniors at 426, and seniors at 422 students.

Queen Bailey, an administrator, said the freshman class is bigger because more people are moving into the area. She predicts that there will be more students every year as this area in is growing in popularity.

Ms. Bailey said that there was no overcrowding in classrooms and that "we really rely on counselors to balance classes."

According to Doug Clements,

PE department chair, the average ninth grade gym class has 35 students, with the highest having 42.

Mrs. Hunnicutt, an English teacher, has 30 students in each of her freshmen classes, and tenth grade English teachers have said that many classes have over 30 students.

Additional adjustments have been made for the freshmen.

Two ninth grade English classes were added this year, and one

extra section of ninth grade gym. Administrative aides have been added, and there is a new part-time counselor.

Freshman Rick Diaz Perez said that most of his classes have about 20 kids in each of his classes. Freshman Haideen Curtis said that at the pep rally on Friday, Sept. 7, the bleachers in the freshman section felt pretty packed. She said, "our bleachers were more filled up than everyone else's."



PHOTO: ZOE COSTELLO

Fitting all 512 freshmen in the stands was difficult, and left students feeling cramped.

# Administrators Use Sweeps to Reduce Tardies

Emma Johnson  
Staff Writer

The bell rings-- students take their seats as the teacher closes the door. Kids begin to take out their notebooks or last night's homework when suddenly the intercom beeps indicating an announcement. "We are now conducting a tardy sweep. Teachers please close your doors. Do not let any students in without a bright green pass..." Outside, administrators walk past, dealing out neon passes to students who failed to beat the bell.

This is a tardy sweep, the administrators' incentive for kids to be on time to class. They are announced randomly to dole

out consequences for late students. Faculty members roam the halls, picking up stragglers. Passes are distributed, serving as a one-way ticket to detention.

A miscommunication over the PA system announcing the first tardy sweep caused some confusion regarding the punishment. When the consequence for being tardy was announced, many students, and some teachers, believed that being caught meant an automatic Saturday school. However, this is not the case.

"If you're caught in a tardy sweep it's one administrative detention, which usually takes place on Wednesday mornings from 8-8:45. If you don't show up to morning detention you go to Saturday school," said Tim Sanders, a Freeman administra-

**"If you're caught in a tardy sweep it's one administrative detention, which usually takes place on Wednesday mornings from 8-8:45."**

- Tim Sanders

tor. "If we make students uncomfortable maybe they'll do the right thing, we are also ensuring students don't miss school as a result of their punishment," said

# Meet the 2018-2019 Class Presidents

Sarah Echols  
Staff Writer

The 2018-2019 class officers are looking forward to doing their

part in the student government by building homecoming floats, fundraising, organizing prom, convocation and graduation activities. Senior class officers are also responsible for coordinating future class reunions.

## Freshman Class President: Maddie Cassidy

Maddie Cassidy, the newly elected Freshman Class president, is excited to devote another year to representing her class. She was president her fifth and eighth grade years, but she thinks this year will be the best because there "are going to be a lot more things we can plan and participate in for high school SCA." Maddie hopes to focus on "getting students' opinions who may not be in a role where they can voice them." Daniel Lewis and Jenna Szot, the Freshman Class sponsors, said they are both "looking forward to collaborating with the students," and "get-

ting involved with life outside of the classroom at Freeman."



## Sophomore Class President: Jake Taylor

Although it is Jake Taylor's first time participating in student gov-



ernment, he is looking forward to his year as the Sophomore Class president. Jake said he decided to run for president this year because he felt like he "could do a good job helping the students of Freeman and his classmates." Christine Cabell, one of the Sophomore Class sponsors, said they "have met this year already and have hit the ground running with homecoming." Mrs. Cabell "would like to focus on getting the sophomores involved in and excited about Freeman." However, she mostly hopes to help facilitate the ideas of the class officers because, "they are the voice of 2021, not us."

## Junior Class President: Connor Spiedell

Connor Spiedell, the Junior Class president, has been vice president of the class for the past two years, but decided to be president this year because, "junior year is a big year for our grade—planning prom and a lot of other stuff going on for our class." He is looking forward to collaborating with his fellow class officers to "bring the school together and have us rally around each other." Both he and Jason Abril, one of the Junior Class sponsors, are focusing on making a memorable prom. "Our officers have a vision for it that is exciting" Mr. Abril said, and "it's looking

like it's going to be outstanding" Connor said.



## Senior Class President: Grant Sasina

Grant Sasina is stepping into the role of the Senior Class presi-



dent to "try and attempt to make a difference" even though he acknowledges there isn't always a lot he can do since he is only a senior in high school. Grant figures he will do what he can though and have fun representing his class in the process. Kyle Schuster, the Senior Class sponsor said that they have already had a few meetings to plan "the homecoming float and other activities for this coming year." While Grant isn't quite sure yet what his plans are for the Senior Class this year he's sure he "will try and accomplish a lot."

# Administrators Use Sweeps to Reduce Tardies

Queen Bailey, a Freeman administrator.

While administrators have one outlook on the idea of the tardy sweep, sophomore Cris Sosa has a very different one. "It's dumb.... if you're late by like two seconds they still give you a consequence." He believed the punishments to be "unfair" and "stupid." Sosa then stated his idea for an alternate way to help students be on time to class—"Let them go outside."

While there have only been two tardy sweeps this year, predictions based on last year's data that administrators collected show that an immediate punishment for being tardy is enough to make students arrive to class on time. "By doing the tardy sweep we believe we can reduce

the number of students who are late to class on regular, non-tardy sweep days," said John Marshall, the associate principal at Freeman High school.



PHOTO: REMY SCHIMICK

Chris Sosa got caught in the tardy sweep while dressing out for gym.

## Get out and Vote!

**Who?** - All students over 18  
**What?** - VOTE for U.S. Senate and U.S. House of Representatives  
**When?** - Tuesday, Nov. 6, 2018  
**Where?** - Your local voting location— check out [elections.virginia.gov](http://elections.virginia.gov), [VPAP.org](http://VPAP.org) or [ballotpedia.org](http://ballotpedia.org) for more information!  
**What you need:** Photo I.D., such as a Virginia Driver's License or valid U.S. passport. 🇺🇸



Kate Yarbrough  
Opinions Editor

Voting! Making a difference in our government!

To many young people, this is a somewhat daunting concept, apparently. Only 28 percent of young voters said they would certainly vote in the November midterms, according to a July poll by Vox.

And sure, it's okay to feel apprehensive about the process or responsibility of voting. It can feel like a big question that maybe you don't feel educated enough to answer. Despite the voter registration drives we've had at Freeman, some people aren't even sure where to start registering.

I promise it is much easier than you'd think.

So, here is my short 5 feature list on why you specifically, as the Freeman body, should vote next month. Or, if you can't vote in our next election, vote as soon as you can!

### We have a unique standpoint.

The adult world is super confused by our generation.

We grew up during the Great Recession and the Obama administration. We've driven movements towards gun control as we've experienced more school shootings than any other generation. Most of us were in elementary school when the first iPhone came out. This makes our political stances that much more distinct from generations before us.

Some think we will be more conservative after watching the more liberal Millennials earn themselves the titles of lazy and entitled, while some think that we'll be liberal-leaning and continue to support the largely youth driven movements towards things like LGBT rights or gun control.

People aged 18-29 make up a large portion of the voting force, but are consistently out-voted by older generations. So show them who you are! Demonstrate through your vote what you think and push towards a world that you want our generation to continue to grow up in.

### It's so easy educate yourself on the candidates.

It's also easy to be lazy and not spend time to research. But honestly, in the internet age, it's so easy to take some time to find out what district you're in, who

your candidates are and their policies, and other questions you may have, and you should definitely take advantage of this.

In the Senate, which applies to all Virginia citizens, Democrat Sen. Tim Kaine is running for re-election against Republican Corey Stewart (R) and Libertarian Matt Waters (L).

In the U.S. House of Representatives, Virginia is split into 11 districts, and the public votes for one representative of that district. Most people living around Freeman live in the 7th Congressional District, where current Republican U.S. Rep. Dave Brat (R) is running for re-election against Abigail Spanberger (D) and Joe Walton (L).

If you have any questions, I'd recommend checking out [elections.virginia.gov](http://elections.virginia.gov), [VPAP.org](http://VPAP.org) and [ballotpedia.org](http://ballotpedia.org), where you can find your district, information about your candidates, a quiz about which candidate for the Senate is best for you, and much more information.

### Elections have been close.

Around the United States, and in Virginia especially, important elections have been incredibly close in the last few years. So close, in fact, that even one or two more votes could change the outcome of the election. Last year, in the Newport News election for House of Delegates, two candidates actually tied.

After a lengthy recounting process, the Virginia government decided to literally draw a name out of a bowl!

The republican candidate David Yancey won, and this swayed the standing of the House from 50-50 to a 51-50 republican majority House, according to NPR.

Yeah. That is how important your individual vote is to the outcome of this election.

So, to those who don't think your vote matters—I promise you it does, especially now. Even more, there is no sort of apparatus like electoral college when it comes to this upcoming election, it is all completely us.

### You get a sticker!

Okay, yes, perhaps this isn't the most important reason on this list. But who doesn't like a sticker? I've never met a sticker I didn't like. So, if you make it to the polls on Nov. 6, you're at least guaranteed to get a cool new sticker.

You can stick it on your shirt, you can stick it on your water bottle, or, if you're a little sentimental, you can keep it somewhere safe to remember your first ever election. Or you can throw it away. Your choice.

So please, if you are of age and are registered, vote on Nov. 6th! The deadline to register to vote was Monday, October 15th, so if you missed that deadline, be sure to register before the next election. We are lucky enough to live under a government that is entirely up to us, so get out there and make it count.

## INSIDE OUT

Kate Yarbrough  
Opinions Editor

Level up: Big Gym unlocked

Still not over how terrible the Kissing Booth was.

I feel like I'm living in a weirdly vivid nightmare.

Catch me trick-or-treating until the day I die.

The Administration Strikes Back.

My only interaction with them is when I watch them die on my Instagram.

School dances

Netflix movies

First month of school

Halloween plans

Football & the CW

Dance challenges

An Introvert and Extrovert Weigh in on the Issues of the Day

Braxton Berry  
Opinions Editor

Come late, make a statement, and leave all in 15 minutes.

Give me more!

Thank God seniors leave two weeks early.

For the first time ever, high school students' outside matches their inside.

There is no other way to spend a Friday night.

Keke, I hate you.

## Senior Year: Fact and Fiction



Braxton Berry  
Opinions Editor

They told you junior year would be the hardest; they lied.

Senior year is known to most as what is supposed to be the best, most easy-going year of your high school career; shorter days, late nights with friends, scarcely any homework or studying, and the notion that you will be completely stress free.

But I can assure you, just a few weeks into my senior year, it is

anything but 'easy-going.' What I thought would be 'senioritis' has become the impending presence of what I feel is depression—but I'm no psychologist.

Going into my senior year, I have been college researching and figuring out how to become an adult. I am learning more about myself and figuring out the kind of person I want to be as well as the kind of colleges I want to go to. My summer was anything but fun because I was too busy trying figure out who I am, if I was ready to truly grow up, and if the stress is even worth it.

