

TRENDS

LOOKING FOR INSPIRATION
FROM THE PROS & OUR PEERS



Meghan Percival – McLean High School, McLean, VA

Erinn Harris – Thomas Jefferson HS for Science & Tech, Alexandria, VA

Oh- IT'S ON!



Valerie Penton Kibler

2 hrs · Edited · 

Hey Mary Kay DownesErinn HarrisMeghan PercivalAnthony Whitten We're throwing down the Virginia challenge - which of our camps this week can do the most online and social journalism? Let the games begin, friends! #jmujcamp Chris Waugaman, Bradley Wilson, Brad Jenkins, Ryan Parkhurst, Kelly Furnas and I think we've got this!

#GYE2014



#jerdwar

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*Want to share some
of these ideas with
your staff?*

yearbookbesties.wordpress.com



Meghan Percival – McLean High School, McLean, VA

Erinn Harris – Thomas Jefferson HS for Science & Tech, Alexandria, VA

What do you think of
when you think of
TRENDS?







dash

Here's the totally hot essentials every girl needs.

You'll feel terrific in this summer wardrobe that can't keep still. You'll find this total look at your nearest Kmart...priced so you can afford to indulge.

"Dash" makes it easy. Take on your own style. The look is simple, easy going... and very clever. Fun and confidence shine through this whole collection of living wear co-ordinates. Choose from sun-ripened colors, sizes range through S, M & L. Turn summer upside down, and inside out in "Dash". On sale now until Friday October 31st while stocks last. Fashionable footwear also available.



Kmart
the place for fashion

super Kmart
the place for fashion





What are the fashion
trends of 2014?

LOOK
AROUND

WHAT DO FASHION TRENDS HAVE TO DO WITH YEARBOOK?

Your book should look like you.

Just because you can doesn't
mean you should.

Play to your strengths.

You can't do everything.



What's the one 2015 trend that looks good on every yearbook?

**REMEMBER
YOUR READERS**

ALL BOOK
COVERAGE
DEVICE

"Jumping off the cliff was an amazing feeling. Being able to do this with my friends was a really great experience that I will never forget."



did you see **RYAN MITCHELL?**



FIELD HOCKEY TEAM
SPENDS TIME AT LOCAL
BUSINESS TO RAISE
MONEY FOR THEIR
SPONSORSHIP PROGRAM

BY HUNTER KENNEDY

SUDSING UP FOR BUCKS

HANDS COVERED IN suds, **JENA STEVENS** and her fellow field hockey teammates, held a fundraiser for their team over the summer. "We raised over \$700 and we plan on using the money for our field hockey tickets and the end of the season banquet," Stevens said.

The girls spent the day washing cars at the Bark 'n Wash. "There was only a few people who came to gift their car washed and it was a lot of fun playing with the soap and hanging out with my team," Stevens said.

Bake sale items were also being sold to contribute to the fund raiser. "We had a good amount of people come in and we were also running a bake sale so that raised a lot of money as well," Stevens said.

Since Stevens was an incoming freshman, she got to spend time getting to know her teammates. "It was a good bonding experience and we raised a lot of money for the team," Stevens said. *JKS* ■ *Photo by Stevens*

YOU TELL US: THIS IS HAPPENING

ALYAH JOHNSON JULY 23

"This summer I went to the JAY-Z Rock and Roll Hall of Fame concert. It was one of my best summer memories and it was such a great experience."



BROOKE DIAH STANLEY JULY 21

"I was excited for driving school this summer with my mom because it got me a lot closer to me getting my license. I also wanted to spend time with my mom and I wanted to get to know her better."



DURONNA SALCICH AUG. 3

"I went camping in Montana over the summer and I had a lot of fun with my family. We went boating, swimming, and it was a really good trip."



MARIAH HERNANDEZ AUG. 9

"I was going to my friend's house for a family dinner. I was looking forward to all of the delicious food and spending time with fun people."



DAVID DASHAW AUG. 13

"I play guitar and I made a video on YouTube for my girlfriend. I'm trying to get my name out there and I'm trying to do what's really cool to do."



SHELBY LELIASH AUG. 12

"This was right before I left for California. I was really excited to go back and explore. It was my favorite place ever. Disneyland. I really liked spending time in a different place."



BRIGGIANA BURCH AUG. 17

"I know I haven't made the best decisions along the way but sometimes the best decisions aren't supposed to be made. Maybe for the better, or the worse."



Field hockey, vacations, freshman orientation | June 6 - Aug 18 | 013

DO YOU SEE THE FRESHMAN FRENZY?

LINK LEADERS
GRANT CLASSEN
OF 2017

EXPLORING THE NEXT
steps in the sophomore
classroom, **CHLOE CALD**
takes part in the annual
Freshman Orientation to
meet the new students and
teachers the first day. "I am
real happy that they provided that
for the freshmen, so they
can figure out new school
systems," Chloe said.



YOU MAY NOT KNOW THE NUMBERS



CARS WASHED
17



DOGS WASHED
43



\$ MONEY RAISED
860



22 OF 32 PLAYERS



SOLDING COOKIES TO a field hockey
supporter, **ALYSSA GOODEY** and the
field hockey team put on a fund raiser.
A lot of the players' families came out to
support the team. Alyssia said, "I think
the people who assisted their car and dog
washout." Alyssia said, "The best part
was getting to spend time as a team
and being able to work as a team." **JKS**

REACHING OUT reaches money for the field
hockey team. On Saturday August 17 the
field hockey team hosted a car wash.
and a bake sale to raise money
for equipment and new uniforms, the field
hockey team was busily working on their
fund raiser. Alyssia said, "We had a lot of
people supporting the team. Alyssia also got
to work with her team and the
wives who assisted their car and dog
washout." Alyssia said, "The best part
was getting to spend time as a team
and being able to work as a team." **JKS**

FOR A FRESHMAN the first year of high school
is a year of new experiences. **CHLOE CALD**
had a fun experience at the field hockey
fund raiser. "It was cool to see everyone
dancing with their signs and with their
school spirit wearing red and green,"
Chloe said. Alyssia said, "It was a great
experience for the field hockey team to
work with us, and we also
got to know them better." Alyssia said.

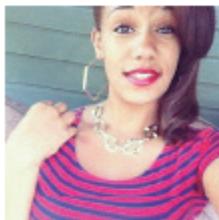
WALKING A CAR wash sign
and dancing at the fund raiser on August
10th. **MICHAELA PHILLIPS** and **ACRONA**
CHLOE CALD tried to raise money.