Spontaneous hangouts with friends have subsided, and inadequacy and stress have become my new besties. FaceTime calls have gone from watching and reacting to Riverdale together to searching for colleges and talking each other out of dropping out.

However, senior year is also about anticipating what there is to come. It is not about letting go

of your childhood; you still have so much more heading your way. New opportunities, friends, and travels are guaranteed in your future. So much happiness and opportunity awaits you and I can't emphasize that enough.

This is your senior year. Take chances, follow your heart, and embrace it. Become a leader for the underclassmen in your school. Attend the events that your school hosts. Prom and Graduation are closer than you'd expect, and as exciting as that is, it is important to hold on to the previous four years that have shaped you. Know that this stressful process doesn't last forever, and when it ends, you can finally step into your future to celebrate.

And to the underclassmen, don't believe the hype behind senior year, but revel in every moment of your high school experience because time really does fly.

## Homecoming Character Alignment

	Lawful	Neutral	Chaotic
Good	Organized a safe, supervised "yeet circle" 	Put hours of watching "How to Dance Like You Just Hit the Lotto" to use 	Danced with the Homecoming queen and king at the same time 
Neutral	Left the dance early to catch up on homework 	Walked around, talked to friends, and nodded head to music 	Requested "Party Up" by DMX 611 times to the DJ 
Evil	Called all six of their lawyers when someone ate the last cookie 	Refused to dance, even to "Hey Ya!" by Outkast 	Jumped and grabbed the b-ball net 11 times, but broke it on the 12th time 

Cartoon by: Cole Ryland

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## Virtual Classes Offer AP'S

Salaar Khan  
Staff Writer

For the first time, Freeman has brought Virtual Virginia to the school. Virtual Virginia is a program that allows students to take many classes, including AP's, online. Although the program has existed for a while now, this year is its debut at Freeman.

There are ten students using the program but they joined these online classes as a result of scheduling conflicts based on classes students wanted to take.

"I couldn't fit AP Spanish, show choir, and my math class all into one schedule. I talked to counseling over the summer and was able to take a study hall where I can work on my online AP Spanish with Virtual Virginia," said junior Kate Becker-Mowery.

Some students who like the idea of online classes are wondering why they didn't know about taking these classes online.

"I wish there was better communication about joining these classes before the summer so I could have tried taking an AP online this year," said senior Will Chambers. Will wasn't able to use Virtual Virginia this year, mainly because of the program deadline of August 1st. This new deadline can make it difficult to resolve scheduling conflicts which usually don't come up until mid-August. Will says that he wishes that Freeman had joined the program earlier so he could have explored the option.

"The program was originally made as a way to help students at schools with less resources. It's great for other parts of the state but we've never run into that problem," said Janet Smith, school counselor. Freeman has always been able to provide the classes that Virtual Virginia would offer. This year, however,



PHOTO: RAQUEL LAYTON

Kate Becker Mowery working on her Virtual Virginia Class.

the school's decided to use the courses for scheduling issues.

But despite some students' pleasure with the program, not everyone is as content.

"Student feedback has shown us that taking classes online can be especially hard and it isn't most people's first choice. Especially for foreign languages, it can be difficult to learn with this kind of class setting," said Mrs. Smith.

Jill Carroll, Spanish teacher, agrees with that. Although she agrees Virtual Virginia can be a positive tool, she does not think it's the best idea when it comes to classes like AP Spanish.

"I don't think it's a good way to prepare students for Spanish in the real world. Taking the class online can't replace 45 minutes of immersion in the language," said Mrs. Carroll.

There's also a clear divide on where many people see this program going in the long run. Stu-

dents like Kate, who like the individual freedom and work load of Virtual Virginia, see it becoming much more prominent in coming years. Others, like Will, regret not being able to take this program earlier and hope to see more students taking classes online.

On the other hand, neither Mrs. Smith nor Mrs. Carroll see it as a long term solution. "I think it's great that we have this tool to resolve conflicts," said Mrs. Smith. "But I don't think a program like this will ever be the replacement to teachers in the classroom".

Even though the school has a variety of opinions on the introduction of Virtual Virginia, nobody claims its perfect but appreciates the function it serves in helping students. Everyone is still waiting to see how students will continue to do as they take their AP courses this year and Virtual Virginia's long term fate at Freeman remains to be seen.

## Possible Winter Dance Gets A Cold Shoulder

Abby Zorn  
Staff Writer

At the beginning of the school year, the prospect of a winter dance was introduced to the students. In Schoology, a Google form was set up for students to share their opinions.

At Midlothian High School in Chesterfield, the winter dance is an event held every year and a major fundraiser for the school. Junior Class president Connor

Speidell, the one who came up with the idea, collaborated with friends from Midlothian to try to bring this event to Freeman.

He figured it would potentially be a fundraiser for the Class of 2020 with a raffle component in which the proceeds would be donated to an unspecified charity.

According to senior MC Woodrum and freshman Maya Tucker, the dance seemed to be a "good idea that sounds fun and brings people together" with drawbacks that might only include the "cold weather and price." "Who doesn't want another opportunity to get dressed up and see friends?" said MC.

Despite apparent interest from some students, other students were not so keen on the idea. Junior Stuart Wright and sophomore Josh Gunn thought the anxiety that comes with finding a date, while already having the homecoming dance and prom, was unnecessary.

"Finding a date to homecom-

ing is hard enough," Josh said.

Junior Caroline Ferguson brings up the idea that "buying new dresses or shoes instead of holiday gifts for friends and family takes away from the holidays."

Whether or not students are interested in a winter dance, due to lack of interest documented in the results from the Google survey (lots of maybe's—according to Mrs. Snellings), the SCA and Carter Reilly, teacher sponsor of the SCA, have decided against it.

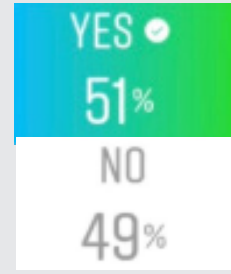
**"Finding a date to homecoming is hard enough"**

**- Josh Gunn**

"The timing is weird, and it would be very expensive for the school," said senior Leanne Larkin, SCA President. The funds that may have gone towards this dance will now go to other SCA-funded activities, which include things like homecoming dance and prom.

While this dance may not be a reality, student-proposed ideas can still manifest a real change in the Freeman community. Students who have ideas for a new activity or school related change may contact an SCA representative.

How Does the Commentator's Instagram feel about a Winter Dance?



## Exceptional Education Students Gain Workplace Experience

Davis Buckbee  
Staff Writer

This school year, a group of Freeman students can be seen dusting old shelves at Little Sisters of the Poor, or at Lewis Ginter Botanical Gardens planting daffodils and tulips in flower beds. They may also be found working at the Children's Museum, or shopping at Publix. These Freeman students aren't a part of any special club or community service organization; they are members of the Freeman's exceptional education program.

Exceptional education students are members of the Freeman student body; however, much of what they learn or do while in the program is a mystery to many Freeman students.

Students in the exceptional education program practice math and vocational training with Lauren Clare, and learn language arts and life skills with Lourie Sledd, both exceptional education teachers. The emphasis of the program is to develop practical life skills that will allow the students to be successful when they graduate from the program.

"The program is split into three areas of focus: functional academics, exposure to life skills, and vocational emphasis," Mrs. Sledd said.

Functional academics includes math skills, as well as language arts skills. In regards to math, money management is a key area of focus in the program.

"We want to make sure our students are able to, for example, know how much change they should receive after a transaction," Mrs. Clare said. "We want to make sure they aren't taken advantage of."

Vocational emphasis helps students learn how they should act

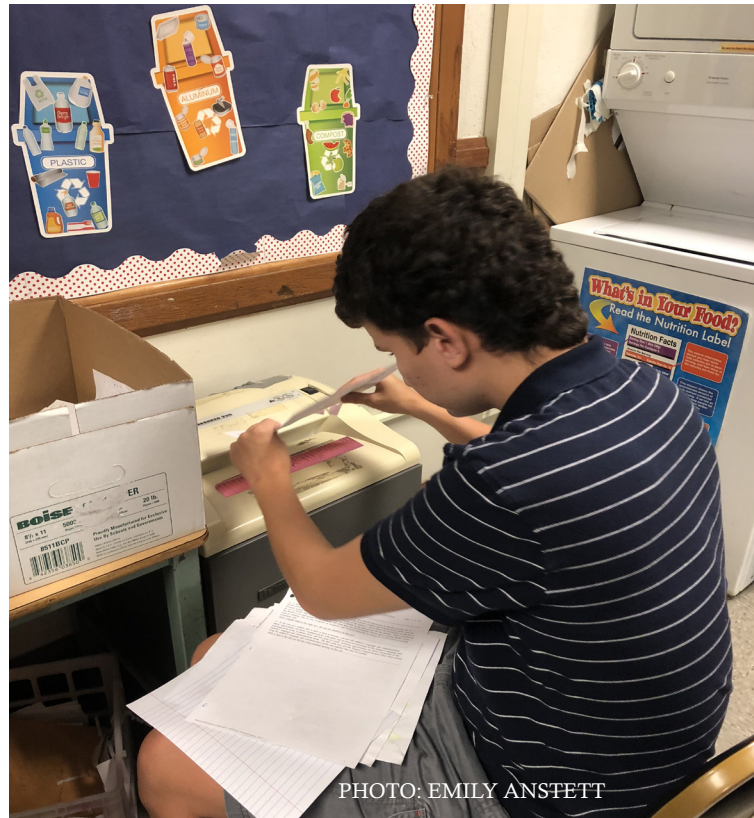


PHOTO: EMILY ANSTETT

Connor working to declutter.

when employed, such as being professional and being respectful to the employer. Each year, students travel to different job sites where they learn hands-on skills that will propel them into the workforce following graduation.

At these work sites, employees at the location guide students through their jobs; whether it be weeding flower beds at Lewis Ginter, or stacking shelves at the Children's Museum. This unique addition to the program gives students firsthand experience on how to act on a job and gives them an abundance of job skills they can use post-graduation.

Learning practical life skills is another key facet to the program.

"We also have a program called community integration," said Mrs. Sledd. "Twice a month we take trips to place like grocery stores, retail stores, libraries, and guide them on how to purchase goods and access resources."

New to the program this year is a leisure recreation class that

occurs every day during fourth block in the Mrs. Sledd's classroom. In the class, exceptional education students have the opportunity to play board games and participate in group competitions with their friends from the Freeman student body.

"We'd like to have at least two to three [students] every fourth block [to help with the class]" Mrs. Sledd said.

A final feature of the program is the Adaptive PE class. During sixth block, exceptional education students work with Coach Henshaw, an HCPS exceptional education PE teacher, on developing gross motor skills. Students who have a study hall sixth block can work with the exceptional education students as "action aides," working alongside Coach Henshaw.

"This year we only have a couple [action aides] so far, we're really looking for kids in that period," said Mrs. Sledd. "It's a great thing to put on a college resume."



PHOTO: EMILY ANSTETT

Students playing Dungeons and Dragons.

## New Club Alert: D&D

Annie Stephens  
Staff Writer

Have you ever watched "Stranger Things" and wondered what game the four boys were playing in the basement and if you could play it too? Well, Freeman's new Dungeons and Dragons Club has the key. The "D&D" Club -- as the members call it-- was created by junior Al Gilstrap. Al decided to bring the club to school. She enjoyed playing D&D with her family, and thought her friends would enjoy it too. "I thought I would bring it to school with a bunch of friends and it would be a fun activity to do," she said.

The game itself is an intricate role-playing game where the players create their own characters and embark on a set of adventures that tie together and create a campaign. Each game begins with an adventure that is either pre-written or created by the Dungeon Master (the leader of the group). These adventures come with a challenge and the groups must complete these challenges to move on. The players use dice and strengths based off their characters' prior knowledge to complete these challenges. When an adventure is completed, the group moves onto the next adventure in the campaign (which is many different adventures linked together).

Each meeting will begin with the groups getting together at dif-

ferent tables. From there, they will begin to play out one of the adventures or continue one from the last session. These games typically take an hour to an hour and a half to complete. At the first meeting, the members were introduced to the game and then split into groups, which will be their groups for the entire year.

"The first meeting was very informational! It was essentially an introduction, but it was still really fun," said freshman Ryan Evans, a member of the club.

Ryan was pleasantly surprised to learn that almost a quarter of the members had never played Dungeons and Dragons before. That goes to show that anyone can be in Dungeons and Dragons club (D&D); there are no requirements. Senior Tori Nunez had never played a game in her life, but still joined the club.

"I joined because many of my friends had asked me, and it was also very interesting to me" she said.

"But people at my table already knew how to play, and they helped me figure it out, and were very patient with me," she said.

For the future of this club, Al strives to create a legacy, "I hope once I'm gone it still continues to be a club," she said with a grin.

Other members, like Ryan, believe that the club will bring people closer together in the future, "I think it will create a big community," he said.

The club will meet in the library on Thursday afternoons every week.

## Freeman Welcomes New Superintendent

Maddie Sherman  
Staff Writer

Amy Cashwell's first day as superintendent on July 2 was spent meeting with Henrico County's central staff support team and community members. Even though school was out for summer vacation, Dr. Cashwell also took the opportunity to visit schools where summer programs were under way. "I didn't want to miss a chance to visit with the young people of HCPS on my first day," Dr. Cashwell said.

Last February, Patrick Kinlaw, Henrico County's superintendent of four years, announced his plans to retire in June. According to Henrico County, Kinlaw had enjoyed his time as superintendent, but was ready for the next chapter in his life. As the search for a new superintendent began, Henrico County sought to have the public involved. According to Andy Jenks, the Board held multiple public input sessions from February to March in order to gauge the wants and needs of Henrico County citizens. After countless interviews and meetings, the torch was passed to the current superintendent, Dr. Amy Cashwell.

Dr. Cashwell stepped into her new role on July 1. However, before she was introduced to the public, she met with all of the principals in Henrico County. It was at this meeting that Freeman's principal, Andrew Mey, met Dr. Cashwell.

Mr. Mey expressed his enthusiasm for her energy and passion for her students and their education.

"I'm very impressed with her focus being that of students first," he said.

Not only does Dr. Cashwell have passion for education, she has years of work in public education. Prior to her recent role in Henrico County, she was a long-time educator and administrator at Virginia Beach City Public Schools. In 1998, she joined Vir-



Amy Cashwell addressed the Freeman faculty at a meeting on Sept. 19.

ginia Beach Schools as a teacher.

"The perspective I gained as a teacher regarding the real life issues related to education and the daily work of students and learning were invaluable," Dr. Cashwell said, "I endeavor never to lose that classroom level perspective."

She later became an assistant principal, finally assuming the position of chief academic officer for Virginia Beach Schools' Development of Teaching and Learning in 2013. Anne Trexler, social studies teacher, believes that Cashwell's history shows that "anything is possible and that hard work pays off." Mr. Mey is also very excited about her vision for Henrico County because of her awareness of the world of public education and the great connections she has made over the years.

On Wednesday Sept. 19, Dr. Cashwell visited Freeman and

addressed the faculty. During this meeting, she was able to learn a lot about the Freeman community and take the opportunity to hear feedback from the school's teachers and staff members. "She would really listen to what the teachers had to say and really came back with thoughtful answers," Mrs. Trexler said. She also emphasized the idea that small changes are capable of making a big impact and that the little things matter.

In all of her qualifications, Dr. Cashwell is also the first female superintendent in the history of Henrico County.

Mr. Mey called her imminently qualified for the position. "I'm excited that Henrico has chosen her to be our leader," he said. Dr. Cashwell also expressed her belief in the importance of having leaders that represent the unique fabric of the county, which includes gender diver-

sity. "I am honored to have the chance to model for young girls that positions that have been traditionally held by males are absolutely attainable," Dr. Cashwell said. Mrs. Trexler agreed with this idea and said, "I think this is a huge move for Henrico County and lets people, teachers, and students see that women can be in positions of power."

In the end, many look forward to having someone so committed to preparing "life ready students" as their new superintendent. In a message to the students, Dr. Cashwell wrote, "I want all students to enter HCPS and know that they are cared for, cared about, and that HCPS staff is committed to helping them achieve their goals and aspirations." While she is only just getting started, Mr. Mey said that, "if the past two months are any indicator, we are in great hands."

## Homecoming Festivities

Balazs Kaszala  
Staff Writer

Homecoming took place over Columbus Day Weekend.

The festivities started Monday Oct. 1 with spirit week, and culminated with Friday's pep rally, Homecoming Parade, and class floats. The parade theme was "the Freeman Way."

The Senior Class won the float competition and the freshman took second place. The Junior Class float was plagued with technical difficulties before the parade even started.

The Football game followed the parade. The Rebels faced off against Deep Run, looking for revenge after losing to them last year. Freeman won 28-12, helped by three Pat Taylor touchdowns.

At half time, senior Sarah Cloud was crowned homecoming honor attendant and senior Abok Kawaj was crowned Homecoming Queen.

"I was so shocked... Then I was like whoop!" said Abok.

On Saturday evening, the dance was held in the Big Gym, for the first time in several years.

The theme was "Under the Sea." In the corner, a giant cube-shaped photobooth was open as a free photo opportunity for all students.

"The students enjoyed being back in the Big Gym with the lights off and getting their pictures taken and printed in the photo booth" said Carter Reilly, SCA sponsor.

Around 9 p.m., the class princesses were introduced and Nick Hargrove won Homecoming King.

"I'm honored to be the DSF Homecoming King and it's really cool. I'll remember it for the rest of my life. Roll Rebels!" said Nick.

Rebels enjoyed a three day weekend as Monday was a student Holiday.

## Welcome New Freeman Teachers

Emily Anstett  
Julia Cassidy  
Features Editors



Ms. Radday- Exceptional Education Teacher

**What is your favorite job?**

My favorite job has to be my current position at Freeman High School. I leave every day with a smile on my face because I know I'm making a difference and I have the privilege of doing so, with an amazing staff that is truly becoming my family.



Ms. Meadows- Counselor

**What do most people not know about you?**

I once kept two black widow spiders as pets!

**What is your favorite job?**

I spent several summers working at Camp Hanover as a trading post manager, counselor, and unit director. I loved every minute I spent there!



Ms. Sveter- Counselor

**What is your hidden talent?**

I can make some pretty amazing funny faces.

**What do most people not know about you?**

I have always wanted to learn how to decorate cakes, fancy cakes.



Ms. Pike- Math Teacher

**What do most people not know about you?**

I'm not a morning person. My cheerful and talkative demeanor is caffeine-induced.

**What is your hidden talent?**

I can tie shoelaces with my toes. I haven't tested this talent in years, though.



Ms. Beard- Spanish Teacher

**What is your hidden talent?**

I have always enjoyed singing, dancing, acting, and writing. I always thought I would be an opera singer when I was growing up, and in a way I have been able to keep my love of language and music alive through teaching Spanish.



Ms. Carbaugh- English Teacher

**What is your favorite job?**

I got to do an internship as a Court Advocate working with survivors of domestic violence- being in court each day was fascinating and the work we did was very powerful for the families who needed our resources. Any job that allows me to help others a good one!

**What is your hidden talent?**

My secret talent is gift giving. I have a knack for finding the perfect gift for friends and family.



Ms. Swain- English Teacher

**What is your hidden talent?**

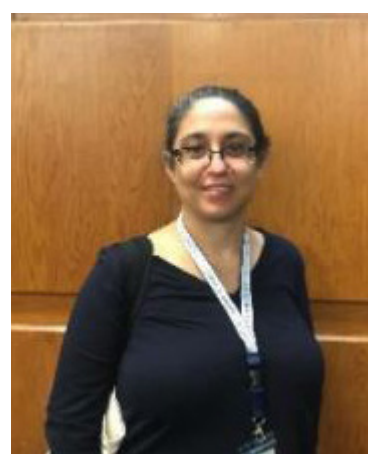
My hidden talent is that I can sing and play piano.

**What do most people not know about you?**

Most people don't know that I would like to be a published author someday.

**What has been your favorite job?**

My favorite job (other than teaching!) was being a summer camp counselor. I love the outdoors and working with kids.



Ms. Lagaz- Exceptional Education Teacher

**What do most people not know about you?**

I've been teaching for ten years and I used to teach little kids.

**What has been your favorite job?** When I was in high school I worked at a donut shop. Every night, I would take a bite of each donut and throw it away.

**What is your hidden talent?**

Shopping!



Ms. Ferrell- Head of Counseling

**What has been your favorite job?**

The five summers I spent working at the Summer Residential Governor's School at University of Richmond as an R.A.

**What do most people not know about you?**

I am a black belt in taekwondo.

**What is your hidden talent?**

I can do a great monkey face!



Ms. Franson- French Teacher

**What do most people not know about you?**

I love to tap dance and have performed at the Landmark (Altria) theater.

**What is your hidden talent?**

Playing the piano. It is my hidden talent because I am not very good at it.

**What has been your favorite job?**

Teaching French.

## Ann Douglas & Jackson Rabon



# Freshman Twins Navigate High School

Laney Van Lenten  
News Editor

The common thread between most twins is the similarities in their looks, however, for freshmen Ann Douglas and Jackson Rabon, it's hard to even distinguish the fact that they are twins. Their differences are easily identifiable.

"It's not very exciting because we are not identical, but everyone is shocked when they find

out," said Ann Douglas. "He's more open and goofy. I'm more serious and reserved," said Ann Douglas.

Their mom Sabrina Rabon, a Freeman marketing teacher, agrees. She described Ann Douglas as having a "no-nonsense attitude" and Jackson as "happy-go-lucky." But despite their differences, Mrs. Rabon said they are best friends.

"Ann Douglas is really protective of him academically, and socially he is very protective of

her" Mrs. Rabon said. Freshman Haïden Curtis is close with both Ann Douglas and Jackson. She said that even when they fight, "they are nice to each other."

"They have each other's backs. That's for sure," she said. Despite their differences, as twins, they experience very similar things. They even have similar friend groups which has caused Ann Douglas and Jackson to share classic things such as birthday and holiday celebrations.

"I hate having to share birthday parties," said Jackson. "We used to share them all the time, but now we have smaller separate parties for just our closest friends," says Ann Douglas.

For Jackson, his favorite part of being a twin is sharing similar classes, such as biology with Mrs. Campfield.

"We've been together in classes all of our life. It's nice in case I have a question," Jackson said. "We're with each other all the time," Ann Douglas said.