YOU TELL US: THIS IS HAPPENING

ALAYNAH JOHNSON JULY 23

"This summer I went to the A\$AP Rocky and Wiz Khalifa concert. It was one of my best summer memories and it was such a great experience."



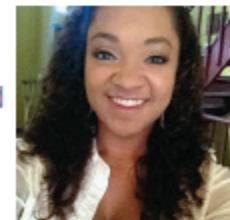
BROOKE LYNN STANLEY JULY 31

"I was excited for driving school this summer with my mom because it got me a lot closer to me getting my license. I don't want to depend on other people to get me where I want to go."



DIANDRA BALDWIN AUG 3

"I went camping in Montana over the summer and I had a lot of fun with my family. We went boating and hiking and it was a really good trip."



012

spread by

hunter kennah

ALL BOOK COVERAGE DEVICE



EXPANSION PACK In the short distance from the pyramid to the van, senior Farrah Llanes, junior Sophie Salazar, and senior Nicole Padilla squished in the back. "All fourteen of us were in the back of the van because we didn't want to walk the extra mile back to the campsite."

IT WASN'T EASY

it never is The Wingspan staff struggled to find the perfect theme for the year, but tragedy changed their direction

STORY / PAGE BELL // PHOTOS / FARAH LLANES, KIM PADILLA, LACI RAKESTRAW & CHRISTIAN SANTOS

The Wingspan yearbook staff started school early. They traveled 335 miles away—one adviser, fifteen students, a five-day camp, an eight year legacy, and an undefined level of pressure building.

"We were all very nervous because we were such a fresh staff. We weren't sure what our theme was, let alone how to create the kind of book we needed to create to meet the quality of years past," senior Mia Acosta said. "But camp gave us the opportunity to create a theme we all loved, and even with 'It's Not Complicated,' we knew the process would be."

And she wasn't kidding. The choice wasn't an arbitrary one. Deciding on a theme was quite a process, one that involved several discussions of ideas that were thrown into discussion over summer vacation.

"When we initially discussed our theme for the year, we got together to watch commercials that were engaging and inspirational in some way. We liked the 'it's not complicated' AT&T ad campaign," Brown said, "but we never intended to use the slogan as our theme. But after going through other theme ideas we came back to the simplicity of that phrase. At camp we presented the theme to the journalism gurus for critique. It took a lot of work to complete our theme packet, but we thought about it, developed spin-offs, and took critique ideas into consideration. We created what we thought

would be a solid theme. At the end of the week, we had even been chosen as one of the top ten theme award recipients. We thought we were set."

Camp ended and the staff arrived home just 12 hours before they would attend their first-day-of-school classes with the rest of the student body ready to begin documenting the year. But within a couple of days, the tone of the year was proving to be more and more complex than we could have imagined.

"The student body was traumatized by the deaths of Kaylan Carter and Bruno Diaz. It affected every single person," sophomore Dominique Faubert said. "We knew our theme could never properly represent the tone of our school year. We changed the theme to 'It's Complicated' because this was a better way to define our book and define our year."

"We decided that it would be a slap in the face to develop the theme 'It's Not Complicated' when the first two weeks and events leading to those first two weeks were beyond complicated. Loss is not an easy emotion to navigate," Brown said. "We couldn't end our opening copy with the line 'It's not complicated,' flip the page and write about the impact of losing two students," Brown said. "We changed our theme to 'It's Complicated' because that's exactly what it was."

THIS WAS A BETTER WAY TO DEFINE OUR BOOK AND DEFINE OUR YEAR

DOMINIQUE FAUBERT, 10

it's simple

yearbook is also date nights, deadlines, meals and bonding

"We sit down, tell jokes, and make lunch of each other, but we don't take it too harshly. We have a lot of different ethnicities on staff and it's really fun to see what the families bring in on their night to provide dinner." ALICIA MUÑOZ, 11

"I like sitting around with everyone and just talking. I don't really get the chance to have sit-down meals with my family at home. It's nice having a second family to sit down and have dinner conversations with." DEREK LI, 11

"I love going to school less to spend time with each other outside of school hours. Every time we come together for a work night, we grow closer than before, especially with the dinner talk." DOMINIQUE LEON, 11

"I really liked when we had Panda Express for dinner. I love that I've sat next to Alicia and Brianna for every date night we've had so far. It's so easy to make each other laugh. The three of us balance each other out." JESSICA QASHA, 11

"I really, really, really like dancing." KATIE LYNN CLARK

"I will eat your soul. Marshmallow." ZACHARY JONES

"I'm a boy and a girl." SOPHIA GRIFFIN

it's your story

"I love spending hours and stuff." KAYLEE ESPINOZA

"I really, really enjoy going fishing." JUAN ALDAGO

"Beautiful sunrise: loves pizza and art." KENDRA MARSH

"I clearly see myself as a character." BRIAN RONE

"I'm a fan and loving kid." KARENIA SABEL VILLANUEVA

"Spain, Italy, Mexico, here I come!" MICHAEL SANZ

"Drawing is my passion in life." NERI CHAVEZ

"Calm, funny, athletic, smart, and kind." DRESEAN RANDELL

"I am my life, living every day." MARIANA GONZALEZ

"Funny, athletic, smart, inspiring, chasing hope." ELLIOTT MEZA

"Love cars, church and chocolate milk." BRIANNE LAZAR

"Breathe! Smile, laughter, joy, fun, love." REBECCA JARRETT

"I like to party, a lot." MARCUS WHITE

"Can be funny, everyone knows it." MARCUS CONDE

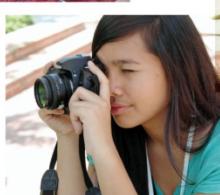
"I like heka load. Love heka load." THERESA RANDOLPH

"I like trolling and getting tall." ISRAEL MELONIEZ

"Big family and good to come." NICOLAS MONROE

"Gorgeous, athletic, funny, friendly, lucy, fun." JULIAN CHEWS

"Argue like a muckster, have fun like a kid." NATALIE O'MEANY-LUCAS



1. CAMP HOMEWORK While waiting in line at the In-N-Out truck, junior Farrah Llanes practices her photography. "My photography class got me started," Llanes said. "I was really into it and I wanted to continue it outside of school."

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ALL BOOK COVERAGE DEVICE

COMING TOGETHER On the first day being in D.C., Alexandra Brown and the other 50 journalists were sent over to the Newseum for the first time where they were introduced to the media. They were asked to sit in a circle and sing along in front of a broadcast camera and then we played a game of journalism trivia that immediately revealed who knew the most about our field's history. I was one of the people who knew the most and I was asked to answer the first questions right. My group was pretty bad, but we ended up winning. Two of the kids in that group were people I now consider to be some of my best friends, Brown said.

NOT YOUR ORDINARY SUMMER AS STUDENTS FIND EXPERIENCES OF PERSONAL growth

STORY / JUUA MENDEZ // PHOTOS / PROVIDED BY STUDENTS



US YOUTH SOCCER NATIONAL CHAMPIONSHIP—ASHLYNN JONES, 11
"This summer my soccer team, Bay Oaks Rotafofo, competed in the US Youth Soccer Regional in Hawaii and qualified for the National Championship in Kansas against the top 15 teams in our nation. It was so exciting to be a part of something so big. When we returned from Hawaii, we were recognized at AT&T Park during a big game. We were actually on TV, and it was one of the coolest things I've ever experienced. We walked out on the field and there were people surrounding us. Just looking around and seeing all these people made me think, 'wow, this is how it would be to play professionally.' I felt really important. It was my summer ever."

**I FELT
REALLY
IMPORTANT.
IT WAS
MY BEST
SUMMER
EVER.**

ASHLYNN JONES, 11

SPAIN, A SECOND HOME—JAMES WAID, 12
"My family and I go to Spain for a month every summer to see my mother's family in Bilbao. When we arrive family flocks from all over Spain to see us. After family time, I enjoy traveling and exploring on my own. Over the years I have built relationships and occasionally stayed with friends. There are several people who I've known since I was three or four years old. With social media, we talk regularly and hang out every chance we get. Traveling has taught me to open up to diverse cultures and has made me more aware of the world. I have been traveling since I was a little kid and the experience has shaped my future of studying international business while traveling the world."

SUMMER SPANISH IMMERSION ACADEMY—DAVID ALTMAN, 12
"My junior year, Mrs. McCarthy handed me an application for the Al Neuharth Free Spirit Journalism Conference. I had to write two essays. One applicant from each state and Washington, D.C. was chosen for an all-expenses paid trip to D.C. for the week-long convention and scholarship and I was chosen to represent California. The first morning there we saw David Gregory from 'Meet the Press.' We had opportunities to meet other journalists professionals as well. With only fifty-one recipients of the award, we grew close as a group. We didn't have a lot of free time, but we found ways to have fun. We still keep in touch. I am one of the few kids that can say I have a Twitter follower from every state. My perspective on life has changed: I am more open to taking chances which I guess makes me a 'free spirit.'

**IT WAS
MY BEST
SUMMER
EVER.**

ASHLYNN JONES, 11

I WANTED TO TAKE AP SPANISH THIS YEAR, but I didn't really feel prepared. I found a four-week immersion academy in Southern California at Pomona College. We were not allowed to speak English at all during the program. I knew a decent amount of Spanish when I got there, but it was still difficult to speak entirely in Spanish. We took classes for four hours each day and had regular class instruction with a professor who taught grammar and discussed cultural ideas with us in a traditional classroom setting. If I couldn't think of a word in Spanish, I had to describe it in words that I did know or act it out. We were allowed to have a Spanish-to-English dictionary, but using it was discouraged. The academy was a great experience, although really frustrating a lot of the time, but definitely a worthwhile experience."

SUMMER SPANISH IMMERSION ACADEMY—DAVID ALTMAN, 12



3. REFLECTING BACK On graduation day at Pomona College David Altman talked about his experience. "I was so proud and relieved that I finally got to go to four weeks without speaking English. When we got back from my Spanish class for casual passing phrases like 'permiso' instead of 'excuse me' or 'de nada' instead of 'You're welcome,' said Altman. "I was so happy to be able to speak Spanish with her soccer team for a group photo. "All I was thinking was 'My team deserved this.' That was our last game prior to Nationals and we decided to have a team name. It was us, Jones said. "I'm just thankful to be able to do what I do."

**it's simple
summer is time for family
and new experiences**



4. JUNIOR OLYMPICS polo was one of my favorite experiences this summer. My teammates were from all over but we had great chemistry and we learned a lot about ourselves and what we can achieve if we work hard enough.

AVER PETERSON, 10
"Spending time with my family over summer break is something I really enjoy. We laugh a lot. It's nice to make memories, travel to different parts of the state, camp, check out the sights and try new things. I love it!"

KAMILA LOPEZ, 11
"I am a bow shooter and I am really good at it." CHEYENNE MASON
"Look out, the world is yours." JARED PRICE
"I've been dancing with my wife all summer." KAREN TRED
"I've been dancing with my wife all summer." MIRIAM GARCIA

LOVE at first serve

A CHALLENGING SEASON PUSHED THE GIRLS BUT THEY BOUNCED BACK

STORY / CHRISTIAN SANTOS // PHOTOS / CHRISTIAN SANTOS, FARRAH LLANES & KIM PADILLA



1. BALLY BLAAT: Seconds before her opponent releases the first serve, senior Angela Sollesta assumes the counter attack position. "At first I get nervous," Sollesta said. "Then I remember Coach Herring telling me to relax and take a deep breath." 2. VICTORY VOLLEY: Senior Monica Poole serves the ball back to her partner as a pass back to a teammate. "I'm happy during practice when I put all thoughts out of my head and just spend time with my team," Lawson said.

A

fter a string of impressive and undefeated seasons, girls' tennis got caught in the net.

"When we lost everything to Gregori, we all went home and thought, 'Omph, that was embarrassing,'" sophomore Lauren Turner said. "Everyone reacts differently. Usually the higher spots get a little more upset. I was in doubles so I had my partner to cheer me up, but it brought the top girls down quite a bit."

"I let my emotions get in the way of how I played against Downey," sophomore Nicole Apostol said. "It ruined my game because I lost focus. When I made mistakes I got mad. I thought to myself, oh my gosh, this is too much pressure. I became completely tense, so I screwed up my game. I was in a funk and beat myself up. I tried as hard as I could, but I knew I was not playing my best game. What's the point? So I gave up on myself."

"There were a few moments when some of the girls went into tears after they lost their matches," senior Monica Poole said. "The emotions just got the best of them. We knew we weren't going to be winning MMC because we were training from the very beginning with nearly the whole team. We were a team with a lot of new players, so Canina Estrada and I, the only advanced players, had to mentor the new players."

"If I knew I could beat an opponent, then the fact that I didn't would always bring me down," sophomore Chelsea George said. "Just one bad game would bring me down. The pressure would be all on me and I knew if I made one mistake I would lose. It was disappointing. It was hard to know when I was losing that I wasn't going to catch up."