"We've been together in classes all of our life. It's nice in case I have a question,"

-Jackson Rabon

## Brothers Support Each Other On And Off The Green

Piper Finkelson  
Staff Writer

"Which one are you?" This is a question with which junior twins, David and Christian Andrews, are all too familiar. One would suspect that the constant questioning would annoy the Andrews. However, they fully embrace their similarities. As David said, they take pride in acknowledging that they "have the same voice, same attitude, and are the same person."

Being identical twins, the Andrews often are confused for one another. Many peers struggle to find the differences in their outward appearance. Close friends and teachers, however, assure that distinctions can be made. The most visible difference between the Andrews is their hair. While Christian combs his upwards, David brushes his hair down. David, having been born two minutes before Christian, often jokes that he is more mature, more capable, and the overall superior twin. Christian, of course, begs to differ.

Both David and Christian golf for Freeman's team. They often find themselves on the same team, while still trying to outdo each other when playing in tournaments. "It is easy to get jealous," both agreed. Freeman golf coach, Ben Williamson, is a mentor to both David and Christian. In regards to the sport, Mr. Williamson said that the twins both have a determined, focused mindset when it comes to golf and "approach the game similarly." "They play great together," he said.

The Andrews love to practice together and help one another when they can. Izzie Waldron, who is a close friend of David and Christian, described the twins as "athletic, kind, and hilarious. They are double the fun!"

When they aren't on the golf course, Christian and David love to crack



David & Christian Andrews

jokes and play games. The twins recalled a day in elementary school when they switched places and fooled everyone, even their friends. "They didn't suspect a thing," said Christian as he smiled.

Even though the Andrews enjoy attending the same school and hanging out with the

"They didn't suspect a thing,"

-Christian Andrews

same friends, they both hope to part ways for college. While David wants to stay in state, Christian is ready to leave Virginia. They are together in their quests to explore new places. "We've made a pact," David said, as he explains their promise to attend different schools, but maintain their sibling bond. While the future is unknown, one thing is for sure: The Andrews are, and always will be, the twins that root for each other's success.

## Two Sides of The Same Coin

Saberah Saleh  
Staff Writer

Aman and A'Mya Ball are sophomores that describe themselves as "two sides of the same coin". Although they were born and raised in Washington, D.C., the twins are adjusting to Freeman's environment—A'Mya outgoing and Aman's quieter nature coexisting alongside each other in school. Aman goes as far as calling them "polar opposites," but they said they have a very close relationship filled with humor and playfulness.

A'Mya describes herself as "a very social person. My brother has a couple of friends, while I would say I have a lot of friends." Their mother, Rashida Dixon, and A'Mya both said Aman is very protective. "Aman is amazing, very independent, and extremely intelligent," Ms. Dixon said.

Aman said he "sometimes feels her emotions, and sometimes she feels mine." "You have a regular sibling, and of course you care about them and love them, but with a twin you'd do pretty much anything for them."

Ms. Dixon agrees. She once told Aman a story that shows the twins emotional connection. "We were about 2 or 3, and my sister was playing on the steps and somehow fell, but before she fell down out of nowhere I started crying and after seeing me cry she started crying. We just have a lot of funny moments."

Both A'Mya and Aman love music, and foresee it as being at least a small part of their future careers. A'Mya is in choir while Aman spends his free time rapping.

"My taste of music is different from his. I like both old and new music, mostly pop and rock, sometimes R&B. He's more into rap, I can't understand rap," said A'Mya. "I have been singing for a very long time. For my 13th birthday I went to D.C. and auditioned for Disney and Nickelodeon. I actually got a call back, but I did not have the money to put into a manager and going to the talent show."

Aman explained his passion for music differently: "I rap about stuff that I learned when I was in the bad part of D.C., usually about some of the stuff I saw in the streets. I'll rap what I'm

thinking and just spit it out."

"D.C. is where I was born, and I feel like some people don't know the other side of D.C. All they know about are the museums and memorials, but D.C. has a hood. That's where I come from." A'Mya however: "I love D.C. It's chaotic, very much so. It's very crowded, but it was a really nice place to grow up because I have a lot of family down there. Richmond is less chaotic. It's a new environment, and people cannot drive here."

A'Mya described their relationship to be "very argumentative but very funny with a little sibling rivalry." She animatedly talks more about how they complete each other: "I'm not the best in school but he's honestly very good in school. We'll argue about certain stuff, like what music is better. We'll be walking out of the house in the morning and I'll say that he looks good and he'll just say 'I know.' I'll be hoping for a compliment back, but I don't get one."

As in most relationships, there are more reasons the two complete each other. "I'm really good at English, he's really good at math. We help each other out." Aman is dedicated to school, saying "I have no choice but to do well. I got to. I want to make my mom proud."

Not unlike other siblings, they also enjoy teasing each other: "Sometimes we'll make fun of her, but it'll be all fun and games."

He was born five minutes before A'Mya was, which he noted as a considerable gap of time. It also parallels the gap between their personalities.

"We're actually pretty different when I think about it. I love barbeque sauce, she hates it. I can eat almost everything because I have no allergies, but she's allergic to everything," Aman said. Their personalities especially differ. Aman described himself as introverted while A'Mya described herself as extroverted. "I think they are like night and day," said Ms. Dixon.

# Seeing Double At Freeman

- FREEMAN STAFF'S VERY OWN SETS OF TWINS -

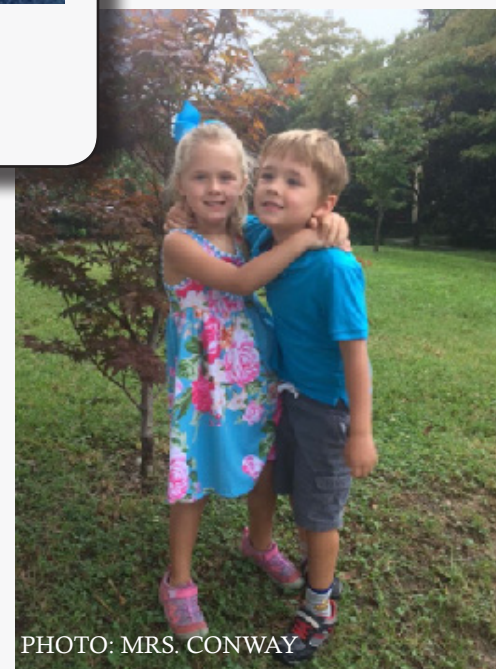


Mr. Podolny's Twins  
Stephen & Christian

## Señor Paverick Nicolas & his twin, Patrick



Señor Paverick Nicolas & his twin, Patrick



Mrs. Conway's Twins  
Mary & James



Mrs. McMunn's Twins  
Max & Eli,  
Presley Rose & Noah



Mrs. Curry's Twins  
Jack & George

## Junior Twins: Polar Opposites That Unite

Juliana McKean  
Special Features  
Editor

Matching smiles, blue eyes, and voices characterize the Castro twins, juniors Miranda and Marissa, but as far as similarities go, that's about it. They are almost the human epitome of a yin-yang dichotomy, with Miranda sporting a pitch black pixie cut and cool-toned sweatshirt, and Marissa wearing her

golden hair at collarbone length, the tips almost brushing the green 'Brazil' text on her beaming yellow sweatshirt.

It's no surprise, given their appearance, that Marissa and Miranda don't quite share the same interests. Miranda self-describes as a tomboy, and Marissa claims to be one as well. To this, Miranda said, "She says that she's a tomboy, but I dress and act like more of a tomboy. I'd say we represent girly/tomboy aspects. She likes to wear

makeup, and I'll do that sometimes, but for the most part we both fit well into those categories: me as a tomboy, and Marissa as more of a girly-girl."

One thing they can agree on is their love for soccer. Called "probably the only thing [they] have in common," both Miranda and Marissa find solace in watching games together.

Despite denying their possibility of having twin powers, when asked explicitly about whether or

not they possess this coveted skill, both answered in perfect tandem and pitch. "Um, I don't think so." Unfortunately, experimentation has not yielded promising results regarding their powers. "We tried it the other night and I asked her what I was thinking, but she didn't guess it right," Miranda said.

Miranda and Marissa do tend to echo each other, however, and be able to finish each other's sentences with mildly decent accuracy. They do admit

"We tried [twin powers] the other night and I asked her what I was thinking, but she didn't guess it right,"

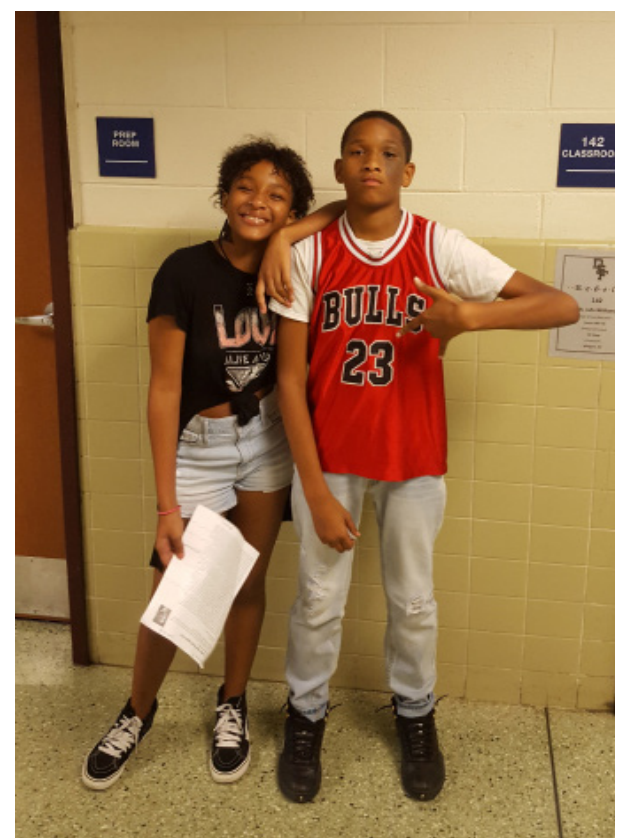
-Miranda Castro

to this and oftentimes having a similar thought process. "Sometimes we'll think of the same thing. I'll be like 'Do you want to watch this movie?' and she'll say 'I was going to ask you that,'" Miranda said.

As far as friendships go, despite not necessarily hanging out with the same crowd, Miranda

and Marissa describe having a twin as the equivalent of what Marissa called a "built-in best friend." They can always count on each other to be there when no one else can, or for something as simple as studying for AP Psychology together.

Marissa & Miranda Castro



Aman & A'Mya Ball

## Sports Briefs

### Girls Field Hockey:

Key player: Hillary Neely



Personal highlight: "Scoring and getting to be a part of such a fun group of girls."

Team highlight: "How well we played against one of the top teams, Deep Run and possibly being in the top 8 for regionals"

Pregame routine: "Listening to music before the games and getting hype with the team"

### Boys Cross-Country:

Key player : Joe Gilman



Meet day Routine: "Ten minute warmup about 45 min before race, stretch, eat a clementine, watch the jv race, put on spikes, do dynamic stretches, get on the line after a speech from the coach."

Favorite Part about Cross Country: "I like seeing improvement for myself and the whole team throughout all four years."

### Girls Volleyball:

Key player: Caroline Bisese



Highlight of the Season: "So far has been the Lee Davis game because the team started meshing will together and we all started to fall into our role for the season."