Tennis proved to be more than simply a battle across the court.

"Tennis is personal game," Turner said. "In tennis it's not about 'we' as a team do so much as it's about how 'I' do. It's my responsibility to practice more on the weekends. It's up to me to put the effort in to improve next time I step out on the court."

Despite the obstacles they faced, the girls were glad to have been able to push through the season together and focus on the reasons they should rally back next year, like the funny little moments that made their experience memorable.

"One time I tossed a ball for a serve and completely missed, so I hit my own shin," Apostol said. "I felt so embarrassed."

"I did fall during one of my practices. It was a hilarious sideways, really over-dramatic fall," Turner said. "The entire team laughed their butts off. Even though we didn't do as well as we have before, I'm really excited for next season. We grew a lot closer than we did last year. I'm going to take some lessons next summer and compete for a singles spot. I'm looking forward to it quite a bit."

"We always poked fun at Coach Herring," Poole said. "I was the jokester on the team. If I didn't have tennis, I'd be a very boring person. I'd go home, finish studying, and watch television. I've met so many friends and interesting people through playing tennis. It gave me an opportunity to branch out. When I was eleven, it was just something my parents wanted me to do during the summer, but I grew to love it."

"We have definitely improved," George said. "Each of us got a little better day by day. Sometimes when people join teams, they're afraid they'll be excluded, but it was a friendly group of girls who made us all feel like we belonged. We may have had to go through losses and funks, but we went through them as a group. I wouldn't change anything."



it's a
no-brainer
court catchphrases
and team insiders

3. GAME FACE: While the rest of her team watches from the bleachers, senior Monica Poole works on her serve. "I'm number one in singles and I'm in the mindset of the game," Poole said. "I just want to be totally focused on hitting the ball and not thinking about anything else."

4. DOUBLE TROUBLE: Sophomore Lauren Turner chuckles after her doubles partner, senior Monica Poole, tosses a ball she had been juggling on her racquet. "Girls get close with girls near them in the ladder, so I got really close with Sharmayne," Turner said.

5. COACH HERRING: Coach Herring always says, "This is the big leagues!" and "We're getting ready for the Olympics!" He yells, "My Grandma Pat can do better than that! And she has no arms, no legs!" His phrases are funny and they help."

6. TATIANA KELLY, 11: Tatiana Kelly, 11, was nicknamed "Chow Mein" because a teacher took roll freshman year and said, "Chow Mein?" and I said, "No, it's Sharmayne!" Apparently there was a girl who ordered "Sharmayne" at Panda Express, and it stuck."

7. SHARMAINE REYES, 11: "Soccer is my life, or death," Sharmayne Reyes, 11, said.

"Love dancing to my heart beat."
JUAN MUNOZ-PEREZ

"Good things won't always come easily."
BROOKE KELL

"I don't know what to write."
LAURENCE POOLE

it's
your
story

"The power of Christ
compels you."
DANIEL OLAUNVI

"Hopped the border
God in education."
ANTHONY REED

"Water polo player
swimming through
life."
MEGAN SCHOOOMAKER

"Now that, new you.
Not you."
KARINA MELLENDEZ

"I'm chilling on the
beach. WOO!"
DEVIN MAY

"Good girl and
you know it."
ANDREA RINER

"Can't keep my
secrets to myself."
MIYAKA GRISBY

"Home so big, and so
hopeful."
JACOB MCNEILLY

"I would like to ride
trotters!"
AUSTIN DOTY

"A wise man once
told me that life
is like a box of chocolates."
THERON HO

"I like to answer
different questions."
HARMETTE SINGH

"It's a pastime, not
a passion."
MICHELLE LAYNE

"A soccer player
always looks for talent."
BRENDEN WILSON

"My name's Angel,
and I'm cool."
ANGEL GARCIA

"I'm a plan that's
coming true."
KELSEY NICHOLS

"Use your life
to make a difference."
ASHLEY GUTIERREZ

"I always ride
my pony."
RICHARD CUEVAS

"The simple
things are so
complicated."
JAMIE OLARTE

"Soccer is my life,
or death."
RAHUL NADAN

ALL BOOK
COVERAGE
DEVICE

"Love dancing to my
heart beat."

JUAN MUNOZ-PEREZ

"Good things won't
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it's
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story

"The power of Christ
compels you."

DANIEL OLANIYI

"Hopped the border.
Got an education."

ANTHONY RUBIO

Enoch HS 2014

ALL BOOK COVERAGE DEVICE

HIS INSPIRATION

MOWER SHARES THE ARTISTS THAT INFLUENCE HIS WORK

SKYLAR GREY
"I found a video of her singing and piano and I started to hear her music and I wanted to learn how to sing and play piano."



ELIE WOLKERS
"Hearing her available voice and the fact that she can play multiple instruments and she can write her own songs."



SHAWN MENDES
"I really like his song 'Love Me' and I really like his voice but I also like the fact that he is a songwriter as well."



2. PRACTICING HIS MUSIC AT HOME

Grant Mower, 14, plays one of the many instruments he owns, his piano. "Someone can say something to me and I'll write down little ideas. Eventually they just kind of come together," Mower said. **3. AT TALENT SHOWS AND COMPETITIONS** In Grant Mower's 5th and 6th grade year, he auditioned for a talent show at his school. "My mom and dad told me there were auditions at Disney, but I didn't really have much interest in it, so I didn't want to audition at first. Then I thought that this could be a big chance for me," Mower said. Photos: courtesy of Grant Mower



1. PERFORMING AN ACOUSTIC VERSION OF PUNK'S "JUST GIVE ME A REASON" Grant Mower, 9, shows how far he has come in his artistry. "I love singing and playing music because of the amount of emotion you can put into it. I like to convey feelings with my writing," Mower said.

Photos by Elie Wolkers

4. AVAILABLE ON ITUNES

Grant Mower's song, "Loving," continues to be purchased by lots of friends and supporters. "It wasn't something where I thought, 'I need to write a song,' I learned sitting there on the piano, and the lyrics just kind of came to me. It was a very organic thing," Mower said. With help from a professional, Mower was able to record it in a studio and make it available for anyone to download. **5. APPEARING ON TV** Grant Mower, 9, is shown on the premiere of Denver auditions for The X Factor. "I think if I had been less nervous and more charismatic, I would have gotten further. But still, I got my face on TV," Mower said. Photos: courtesy of Grant Mower

Photo: courtesy of Grant Mower



GRANT MOWER

BY ELIE WOLKERS
ONE BOY'S JOURNEY INTO MAKING IT IN THE MUSIC INDUSTRY

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GRANT MOWER
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FRESHMAN

TAOOR

A LEGEND IS A PERSON

SYDNEY POOLE, 9
I AM SPIDERMAN TO MY FRIENDS"

MOLLY BARON, 12
"TRANSFERRED SCHOOLS, BUT I FOUND MY WAY."

CARSON SUTHER, 9
"LIVE LIFE LIKE YOU'LL DIE TOMORROW"

PATRICK FERRELL, 10
"TODAY LOVE IS A LOST ART."

EMILY SABALA, 10
"I HATE CREEPERS, THEY'RE THE WORST."

JENNY BELL, 11
"VAGUENESS MAKES AN INDIVIDUAL GENIUS."

TIJANA ESPINOSA, 11
"I LOVE YOURSELF OR NOBODY WILL."

TAYLOR BARRELA, 12
"I HAVE MOST DEFINITELY UPGRADED NOW."

Not everyone can say they've tried out for a national talent show, or even put their own song on iTunes. For freshman Grant Mower at only 14 years old, you could say he's accomplished more than the average ninth grader.

"I didn't really get into singing much until I was about eight or nine. I joined choir in sixth grade and I loved it," Mower said.

It was his choir teacher that landed him his first ever solo, and truly helped Mower's love for singing grow. Every singer has got their own inspirations, but something as simple as stumbling upon a video is what showed Mower what he could really do with his voice.

"I got really into music in about seventh grade when I found a video of Skylar Grey playing the piano and singing. After watching her I decided I wanted to teach myself how to play the piano," Mower said.

With his heart full of inspiration, trying out for The X Factor was the next step in his journey.

He knew it was a long shot, but told himself that even if he didn't make it, the experience would make it worth while.

"I got cut at the third round but I don't think it was because of my voice, I don't articulate who I wanted to be as an artist," Mower said.

As Mower continued doing what he loves his own way he started writing songs and putting them on iTunes.

"I'm less about the singing but more about people hearing my lyrics, I try to put a message in all of my songs, so they aren't pointless. I want to make a difference with my music. Even if I don't become a popular artist, it doesn't really matter to me as long as my music is able to affect people," Mower said.

ALL BOOK COVERAGE DEVICE



ATTENTION GRABBER The Sunday phenomenon before school opened senior Stacia McMullen chalks her parking spot to prepare for the first day of school. "It was a great way to kickoff our last year here. It made me realize I was finally in senior," McMullen said. (photo by Sarah Littauer)

CHALK it UP

SENIORS DECORATE THEIR PARKING SPACES

Q Why did you want to chalk your parking space?
A Since I was a senior, this was a fun way to get it all started. I parked beside my friends so it was neat to see what everyone came up with.

Q What did you draw?

A I drew a flower in the middle of my parking spot. I tried to draw a flower, but that didn't work out as planned. So I drew something different.

Q Did it make you excited to start your senior year?

A It brought everyone together, and it was cool to see everyone before school started. Pulling into the senior lot and seeing all the decorated parking spots was neat to see the morning of the first day of school.

— Stacia McMullen, 12



WELCOME BACK On Aug. 26, the first day of school, seniors Allie White and Chandler Beatty greet the seniors as they drive into the senior part of the student parking lot. They served "Bingo" issues to the seniors. "We wanted to welcome everybody back while also having fun and laughing a little. This was especially important since it was the first day of school and we had to say 'BACK TO SCHOOL' to the campus cheerleader Payton Cullen, paint the senior rock at the entrance to the senior parking lot. She changed "Class of 2017" to "Class of 2014." "It felt good to be a part of the school's first day of school. It's nice to see the seniors do every year, and I think everybody would get to experience it," Cullen said. **FRIENDLY FACE** Car riders are greeted by sophomore class president Amer AlAbaid as they arrive for the first day of school. SGA members Amer AlAbaid, 10, and Allie White, 12, are in the parking lot. **CLEAN CUT** To make the campus look good for the students' arrival, senior Josie Kuznetsova cleans the senior parking lot while other seniors use chalk to decorate their parking spaces. "We really like to make the school look nice. It's a place we call ours and a place we spend a lot of time at so it was important for me to be there and volunteer," Kuznetsova said. (photo by Sarah Littauer)



SAY HELLO
SGA WELCOMES STUDENTS BACK TO START ANOTHER SCHOOL YEAR

Rushing through Wal-Mart at 10 the night before the first day of school, senior Mallie White picked up the last-minute spirit wear she would need to welcome students back the next morning.

The feelings she had about going back to school were bittersweet. It was her senior year and the last time she would be a part of the Student Government Association's tradition of welcoming students back to school.

"With it being my last year, it was fun to act completely ridiculous and have a lot of spirit first thing in the morning," White said. "Some people don't get as excited about school as I do, so it was important for me

to do all I could to get them excited and ready to go.

Being part of the SGA welcome crew give me a chance to start the school year on a positive, energizing note while helping others to feel the same way.

The SGA representatives arrived on campus before 7 a.m. to make sure their posters were ready, the Bejingers' biscuits were out, and they were in their assigned positions around campus.

"I realized how much I would miss the opportunities at West," White said. "I won't hold the level of leadership in college that I do with SGA. I feel like my voice and my ideas are heard, but in college, it'll be more difficult than that," White said. "We'll be at the bottom of the food chain again."

WORDforWORD

DO YOU KNOW THE ALMA MATER?

To thee our Alma Mater,
we pledge our love so true,
We dedicate our _____,
the red the white and blue.
In these our _____ of
learning, true knowledge you impart.
May you remain forever within our _____

Thou art a light to guide us,
_____ always strong, our source
of inspiration.