"Bisese Represents what it is to be a captain on a sports team. Her personality and play style implement good leadership." - Coach Lovering

Game Day Routine: "After I get out of school I go and take an hour long nap and then come back to school. Then I eat the food the parents bring, listen to music with Leanne, and annoy the coach."

### Football:

Key player: Hayden Pounders



Highlight of the Season: "Sliding to the ground to catch a pass for a first down in a crucial situation against Glen Allen."

Team highlight: "Stopping Glen Allen's two point conversion to win the game 33-32."

Game day Routine "I watch film on the other team and listen to music."

# Construction on the Track...Continues

Lowell Smith  
Staff Writer

Many athletes expected that the ribbon cutting ceremony marking the opening of the new turf field would also mean the track is ready for use. Since Feb. 28 of 2018 Freeman athletes have been without a track causing inconvenience for the cross country, winter track, and spring track teams.

Suzanne Criswell, director of student activities, explains that there was a mistake when workers laid down the new asphalt over the summer.

"It was supposed to have a certain degree of angle to it according to the National Federation of High Schools. Ours did not only have one incorrect, it had multiple incorrect angles, so they had to take it all up and start over again," Mrs. Criswell said.

Having the correct angles on the asphalt is crucial. If the asphalt is laid incorrectly it could give runners in one or more lanes an unfair advantage over the others.

After this discovery, Henrico had to get everyone back out to the track to tear up the newly laid asphalt and start over again.

The colors of the track have been in question throughout construction, but Mrs. Criswell clarifies that Freeman looked at the color blue, but they later learned that the color would heat up the track fairly easily.

"When I heard that, and I didn't want that color, I asked if there was a grey. They said 'Yes'. So ours would be the same color grey as University of Tennessee." Regardless of the color, the



PHOTO: CAMERON MCCARTY  
The asphalt had to be reconstructed to correct the angle.

state of the track has greatly affected, and continues to effect the school's track and cross country teams.

Sprinter Nick Walker said that practice was different for the sprinting team during winter and spring track of the 2017-2018 school year because they had to run to Tuckahoe Middle School to practice, "...there's a little bit more running, we usually warm up two laps on the track instead were kind of running through the neighborhoods."

"Now I kind of have to tell everyone 'Hey watch where you're going', we almost had an injury last year, so you have to watch what you're doing."

Nick said the loss of their track actually helped with morale, "It actually bonded the team because we didn't know anybody when we started. We didn't talk to each other. And when you're running down a hill and you have to tell them 'hey watch what you're doing' you don't

know their name so you got to ask questions."

Junior distance runner Rylan Pearsall said, "We aren't able to get in as many speed workouts without a track, which is definitely affecting our race performance. Luckily we are able to make due with Bandy Field."

Junior distance runner Shane Bishioop sees some positives. "We have had to change a lot of the ways that we train as a result" Shane said.

"I think it might have actually helped spur improvement, at least for the cross country season."

Brian Reutinger, cross county and track coach, said the loss of track differs when looking at the two sports. "It's probably not as bad in cross country, in terms of a training aspect. Going to a place like Bandy Field, which we've had to do in both track and cross country, has been better for cross country."

"The inconvenience remains

the same. It's transporting 50 some people in cars a couple times a week which we normally wouldn't have to be doing that."

Many schools throughout the county rely on Freeman to host meets often throughout both track seasons, and when construction started it interfered with not just Freeman's track season but other schools' track seasons as well.

Coach Reutinger described how the construction interfered with this. "It kind of got to the point where a lot of the schools relied coming to Freeman one or two times a season for the course of our three to four to five meets. Once those were taken off of the table. There was a void that wasn't fully filled."

The track has not been replaced since 1999. It was resurfaced and repainted in 2007.

Mrs. Criswell said, "When Henrico County voted for the turf fields they also voted for the tracks." Construction was supposed to start at Freeman on Jan. 18, 2018, but it did not start until Feb. 28.

Despite the setbacks and delays Coach Reutinger said, "It's an upgrade, once it's put in, I think we're going to have one of the nicer stadiums in the state of Virginia at this level." Rylan said that the team is awaiting the track's return. "Not having a track is tough because we have to travel to Bandy Field just to get speed workouts in. We are all ready to have it back!" said Rylan.

## Sister Competition on the Volleyball Court

Meagan McDonald  
Staff Writer

Senior Caitlyn McDevitt and freshman Caroline McDevitt have taken sibling competition to the Freeman volleyball court. The McDevitts are not just sisters, but also teammates on the varsity girls volleyball team. Sisters tend to bicker, but Caitlyn and Caroline are so compatible that their closeness has become more of a secret weapon than a vulnerability.

While compatible, Caitlyn and Caroline are very different personality wise. "She's really quiet sometimes, and I just don't shut up," Caroline said.

With Caitlyn starting as setter or outside hitter and Caroline starting as right side hitter, the girls are often on the court at the same time. The Rebels had a 4-5 start and are hopeful to finish with a winning record.

Over the summer the girls knew it was a possibility that Caroline would make the varsity team. They became competitive with each other when practicing for tryouts and got into many arguments. Caitlyn remembers telling Caroline, "If you're going to act like that, you can't play varsity... I was so concerned," Caitlyn said with a laugh. The



Freshman Caroline and senior Caitlyn pose before warming up for the game.

McDevitt's worried that the competitive bickering would be a problem on the team, but once the season began, everything was fairly smooth sailing.

Caroline was promoted to varsity. "As a freshman she came in with a lot of the skills that you need on varsity," Drew Lovering, the varsity volleyball coach, said. Some of Caroline's skills include hitting the ball, getting her serve over, and communicating effectively on the court.

In addition to noticing Caroline's varsity level talent, Coach Lovering recognized Caitlyn's leadership abilities by nominating her as a potential for team captain. The team voted, Caitlyn and fellow-senior Caroline Bisese were named captains

The captains work together to support their teammates both on and off the court. Caroline Bisese explained the different approaches they've taken to this role explaining Caitlyn tends to handle the technical side of volleyball and helps teammates with skill related questions. "Caitlyn knows more about the structure and how we should perform... I focus more on how people feel being on the team," Caroline Bisese said.

According to them, the sisters' relationship on the team helps them in many ways. "We're there to pick each other up," Caitlyn said.

Caroline Bisese described the advantages of having them.

"The goal of a team is to be like a family, even though it sounds

kind of cheesy," she said. She laughed before she said, "They embody that. They're tough on each other, but they're also very encouraging."

Their relationship on the team is positive, like any sisters they do have fights. Within the first week of the season, Caitlyn beamed a ball at Caroline after being teased for messing up. Coach Lovering told the girls, "Not here, wait till afterwards." Ever since, the team jokingly responds to any minor arguments between the two of them saying, "Not here, wait till afterwards."

Volleyball is a family affair in the McDevitt household. Caroline's twin brother, a freshman at Glen Allen, also plays, and their father, Chris McDevitt, coached their teams when they were younger. Since the sisters play on the same team this year, it helps their parents.

"We like the fact that that we can finally see them play at the same time since they have been playing on different teams for years," Mr. McDevitt said.

"In the end we are very proud of both girls and know that their drive will take them far in life," Mr. McDevitt said.

Coach Lovering summed up the McDevitts describing them as "academically driven, student-athletes" who "love the game."

## Freeman Alum Hired to Coach Boys Basketball

Gretchen Neary  
Staff Writer

Old Dominion Athletic Conference championships. After graduating, Coach George decided to get back into basketball because he said he missed it and always thought he "understood the game of basketball at a high level."

He coached one year at the Steward School before going to graduate school at Middle Tennessee State University,

**"Those years of my life taught me so many values I tried to maintain throughout the rest of my life."**  
-Coach George

where he was the graduate assistant basketball coach on the Men's Basketball Staff. Coach George also spent time as the Director of Basketball Operations at RockIt Sports, LLC.

Coach George was able to return to his Freeman roots

when Larry Parpart, former head basketball coach, hired him as the JV boys basketball coach, which he coached for two seasons before moving up to assistant coach on boys' varsity basketball.

These days, Coach George teaches eighth grade English at Elko Middle School in the east end of Henrico.

When Coach George returns to the court this winter, he will be in the midst of some large transitions. Primarily, he will be transitioning from assistant coach to head coach. Additionally, Coach George will be following in the footsteps of Coach Parpart, who was his own high school coach.

Returning varsity player senior Muktar Abdulkadir noticed the similarities between the two coaches' philosophies on basketball, "They recite the same principles—the Rebel Way." However, there are differences too. Other returning players, including senior Michael Fortune and sophomore Caleb Kenney,

are looking forward to playing a faster-paced game with some new plays this year. There may also be a switch to zone defense as opposed to man-to-man coverage.

When describing their new head coach, Muktar, Michael, and Caleb all used the same word: "passionate." Muktar elaborated and said the team "feels like a family" and that Coach George is "someone you can always go talk to."

The head coaching job plays to Coach George's strengths and experiences. In his words: "I grew up in this place. I walked these halls. I played on this floor. I love the guys who play on it now. I feel like this is where I should be – what I should be doing."

# Coach Retires After 40 Years

Mark Graff  
Staff Writer

Coach Larry Parpart has retired as head basketball coach after 40 years of coaching Freeman's boys basketball team leaving a legacy of more than just points and rebounds.

As head coach, Parpart had 27 out of 35 winning seasons, district and regional championships, and athletes who played in college. But Parpart doesn't focus on those highlights. He said the highlights are the relationships

In his tenure as a math teacher, girls tennis coach, and boys basketball coach, those who speak of Coach Parpart talk about the care he shows others.

Senior Michael Fortune played on Coach Parpart's varsity team. "Coach Parpart was just as caring with players off the court as on the court. He checked on our grades, he talked to our teachers, he didn't just focus on basketball," said Michael.

Orrin Brown, a 2001 DSF graduate and varsity basketball player said that he is "exceedingly grateful" for his experience playing Rebel basketball.

"[Coach Parpart] led his players on and off the court with passion, integrity, authenticity, positivity, and humor. His example is one we all should work harder



Coach Parpart stood with his former players in 2015 when the Big Gym was dedicated in his honor.

to emulate."

Tom Robjent, English teacher, worked with Coach Parpart coaching tennis and basketball, and he described Coach Parpart's influence.

"He is the ultimate gentleman and I always try to emulate his focus on building the person not the athlete," Mr. Robjent said.

Others who worked with Coach Parpart echoed the sentiment. Austin Holsten was not only an athlete on the '92 and '93 varsity team, but also coached with Coach Parpart from 1997-2008. Mr. Holsten said he felt "lucky" to have played and worked with him.

"He is literally everything you would want in a coach for your own son," Mr. Holsten said.

Coach Parpart was known to be supportive of even those he cut from the team, helping them achieve goals elsewhere.

"Cuts were hard, and he wouldn't sleep for days when he had to make them. He cared so much about that. A lot of schools would have cuts after three days, but he would have cuts after two weeks. And if he cut a kid, he would talk to him and encourage him to play another sport and even talk to the coach for the kids," said Mr. Holsten.

Coach Parpart's impact on his athletes can be seen by the relationships that he keeps with them. When he announced his retirement he said his former athletes reached out to him

"I had several dinners out and rounds of golf to celebrate. It was very special," he said. Although he calls retirement bittersweet, Coach Parpart believes it is the right choice.