To teach us right from wrong, Thy
_____ sons and
daughters forever we shall be,
Devoted always to thy cause in
_____ and _____

Agape' into' love' Agape' Simeon' Agape' Simeon'

10 WITH WORDS

“What was memorable about the first day of school?
 "On the first day of school, we already had so much more freedom than Aug. 26."
—Hannah East, 10

 "I enjoyed seeing everyone's reactions to our welcome back signs from SGA."
—Amer AlAbaid, 10

 "I underestimated the amount of traffic since it was my first day driving to school."
—Mariah Beatty, 11

 "The first day of school was bittersweet. SGA did a great job getting everyone pumped up."
—Katie White, 12

BACK TO SCHOOL 11



TODAY I dominated

A pep rally is a commodity to all schools, and nothing trumps more to a senior than a pep rally where they are the ones in charge. Senior class, once fearing the act of a "stomper class", kicked off the first pep rally of the year with flying colors, much unlike the "not so flying colors" that would be known at school as... 2005. The class with no spirit I think we made up for the previous years of never wearing blue and wanted to make up for it by wearing blue and looking good. And Madelyn Delgado (12) considers the experience "unbelievable". "Standing on the floor and looking up, you can really see how everyone was getting into it. I think the energy was great, and I think that's the only factor. It wasn't just because we were being graded on class spirit, showing school spirit is definitely a big deal." And when asked if the pep rally was as good as the one in 2005, Madelyn replied, "I never thought about the walk in until days before we actually did it. The song was barely audible because of how loud we all were. Walking in, I felt proud of myself and my class. I think the pep rally made it. It might as well make these small moments significant ones." Many things about pep rallies are interesting but Prime and all others down to what the students thought of the pep rally. "It was a great turn out, and that made me great turn out for the first rally and I hope we keep it up because I want to go there. I will make us dress up in blue. Can't wait on AMERICA!"

8/10 The teams line up for the first play of the game. (l) Jason Yanez, (r) Sami and Karla Yanez, that were born for the home field. (l) Sami, (r) Karla. "We have to be the best in the world."

8/11 Gotta promote for the moduals \$5.

8/19 Two VIPS observe the off work.

8/20 The performance was perfect.

8/20 Written: Vanessa Martin but stills: Bryan Pinto bull. A collection of student photos, song, songs and a video of the first Noggin Gouch. Physical, but emphasis on the first. Thomas Grotta (12) reaches for the donut. (l) in an attempt to answer a question.

WE FIGHT. WE FIGHT!

8/10 The first football game of Poly history. Lights on, spectators filling the bleachers and players on the field. But the experience is completely different. Center Jake Taylor said, "After a summer of putting in the hours and the labor, the Tuesday before the game, it was on the back of my head and I get a confirmation that the best news in the world, that we're going to play football. I could have been so happy. Joke still went out and supported his team. "It still went to the game, why wouldn't it? These guys are brothers and I've been working with them for myself. With my jersey on, I sat on the bench and just grabbed the guys coming out of every play, but I luck didn't go my way on that one. I was the one that came up to the game, we lost but our entire starting offensive line is just terrible that I couldn't play. I've been working for it all summer. The players and the coaches knew that without our offensive line we were not going to be able to score. We were not going to play any less fight in us, and that made me feel better. I think once we're healthy and are back to form offensively, you're going to see a better representation of us. You're going to see us play a lot more physical and us win games."

8/10 *AMERICAN*

all are welcome in this garden

Sixth graders get started with their first retreat at Priory.

by JOHN X BING and RICHARD ZHAO

Every day, our middle schoolers undergo one

meaningful day devoted to their own retreat. The retreats are ways to explore nature and history, and reflect on their own self-interest and happiness. During the retreat, middle schoolers not only have fun, but strengthen their relationships and friendships within this harmonious community. This one-day experience leaves them with a deep impression and unforgettable memory in their heart.

This year, our sixth graders went to an on-campus retreat, during which they experienced the most unique parts of Priory while participating in many fun activities to become more familiar with each other. Their first stop was the newly-built Franklin Garden on the back hill. With assistance from upper school students as well as parents and teachers, the sixth-graders had the chance to actually take care of the garden plants and feel the fantastic side of nature. They also learned some basic gardening skills, which reinforced their practical skills as middle school students. Moreover, they began to learn how to cooperate with the Priory community,

working towards a goal that benefited not just them but the entire community.

After finishing the interesting and meaningful work in the Franklin Garden, the sixth graders had time to play and relax. They spent time in the Father Egon Plaza, where high school students organized several different and entertaining games for their younger classmates to relax themselves, and to hang out with their friends a little bit more. The sixth-graders all seemed to enjoy themselves quite a bit.

When the retreat came to the end, the last show part was the highlight and always most impressive part of the whole day. After having spent hours working and playing together, the students came together for one more activity. Led by the high schoolers and teachers, the sixth graders began a "journey" to reflect on a question to look deeper within themselves. They had just started a brand new "chapter" of their life at Priory and their awesome future stands waiting for them to explore.

How would you describe your feelings toward the middle school retreat with the retreats?



I would describe it as wet and muddy.
-Elliot Dauber (7)



The seventh-grade retreat was fun and meaningful.
-Luka Kotsmeijer (7)



I would probably say exciting and individual.
-Josh Goldbaum (7)



1. Cole French (8) prep soil for the garden retreat. 2. Carla Turner (8), Gwendolyn (8), and Johnna (8) are taking care of the plants in the Franklin Garden. 3. Caroline Smith (8) and Katie Sauer (8) bring the tools for gardening.



1. Maggie Deakoski (7) shows 2. Cole French (8) and Marissa Weisz (8) how to take care of the plants. 2. Taking the garden tools out to be a better than thought on the garden tools in some times. 3. A Priory green teacher Marissa Weisz (8), Caroline Smith (8), Jamie West (8), Alex Rhee (8), and Leah Caine (8) how to take care of the garden plants. 4. Encouraging the strength of the Priory community.



What major are you thinking of

when you start college?

1. Sam, Drama Major (7)

2. Michaela, English (7)

3. Marissa, English (7)

4. Katherine, English (7)

5. Natalie, English (7)

6. Natalie, English (7)

7. Natalie, English (7)

8. Natalie, English (7)

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Photo: Matt Zoller Seitz

"I know the difference between the real life and the stoned life. Real life is adrenalised."
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"Yes, girls can also play metal!"



Whitechapel Ready to Launch *Our Endless War*

THE DEATHCORE METALLERS RALLY THE FORCES ON THEIR FORTHCOMING ALBUM.

By Jon Wiederhorn

THE LAST FEW years of touring have turned Whitechapel into a tighter, more cohesive outfit. During that time, they've had the opportunity to watch more established bands work their magic—which in turn has inspired the group to expand its own musical parameters. No longer happy residents of the deathcore camp, Whitechapel have learned there's more to metal than breakdowns and pig squeals.

“When we did shows with Slayer and Slipknot, we saw how people reacted to their music, and we were amazed,” guitarist Alex Wade explains. “We didn't want to copy those bands, but we realized we needed to make songs that were more diverse and would sound great live and that people could chant along with and remember.”

With their fifth album, *Our Endless War*, Whitechapel have met their goal. In addition to blast beats and chugging down-tuned riffs, the band wrote passages of varying speed and intensity that flesh out their sound, whether they're ripping like Suicide Silence, lurching like Meshuggah or grooving like Pantera. “The key was →

PHOTO: C. LARRY DIMARZIO

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PHOTOGRAPHY BY
MASSIMO GAMMACURTA

NEW + COOL GUITAR

FLOWER POWER

THE BEDELL SUMMER OF LOVE
LIMITED-EDITION DREADNOUGHT PA
TRIBUTE TO THE SWINGING SIXTIES

{ BY RICHARD BIENSTOCK }

TOM BEDELL FIRST entered the guitar retail business as a teenager in the early Sixties, importing Japanese-made instruments and selling them throughout his native Iowa. He then took a break from the music industry that lasted more than four decades, during which time he earned a degree in political science from Stanford University, went to law school, did a stretch in politics working with his father (U.S. representative Berkley Bedell), and, finally, took over the family fishing equipment business. In 2007, he sold that enterprise, by then known as Pure Fishing, for several million dollars and began to plot his next move.

"I realized that the happiest time in my life was when I was working with guitars," Bedell says. With that in mind, in 2009 Bedell began designing a line of Chinese-made acoustics that bore his surname. He also formed a guitar and retail company, Two Old Hippies, with his wife, Molly, and the following year they acquired the Bend, Oregon-based Breedlove Guitar Company. Today, he oversees operations for both

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WE'LL SHOW YOU

It takes our kind of PRIDE to succeed.
WEIS SHARE THE DEDICATION IT TAKES TO REACH THE HIGH STANDARDS
WEIS STATE CHAMPIONSHIP WEIS (WEIS), THAT DEDICATION STARTED
FROM A TRUST OF PEOPLE AT GENERATION (24) AND BEYOND. WEIS HAS REACHED A
SINGLE GOAL: TO BE A LEADER IN THE MARKET (24), BECAUSE WE ARE PRIDE.

Our passion and **COMMITMENT** are reflected in every solution we offer. That's why our clients trust us to help them succeed. We're here to support you every step of the way.

When we work in **UNITY**, we are stronger.
WE'LL SHOW YOU how we contributed to Delta's last successful re-
sizing, an increase from 200 to 2000, that we review together to serve our
members' interests. Of course, our service is 100%, and that our 2000
members are not just that, but for the 100%.

WPS

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ON THE OUTSIDE COVER.

[She looks up top left.] **W**henver they said we were crowning king and queen, Doc Taddeo, 12, smiled at his classroom. Paul Carter, 12, was really surprised for the in the voting because I thought being an incoming senior, I'd be chosen. But I didn't. I was really surprised because I thought I would be chosen to be the princess. "We [the girls] didn't even know it was for a princess and we didn't even know who she looked up to me," Taddeo said. 2. **Resounding** As resounding the supply list for the senior class, Helen Chang, 12, is determined to succeed in the first job of the year. "Many was her excitement when she learned the enzymes and never lost the rate of exuberance." My goal is to bring in the most money and to have the most fun. I'm excited to bring in the money for the wedding project, says Helen. For the wedding project, she says. Chang, 12, keeps up his records. Chang takes a welding course every other school day at the Western Technology Center. "I love the class because my teacher is really laid-back, and I extremely dedicated to it to work in the same time," Chang says. 3. **Playful** The blues, Peter Parker, 12, is always up to hold a competition. "I'm always up for a competition because I'm anal, but I'm anal in 8th in the fifth grade," Grading up and Sprawling 5. **Resounding**, Linda Lee, 11, throws a full roll of toilet paper at the floor covered that bathroom and the home school. Peter Lee, 11, holds change up at the end of the game. "The four made one point each and I added to the white without images, but I was cheating it out of my brother," Lee says. Linda Lee, 11, thought changing a lot of colors would make the whole. 2. **Playful** Keeping up with the competition, Jacobs, 11, wants to be the wild dog competition chosen as her home in Padilla. New Year's Eve, C. Littman and Aden, 12, came up with the idea the night before and decided to go all out with it. "Whining the

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HERE'S the REAL STORY

AS THEY WAIT is page 10. Anthony at the Marching Band is on page 11. The senior Jack School brings the marching band to attention. "I have to be strong, because I'm not tall, before people see it. I have to focus what we're playing. However, I was sick after the first show, so I had to miss it, and I was sick." PHOTO BY FRANCISCO ESTEVEZ



IN ORDER TO understand the importance of working together, Alex Martinez began his route as the first person to complete the everyday challenge. "One person couldn't have done it by themselves, but by having other people help, it's a lot easier. It helped me get to know my classmates because it required us to work together." PHOTO BY KARLEE PARKER



PICKING OFF THE students' hair, the German crowd waits across the stage. Student Dylan picked up a lock of hair to pull back and when he did, when he cut back the students behind him caught fire and started to pull hair around. "It was a lot of fun," Dylan said. "I have always wanted to do it. It's really cool that today is senior and a experience." PHOTO BY KARLEE PARKER



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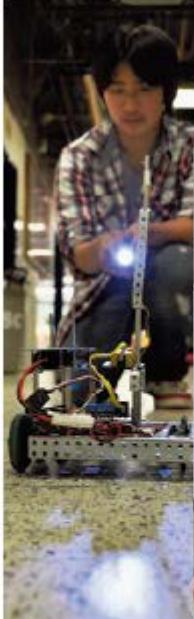
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ALL PARTS OF A PROJECT FOR ACTIVEMINDS AND KASHI DH, sophomores. Activities like these help students with an interest in robotics. The robots had to be able to find a pom-pom and turn toward it. "The idea of the project was to make sure that the students could make a robot in which the robot was able to turn and move toward the pom-pom, and the students presented on a slide," said teacher Alexi Lysik, math.

PROJECTS THAT SPARK interest in science, technology, engineering, and math (STEM) can be the key to inspiring a deeper interest in STEM. On Beach Day, students were given projects that were “off the grid.” “We tried to show students that there are lots of ways to do STEM projects,” said teacher Alexi Lysik, math. “The driving direction of our beach day was to show them that STEM projects don’t have to be just math and science.” Students and their projects included a “zipline” and photos by Mr. Miller, phone cameras by Mr. Miller,



PARTICIPATING in the beach day STEM projects were students during the summer, Alexi Lysik, on Beach Day. Students were given projects that were “off the grid.” “We tried to show students that there are lots of ways to do STEM projects,” said teacher Alexi Lysik, math. “The driving direction of our beach day was to show them that STEM projects don’t have to be just math and science.” Students and their projects included a “zipline” and photos by Mr. Miller, phone cameras by Mr. Miller,



IT'S TIME TO CHEER ON THE FRESH BACH, junior Katie Horowitz dances to “Wiggle” by Edie and the Party Dance Team. Katie, from New York, is a member of the school’s cheerleading team. She is the team captain. Katie is a member of the school’s cheerleading and dance committee. “This year, I’m the captain of the dance committee and I’m a member of the cheerleading committee, but they were chosen as our cheerleaders of the year,” said Katie, and photos by Mr. Miller, phone cameras by Mr. Miller,

slightly off

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ANNUAL judges Carson Willard, an 11th grader, with his older brother, Brady Willard, an 8th grader, to find the best. Willard and Brady built a model of the Earth and the Sun, and the judges were impressed by their idea to use “bits of our friends’ hair” (bits of hair from the judges’ hair), “bits of hair from the model,” Willard said. “It was something different,” Willard said. “It was a good idea.”