"I preach being unselfish," said Coach Parpart. "I felt like it was my time to leave, and believed it would be selfish to stay."

Even after retirement, Coach Parpart plans on staying involved with the program. "I hope to help Coach George whenever I can. We also have a new girls coach, and I hope to help her in any way," said Coach Parpart.

In his retirement Coach Parpart hopes to spend more time with his grandchildren and to continue to teach a few math classes at Freeman. He still plans on coaching the girls tennis team this year.

Coach Parpart said he hopes to be remembered for "caring for every student and teacher at Freeman, not just the best athletes." But his students, athletes, and colleagues agree: this is already the case.

## Sports Briefs

### GOLF

Key Player: Cole Diers



**Personal Highlight:** "A personal highlight was beating Godwin. It gave me a ton of momentum going into regionals."

**Season Highlight:** "We worked really hard all season, so it is really awesome that we made it to regionals."

### GIRLS CROSS COUNTRY

Key Player: Lizzie Steel



**Personal Highlight:** "I love it when we run regionals and see if we [can advance] to states. That is always intense, but it is fun."

**Pre-Game Routine:** "I make sure to pack my bag with a good snack in the morning. As a team, we have warm-ups, active, and stretching."

### BOYS VOLLEYBALL

Key Player: Christian Ostrum



**Personal Highlights:** "In the Godwin game I hit a ball through Glen Allen's best blockers and past their best digger and got a kill."

**Season Highlight:** "We beat both Maggie Walker and Hannover, which were some of our hardest competitors."

### CHEERLEADING

Key Player: Sallie Christopher



**Personal Highlight:** "We had a lot of fun at the Glenn Allen game and we all got really into the game."

**Season Highlight:** "The first game we did band dances. It was the underclassmen's first time doing them and they did great."

# Eat, Sleep, Breathe Field Hockey

Maggie Sheerin  
Staff Writer

Senior Caperton Beirne's life is rooted in field hockey. Having played since she was 7 years old, Caperton has not known much of a life without field hockey. Through it, she has found her passion, made friends, and learned lifelong skills.

Competing year-round for Undertow Field Hockey Club and for Freeman in the fall, Caperton can usually be found on the field, cheering her teammates on from the sidelines, or coaching younger kids at practice. She is described by Cassandra Perez, the varsity field hockey coach, as an "energetic and determined leader," traits that became crucial this year with her as one of the four co-captains of the Freeman team.

Her teammates praise her leadership as a captain.

"Her mind is always in the game, and she never fails to give encouragement to other players," said junior and co-captain Jordan Chucker.

Caperton's relationship with her teammates is very important to her, as she said that her favorite part of playing field hockey is "playing with other people and being a part of a team sport."

While Caperton herself does not see a huge difference in being captain to being only a member of the team, she said that it is "more responsibility" and that she enjoys that aspect of it. Her leadership has helped guide the team to three wins this season, and individually, she said that she has "scored four goals with five assists," but that the individual success is "far less important than team successes".

Of these games, Caperton said that her proudest is "the one against Maggie Walker," as they beat them two to zero and that, as a team, they "connected to beat them." Efforts like the one she made against Maggie Walker are not going unnoticed. A multitude of colleges have begun to take interest in Caperton, but she has not limited her options yet, as she has not officially signed with any school.

"From the day I met her, I knew right away she was a leader," Coach Perez said, and she



Caperton dribbles the ball in a game against Godwin.

"knows that Cape will do big things in life." As for this year, Caperton balances being a captain, a teammate, and a friend.

She is often described in the way that senior co-captain Erin McCall summarized her: "caring, hardworking, and passionate."

# Senior Golfer Drives the Team

Ashwin Suresh  
Staff Writer

The shot at success is never a hook or shank, but only a laser down the fairway for senior Trevor Elliot.

Trevor Elliot is the only senior on the Freeman golf team, and the number one player. He is currently ranked in the top-ten in the state individually.

Last year, Trevor beat the defending state champion from Godwin in the regional tournament by two strokes. His path to success was just beginning.

Trevor was born and raised in Richmond, and only began playing golf the summer before eighth grade.

At 5-foot-9, Trevor said he began to appreciate golf because "it does not require a 6-foot, 200-pound frame," and allows for shorter people to thrive.

Despite his current success, Trevor had to earn his way to the top. "I didn't make [the team] my ninth grade year...it put a chip on my shoulder and made it easier to work toward goals."

His strong work ethic has been instrumental in becoming



Trevor takes a swing on the green.

an elite player in the area.

Cole Diers, a junior on the golf team, said that Trevor "is a great ball striker, and can hit it a mile."

Trevor said he likes leading the team, and his coach agrees.

Ben Williamson, golf coach, originally thought this would be a rebuilding year after losing six

seniors, but Trevor has emerged as a "natural leader."

"Trevor only impacts the team in positive ways" Coach Williamson said.

"He has a lot of confidence, and this makes more people have confidence in him as well as in themselves" said freshman Grant Miller.

This year in the Regional Tournament, Trevor shot for a 79 and a 73, earning him a spot on the First Team All-Region. The Freeman team placed second behind Deep Run. His goal of going to the state tournament has become a reality, and on Oct. 8, Trevor and the Freeman golf team participated in the State Tournament.

Freeman placed fifth in the state tournament, and Deep Run placed first. Trevor scored a 79. He was named Second Team All-State.

South Carolina, Georgia, and JMU are Trevor's top college choices, but golf in the future is still uncertain according to Trevor.

No matter what he does in life, Trevor's dedication and leadership will carry him on and off the green.



# Game Time for New Turf Field

Sadie Rogerson  
Staff Writer

The opening of the new turf field has been a long time coming. Of the three schools chosen for the \$5.2 million renovation, Freeman was the last to begin construction, with crews starting work on Feb. 23, 2018. The project caused an array of complications for sports teams and their coaches, but perhaps the person most frustrated with the delay was the one most involved in the plan: Suzanne Criswell, director of student activities.

"It's very hard to have something that is so out of your control impact something that is so in your control," she admitted. As athletes begin to play more consistently on the field, they may realize, however, that these setbacks will be worth it in the long run.

A ceremony was held to commemorate its completion on the evening of Friday, Sept. 8, when



PHOTO: CAITLIN MCSORLEY

Cheerleaders holding up the banner for the football team to run through.

Freeman's football team played James River High School.

Representatives from the Parks and Recreation Department and other Henrico County officials, including new superintendent Dr. Amy Cashwell, attended the event.

This aspect of the new addi-

tion to William Long Stadium is something that Mike Henderson, varsity football coach, feels is of paramount importance.

Coach Henderson cited "five to seven" practices this season where the team could have been "hindered from practicing by the weather." With the

new turf field, they have had "more consistent practices on a weekly basis" which he said enables them to "become a better team." Senior Ernie Campbell, a captain of the varsity football team, agreed with this point, stating that

the greatest advantage of the field was that it allowed them to "practice even in poor weather."

These sentiments were also shared by Cassandra Perez, Freeman's varsity field hockey coach. "I love that it is a space we can always use even in wet conditions," she said. In addition to this aspect of the field, Coach Perez also appreciates the "playing speed" of the turf and "the advanced skill it takes to play on it."

Junior Mia Garland, a varsity field hockey player, confirmed the faster pace of the ball on the field, stating that, "It is a completely different game on turf." Mia argues, however, that the way in which the field has forced the team to change their playing style gives them an advantage over teams with grass fields.

Freeman's installation of a new turf field may have had some rough patches, but Mrs. Criswell believes that the reaction to its opening has been "absolutely positive."

# Senior Transfer Scores Big for Rebel Football

Taylor Pounders  
Staff Writer

At the first home football game of the season against Lee Davis many Rebel fans were asking, "Who is number two?" According to Mike Henderson, varsity football coach, Freeman's new running back and cornerback is Patrick 'Pat' Taylor, a transfer from Tucker High School who provides "an added dimension of speed that the team hasn't had for a couple years."

For many students, moving to a new school can feel like uncharted territory. However, for Pat, the transition was fairly easy.

"I like Freeman a lot better, and a lot of my friends from recreational football when I was younger go to Freeman which has been nice. There is also a lot more of a family atmosphere here," said Pat.

Other key players on the team agreed that there was really no adjustment period with Pat.

"He showed up to all our workouts in the winter and has been a part of the team ever since," said Alec Erickson, senior wide receiver.

Pat proved his skill at the Lee Davis vs. Freeman game on Friday, Sept. 7, when he scored three touchdowns, had 73 rush yards, and nine carries. "He's very dynamic with the ball in his hands on offense," said Coach Henderson.



PHOTO: BILL MCCLURE

Patrick running for a touchdown against James River where Rebels won 38-21.

The football team lost some strong, leading seniors from last season, so many Rebel fans were

waiting to see how the team would adjust. "It was hard coming off a season like last year, but our team chemistry is a lot stronger this year, which will help everyone get along and make our team better," said Thomas Laughlin, junior quarterback.

Pat's skill is not the only element he brings to the Freeman football family. His character is also a key component, and has helped to strengthen the team.

"He's a freak of nature and a selfless person on and off the field," said Alec Erickson. This fall season has truly been a team effort for

the football team. "Pat is an extremely hard worker but he is also very humble. He's all about the team trying to win games not just about himself," said Coach Henderson.

A much anticipated part of the season for Pat will be the game against Tucker, his previous school. He said that he wants to "keep emotions low," and just do what he normally does.

Looking forward to the rest of this season, the team's goal is to "make it to the playoffs and make it past the first round," said Pat. Even though this team only has a few games under their belt from this season so far, Pat said he is excited to be spending his senior season with "better coaches, better academics, and a stronger family atmosphere."

# High Temperatures Impact Pad Policy



PHOTO: HAYDEN MARTIN

Addison Gorenflo posing for a picture at the goal.

Abby Taylor  
Staff Writer

In any sport, there is a fine line between working hard and pushing past one's limits, especially when it is hot outside. Freeman athletes are experiencing this first hand. With a particularly warm fall, athletes have been put in a unique position-- one where the fate of their game play depends on the weather.

"It has been unusually hot this season...this is the most we have had to postpone games

or practice because of how hot it is," said senior Ernie Campbell, who is a co-captain on the varsity football team. Temperatures this September have trended much higher than the usual early fall average in Richmond according to data on the weather site currentresults.com. Data shows temperatures with highs in the low 100's (the highest it normally gets is 81 degrees) and a humidity average of 70 percent.

The players and coaches have had to take extra precautions because of these exceptionally high temperatures, as it puts players that pad up their uniforms—field hockey goalies and football players—in a dangerous position.

"It can get really hot after you play in full padding for a while," said junior Connor Speidell, who plays on varsity football team. The football and field hockey teams work hard, and pushing physical limits in hot weather can lead to heat stroke, a serious condition that can lead to headaches, muscle weakness, and severe nausea.

The Freeman athletic department, however, is one step ahead of the searing climate. "If the heat index is above 95 degrees, Mr. Spurrier, our athletic trainer, makes sure we take all of our

pads off," said junior Will Reid, who is also on the varsity football team. He added, "Even if it is on the verge, he constantly checks on us and our safety, while also making sure we drink plenty of water."

Dennis Spurrier and the coaches also makes sure that the field hockey players (specifically the goalie) are not overheating in the humid conditions.

"Our goalie has to pad down at 95 degrees just like the football players, but if the heat index reaches 105 degrees, the whole team has to stop practicing," said junior Charlotte Browder, who plays mid on the varsity field hockey team.

"Mr. Spurrier comes around in his golf cart and keeps us updated on the temperature," she added. None of the athletes interviewed felt that they were endangered by the hot and humid conditions during practice. "The coaches always make sure we are safe. If we need a break, they understand...They even yell when we don't drink enough water," Will explained.

At the end of the day, being an athlete is about "being tough and building character," Connor explained, adding that "there is no issue with getting hot and sweaty while still staying safe."

## Day in the Life Of Mrs. Criswell

### \*Friday Night Football Edition\*

**5:00am:** Wake up, get ready, make breakfast

**6:00am:** Get to Freeman and set up the booster table, parking lot, pass gate, and the ticket booth.

Open the bathrooms and put up the flag.

**8:00am:** Come inside school and work on pass gate information.

**8:30am:** Shower before selling football tickets.

**9:00am:** Answer emails.

**10:00am:** Schedule, reschedule, over schedule, cancel schedule.

**10:45am:** Answer more emails.

**11:34am:** Sell football tickets during lunch.

**12:01pm:** Eat B lunch with friends for 22 minutes.

**2:30pm:** Lay out or cook dinner for the workers at the game.

**3:00pm:** Get the press box and scoreboard ready.

**5:15pm:** Greet the visiting team.

**7:00pm:** Gametime. Check in with the AD from the other school, check in with the pass gate, make sure everything is running smoothly.

**8:30pm:** Watch the whole 4th quarter uninterrupted.

**11:30pm:** Go home and watch TV, NOT SPORTS

**12:30am:** Go to sleep

# Athletic Boosters Put Annual Rebel Run on Hold

Will Dornk  
Staff Writer

The Freeman Athletic Booster site, announced "the Rebel Run is taking a break this year." For those who don't know, The Rebel Run is an annual 5k to raise funding for athletics. The sudden halt of the event has caused students and parents to impose many questions. Junior Liza Neely, the 2017 female Rebel Run winner, questioned the financial loss.

"The Rebel Run is one of the

biggest sources for funding. Isn't it counter-productive to cancel it?"

The cancellation of the Rebel Run this year fits into a long-term plan. "The spring is too packed with events, so the Booster Committee plans to move the run from a spring to fall event. The time frame was too short to set it up by this fall, so we're taking a break" said Suzanne Criswell, the director of student activities.

The Rebel Run usually generates between \$10,000-17,000 every year, giving the Athletic Boosters funds to help Freeman sports teams. Sophomore Char-

lie Martin, a member of the Freeman varsity football team, is worried about the toll of the cancellation of the event.

"The football team and other sports teams could all use some new gear. This year's event alone could've covered a lot of that cost." The Booster fund actually is oriented around bigger-scale projects. While smaller-scale costs are still important, they only take up a small fraction of the committee's time. The Booster committee has a few, smaller-scale planned spring events to fill the gap created by the cancellation. However, Mrs. Criswell said

"There are no definite scheduled replacements as of now."

Students are sad that the Rebel Run is postponed until next fall, especially student athletes.

Junior Jake Perkins, the 2017 male winner, ran the 5k for the first time last year. "I loved it, the best part was I didn't know what to expect. I was hoping this year they were going to step it up a notch. I guess I was wrong." Jake, along with his athletic peer Liza, felt it was a great way to get the community together and raise money. "It's a shame the student body won't be as involved. It's not only for a great

cause it also helps athletes out as well. I honestly am worried for the athletic state at Freeman once we take away its biggest budget source," said Liza.

Although the Rebel Run will likely make its return in the fall of 2019, the Freeman Booster Club will have to scramble to recover for the deficit made by the cancellation of the 5k this year.





PHOTO: MAGGIE FLOURNOY



PHOTO: GRACE POWERS

Current state of the Freeman courtyard.

Totem pole sculpture in courtyard.

# Courtyard Remodel

Marcus Rand  
Staff Editor

Whether it's decorating Henrico's schools with art pieces or hosting events for the Freeman community, the National Arts Honor Society, or NAHS, is using art to improve the environment. Recently, their efforts have been focused on the development of a new sculpture garden.

Tucked between parking spots in the Freeman courtyard, the space is unnoticeable.

Although the area may appear a mess right now, National Art Honor Society plans to transform the space from a dull field of debris to a flourishing garden where nature and art can inspire students for years to come. Currently in the planning phase, they are seeking administrative approval before going forward to the fundraising phase of the project.

This is just one of many projects that both the students individually and the organization as a whole complete as part of the 15-hour community service component of being part of NAHS.

One of the larger works completed by a member of the club is a 10-foot mural that senior Catherine Nelli, NAHS co-president, completed last summer in the cafeteria of Ridge Elementary School.

Her mural along with the variety of work that students complete during their community service time highlights the idea that the club is founded on: using your artistic skills to give back to the community. This is exactly the aim of the sculpture garden project.

The garden, which is currently still in preplanning, was originally the idea of Mary Taylor Baker-Neal, a former art teacher for Freeman. During her tenure, she began the first stages of this idea by having an art class create a totem pole sculpture for the space, currently the only decorative piece in the area. The NAHS club officers, alongside Elizabeth Jones, the current art teacher, decided to make a sculpture garden the central focus for the club this school year.

Ms. Jones said that the club's choice to make this their main project was part of "making that dream a reality for her."

Given the blessing of the administration to move forward with the proposal, "our goal is to start fundraising in November and through the winter," said Ms. Jones.

The club even has an artistic approach to fundraising, as the options they are considering "are going to show off our skills as artists rather than selling candy bars," according to Ms. Jones.

One option they are taking into account is the prospect of holding student-taught afterschool classes that are aiming to teach

members of the staff and PTA artistic skills that would both "make money for the project but would also benefit the community," Ms. Jones said.

The vision that the club leadership has for a future sculpture garden paints a picture of an idyllic outdoor space that would have both functional and aesthetic purposes for Freeman. It would provide a drawing space for subsequent art students while additionally serving as decoration for the exceptional education and math classrooms with views of the area.

Junior Sofia Alcaine, a student taking art history in a class neighboring the garden, said, "It'd be nice if [NAHS] cleaned up that area cause it's not an appealing sight right now"

And that's exactly what they plan to do. "Right now, we're thinking we're gonna clean it out, plant a tree, and create some type of seating...not just order a bench, but make a bench. The bench itself would be a sculpture" said Ms. Jones.

The creation of a sculpture garden may also initiate a new tradition for the Freeman art community, as classes may be able to add their own sculptures to the garden and create their unique imprint that would last past their time in high school.

Catherine Nelli said, "By doing all these projects that benefit the community, we're showing how art can be really meaningful in bringing people together."

# New RVA Art



Maggie Flournoy  
A&E Editor

Richmond is diverse in both art and individuals. This is partially due to Virginia Commonwealth University (VCU), well known for its arts program and various students.

Recently, the Institute for Contemporary Art (ICA) opened up on Broad. I went in with pretty low expectations because I had never read any of the reviews and had absolutely no clue what was going to be inside.

One of the first things I noticed was the jarring Ku Klux Klan (KKK) exhibit called "A Storm in a Time of Shelter." At this time, it is no longer available for viewing, but it was an unsettling exhibit. There were over a dozen of these tall figures in colorful KKK robes, towering about anyone who walked past.

Once I walked past the tall figures, there was a case of actual KKK texts and artifacts. The atmosphere of the room where all of these were packed was extremely anxious. The artist, Paul Rucker, aimed for his piece to be a "catalyst for conversations." Honestly, it truly was.

The next exhibit was thought provoking and my all time favorite genre. It was called "Dirtscraper" by Peter Burr and Porpentine. It was this sort of virtual interactive dystopia, only without characters.

The layout of the exhibit was a dark square room with a bench along one side. There was a touchscreen right in front of the bench to let the viewer control the "Dirtscraper" underground

world. The plot dealt with the idea of a lack of control and over industrialization.

The overall interactive film is almost an hour long, but worth it. While there may be no solid characters (other than a single android), the message was clear:

Something a little odd was the exhibit directly outside of the "Dirtscraper." It was a room with a bench that played multiple people reading the same book, but in different languages. The concept was cool, but it could be heard from the "Dirtscraper" room, which interrupted the immersion into the story.

My all-time favorite exhibit was "Women Words" by Betty Tompkins. This exhibit has been to more than just the ICA, and is wonderful.

It is a collection of small canvases with a single word or phrase that pertain to women. These words and phrases were emailed to Betty after she asked the public to send her words that describe women.

Phrases such as "cutie pie" and "my ex" are harmless, but there is an abundance of derogatory terms. Seeing those phrases on the wall being reclaimed was empowering.

There were so many different amazing exhibits to view, but the art was not the only attraction. The ICA has its own café, with Elwood Thompson brand food items.

The exhibits change often and are all great to even view a second time. I am not a huge museum person myself, but I loved the ICA because of how contemporary and thought provoking all of the art was.

The Institute for Contemporary Art is located on 601 W. Broad St.

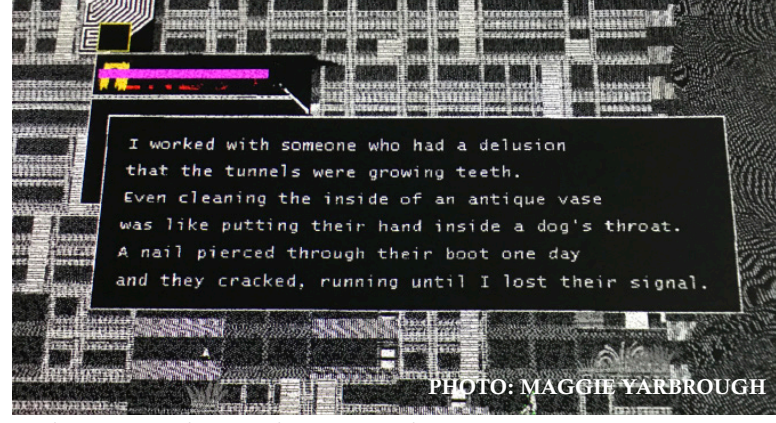


PHOTO: MAGGIE YARBROUGH

"Dirtscraper" interactive screen picture.

# Regency Redo: How a Dead Zone is Revived



PHOTO: MAGGIE FLOURNOY

Hannah Parker, senior, and sister Nora Parker, junior, enjoy the new Chipotle at Regency

Sam Dornik  
Staff Writer

to be. "Regency was the popular place for kids. Farrells, O'Brians, and Orange Bowl were just some of the few popular places that used to be there," said Mrs. Kaplan.

"Regency in its current state isn't what it used to be. Ever since Short Pump was built, it died," Mrs. Metz said. But Regency Square Mall is making a comeback.

The mall has been undergoing a major renovation since September 2017.

Now that some of the new venues are beginning to open Steven

Bonnville, Regency's general manager hopes that the changes will help Regency return to popularity.

"Everything we are doing should excite the Freeman students. We want Regency to be their place," Mr. Bonnville said. On Sept. 6 and 7 Chipotle and Starbucks opened, and MOD Pizza opened on Oct. 12. Freeman students are already bringing their business.

Junior Zoe Mowery said she doesn't drink coffee, but she checked out the new Starbucks anyway.

"It is really nice, and it had a whole conference-room-thing in it, which would be good if you ever wanted to have a club meeting there" Zoe said.

Zoe said that she walked to Starbucks from school, and it only took her 10 minutes.

Sophomore Marc Alvarez also walked from Freeman to the new Chipotle which he said was nice "instead of having to get a ride over there."

Senior Tristan Fields has been

working at KD Sports for six months, and he has noticed the impact of the changes.

"With the renovation, especially since they put in Chipotle and other places like that, there's been a lot more people coming in. They've noticed all of the sports stores, and especially with Christmas season and NFL season, the sports stores have been becoming more busy," he said.

Regency is not near what it wants or plans to be as of now.

"We have recently made announcements for Panera Bread, Better Med and Surge Trampoline park. Additionally, you may have seen we are in an exploration phase with NOVA Swimming to locate a new facil-

ity at Regency.

"Since Regency is owned by two local developers, one of which graduated from Freeman, we want to focus on the best local retailers and restaurants around while adding in the national ones so everyone has something they want" said Mr. Bonnville.

Tristan thinks that Freeman students will begin to prefer shopping at Regency.

"They'll definitely like the air conditioning part (of the mall) when it's really hot or cold outside, so they don't have to walk outside from store to store at Short Pump. They'll like the environment too since there are a lot more Freeman kids starting to and looking for work there," he said.



PHOTO: MAGGIE FLOURNOY

Front of new restaurant Mod Pizza, opening soon.

# What's Your Favorite Fall Activity?



Owen Fallen (9)  
Playing football.



Brooke Pardon (9)  
Going to Carter's Mountain to pick apples.



Mariposa Seitz (10)  
Hiking.



Sophia Cubahiro (11)  
Pumpkin picking.



Graham Twente (12)  
Decorating my house with Halloween decorations.



## Students Sing on 'American Idol'

Caroline Tyler  
Staff Writer

Three Freeman students spent their last day of summer waking up at 4 a.m. to showcase their musical and vocal skills for the

Richmond "American Idol" audition.

Juniors Jake Perkins and Ravanbakhsh Inayat-Khan and senior Rachel Wilson come from diverse musical backgrounds, but they all embodied their distinguished personalities for the panel of the TV show's produc-

ers. Although Freeman's talented applicants did not receive an offer for the upcoming season of "American Idol," the learning experience left Rachel, Jake, and Ravon inspired and excited for their future paths in the music industry.

## How was the audition experience?



Rachel Wilson, 12



Jake Perkins, 11



Ravon Inaya-Khan, 11

Rachel was prepared for her soulful pop audition thanks to her performance experience in several Freeman musicals, SPARC Youth Performing Arts shows, and seven years of chorus, three of which were at Freeman. She described her tryout experience as a multi-step process where she faced three rounds of encouraging producers. Rachel elaborated on the process.

"They asked me to sing again and again," she said.

She sang three different songs to three different producers until one producer asked her to continue singing other pieces. Her collection of "Fallen" by Alicia Keys, "When We Were Young" by Adele, and "Stone Cold" by Demi Lovato showcased her vocals and artistic style of music. Although she "didn't expect anything," the producer was impressed with her great voice and hoped to see Rachel re-audition in the future. With more practice on "performance skills and confidence," the producers affirmed that she would be an excellent candidate for a future season of American Idol, though not the current one.

When not practicing as a Freeman varsity football or track athlete, Jake Perkins finds time to create, edit, and upload country music covers to his YouTube channel. Perkins has a background playing drums in the Tuckahoe Middle jazz band and began playing the guitar in eighth grade.

He said his musical talent is best reflected in his audition song "Thunder Rolls" by Garth Brooks and his collection of classic country cover performances. The producers appreciated Perkins' well developed style and "amazing voice," but he was also ultimately not selected for American Idol's 17th season.

Perkins explained that he doesn't believe they were looking for a country artist because "the previous season was very focused on that genre." He thinks that the producers desired vocalists representing other musical genres.

In reflection, the young musician believes that the audition was great preparation for bigger events in the future and that it was helpful prompting him to find his "voice and tune."

Ravanbakhsh, nicknamed Ravon by his friends, channeled his unique "American roots" musical style in his performance of "You Win Again" by Hank Williams. This audition for American Idol was simply a continuation of his passionate and perceptive journey with music.

Ravon believes his authentic voice can be attributed to his attention to his talented family, rather than a formal background studying arts or music.

"I believe I would have been influenced to adopt a more conventional voice if a music teacher instructed me on singing and performance. Instead, I am self-taught, which has allowed me to develop myself organically."

Wearing his famous cowboy boots, Ravon commented on the suspicion that "everyone with cowboy boots was turned away [from the audition]."

He now has a better understanding of the overall music industry and eventually would like to move to Nashville, Tennessee to work as a country songwriter, and later as an independent artist.

## ~ Student Art ~ Showcase



PHOTO: GRACE POWERS

Before the clay dries, the students must stamp their piece with their signature. To the right, Lauren Marcey (12) demonstrates this process.



PHOTO: GRACE POWERS

Ms. Jones would like to give a special thanks to Ms. Ciokan for helping the art students use the new 3-D printer. Without it, students would not have been able to create their stamps.

Beth Jones, art teacher, had her Ceramics II and III students create signature stamps to mark each of their pieces throughout the year.



PHOTO: GRACE POWERS

Olivia Wright (12), a Ceramics III student, shows a finished pot to the left with her signature clover stamp. "Why not choose something lucky?" she said.



PHOTO: GRACE POWERS

## Announcements in New TV Studio

Steve Ulrichs  
Staff Writer

Every year students have started their day with announcements projected at the front of the classroom. However, this year there is no projection; there is only a voice over the intercom. Freeman has not abandoned the morning announcements but is building a new television studio that is more appealing and accessible to everyone.

Students in the Video and Media Tech class produce the morning announcements each day. The old space made it difficult to run the class due to the separation of the classroom and studio spaces. In the new area, however, the studio and classroom will be a shared space. This way, Rae Linas, photography teacher, can be in one room with all of her students at the same time.

"When you have a class of 20 students and only nine can be working on the production, we had to go back and forth between two rooms which just wasn't very conducive for a class," Mrs. Linas said.

This change will also allow more teachers to view the morning announcements. The new broadcasting technology will stream the morning announcements via the internet. Teachers will no longer need functioning VCR cables to view the announcements.

"Many teachers couldn't tune in due to VCRs not working and connectivity issues. The old way was on analog, which is outdated. The new way will be digital, which is the norm for today. Teachers will open the broadcast stream and stream live to the class from their computers. This

is something every teacher has access to and will be able to do," Mrs. Linas said.

"The show will be archived so students can go back if they missed something and watch it again," said Mrs. Linas.

Junior Nick Walker worked on the announcements both this year and last year. Nick said live streaming the announcements this year will be a "significant change" from the way the class broadcast last year.

"Instead of going live everyday, we would record the day before. We would record after setting up pictures and setting up the teleprompter then play it back through the PA system. After we played it through that, we would record the next session," Nick said.

Despite the change, Nick feels confident that the new way of broadcasting offers "a lot to learn and [opportunities] to get new experiences."

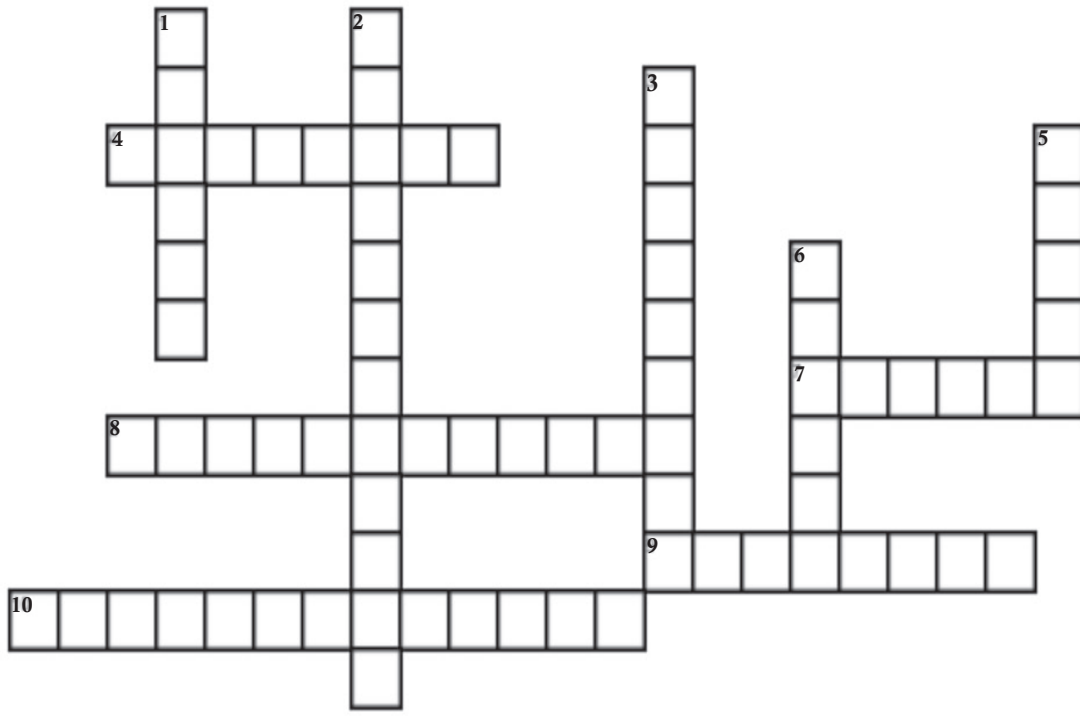
While the student anchors and crew are excited for the new studio, most Freeman students have mixed feelings about how the new studio will affect the viewing experience.

"I didn't notice any problems with it and I doubt most other people did either. I don't feel like the new studio was needed but I am still looking forward to watching the new announcements and seeing what is different," said junior Tommy Manning.

The new studio is still under construction, and "we just don't know exactly when it will be done yet," said Mrs. Linas. In the meantime, make sure to tune in to the morning announcements in the next couple of months to see Rebels live in the temporary broadcasting studio.

## Fall-Themed Crossword

Complete the crossword below.



### Across:

- 4. Many students attend Freeman \_\_\_\_\_ games on Friday nights.
- 7. another word for the fall season
- 8. Starbucks introduces the \_\_\_\_\_ latte every fall.
- 9. the month after October
- 10. People carve faces into pumpkins to create \_\_\_\_\_.

### Down:

- 1. "It's \_\_\_\_\_ season!"; another word for scary
- 2. A holiday where families spend the day together and eat a big meal, usually including turkey
- 3. October 31; many kids dress in costumes and go trick-or-treating on this day
- 5. nut that falls off an oak tree
- 6. In the fall leaves turn yellow, red, brown, and \_\_\_\_\_.

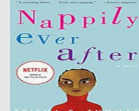
Check out [thedsfcommentator.org](http://thedsfcommentator.org) for the answers and more articles:



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Freshman Rapper Chris Rouck  
Julia Cassidy



Movie Review: Nappily Ever After  
Braxton Berry



Meet Freeman's Therapy Dog: Gus  
Caitlin McSorley



"Working at Starbucks When You Hate Coffee"  
Maggie Flournoy