THE DANCE ON JULY 11, 2014, sophomore Greta Gaudia performed in the marching band and color guard “Circus in the City.” “The theme was ‘Circus in the City’ and the color guard has been making the band members’ costumes, so the band members are trying to complete the color guard,” Gaudia said. “We’re trying to make sure that we’re good,” Gaudia said. “Kathleen Schreyer was up on the platform that day, and Kathleen did a belly dance. “I was a part of three different groups when you dance, and I was in the belly dance group, and I was in the color guard group, but when you start dancing in groups you can see that the things you’re not practicing pay off.”

DEBATE 100, from summer 2014, sophomore Greta Gaudia, a member of the school’s color guard, dressed as a girl, shares on the marching band’s float part of the show. “It was so much fun,” Gaudia said. “It was so much fun to be a part of the color guard because the dances are performed to levels of like never seen before.”

THE DANCE ON JULY 11, 2014, sophomore Greta Gaudia, a member of the school’s color guard, dressed as a girl, shares on the marching band’s float part of the show. “It was so much fun,” Gaudia said. “It was so much fun to be a part of the color guard because the dances are performed to levels of like never seen before.”

THE DANCE ON JULY 11, 2014, sophomore Greta Gaudia, a member of the school’s color guard, dressed as a girl, shares on the marching band’s float part of the show. “It was so much fun,” Gaudia said. “It was so much fun to be a part of the color guard because the dances are performed to levels of like never seen before.”

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ON THE FIRST DAY OF IBET, freshman Stephanie Do stacks textbooks on top of a tower made of paper cylinders. The Rosenblum IBET was divided into teams that built and designed towers using only paper, straws and tape, and then tested the towers to see how much weight they could hold. "We got **twenty mini textbooks and seven biology textbooks** [on top of the tower]. It could have held more weight but the tower shifted and it finally collapsed," Do said. Photo by E. Harris

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AS PART OF THEIR JOINT HOMECOMING **ASKING**, juniors Carson Wishard and Nick Brady wait for their dates to find and untie them. Wishard and Brady had their friends tie them together with string and wound it around the courtyard for their dates to follow. "Since all of our friends had already [done askings], we felt like we had to do something different," Wishard said. Photo by H. Zhang

on the cover

1. **TWIRLING A FLAG IN THE AIR**, sophomore Kevin Chaplin performs in the marching band and color guard show "Capture the Flag." "The story that goes along with the show is that color guard has been **stealing the band members' instruments**, so the band members are trying to recapture the color guard," Chaplin said. Photo by M. Phillips 2. **REACHING OUT WITH HER HOCKEY STICK**, freshman Dana Scheetz plays on the school's **first ever freshman field hockey team**. "There are a lot of times at practice where you

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NOT COOL FOR SCHOOL: Smiling during a ping-pong game during Hello Week is a good moment. Returning to school, it's cool. Hello Week activities are a good way to spend time instead of standing around. It's a fun way to meet new people," he said.

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SUMMER ENDS AND SCHOOL BEGINS AS STUDENTS ONCE AGAIN say HELLO

Trooping up the steps of the halls for the first day of classes proved to take more effort than anyone could have anticipated for what should have been routine for everyone, well, because...

it's complicated

"On August 19 at about 3 or 4 in the morning, one of the pipes in our toilet broke. It was a very old toilet and it burst all over the floor. When I woke up, maybe thirty minutes before I normally do and everything was quite fine, but then we all had a rude awakening. We were displaced from our home for about two months. It was hard because all of our things had to be taken out and put into storage and I couldn't find half of my stuff."

TEANNA SANTANA, 11

"I play club volleyball and our coach has a bad habit of bringing her personal problems to practice. She takes her frustration out on us. She is always fighting with her boyfriend, she'll make us run for it instead of play volleyball. We came to a practice one day and she and her boyfriend, the assistant coach, were having issues, so we only practiced volleyball for about 5 minutes. By the end of the season I left for another club."

ASHLEY GUTIERREZ, 10

"Once during marching band practice it started pouring rain. Our instruments were fully exposed and we all know that you can't stand to get wet. We were moved to music room and we put our instruments away in less than a minute. It was the day before competition, so we still had to do one last run-through before we could dry off. So with no instruments in hand we marched as we yelled the counts over the rain. It's called dedication."

MAYA VILLAREAL, 9

"I was driving with my mom to LA to see friends and I had to pee. We were already 30 minutes late. My mom was asleep, and if I stopped, she would've woken up and slapped the hell out of me. I thought, 'How fast can I go without getting caught? I can pee sooner!' So I was going 80 mph on the highway. When we got there I pulled into the gas station and let loose and relieved myself. It felt liberating. My mom never found out. Good thing I didn't get a ticket."

CHARLES LITAO, 12

8 & september

Enoch HS 2014

4. HEARTSTRINGS Dressed in Senior Sunrise gear, senior Marcus Kroeze Alvarado plays guitar for his friends. "I got all my instruments from my dad. I used my truck to grab my guitar. We hung out and had a good time until the bell rang to go to class," Kroeze Alvarado said. 9. OUR HOUSE After donating blood at the fall blood drive, junior Annabelle DeWitt takes a moment to laugh.



6. SIGN OFF Senior Drew Howey writes a note at a benefit for the Long Beach Unified School District Union at Long Beach State. Junior Jamie Olarte dances on bowling night. "The whole staff worked really hard to get the theme together. Bowling and dancing made the night worthwhile," Olarte said.

8. OPEN READ Like the book during the Dust Bowl, junior Shelly Sutter learns to persevere through hundreds of pages of a novel. "To be perfectly honest, the storyline of The Grapes of Wrath was really great, but it could have been summed up in 50 pages instead of 450," Sutter said.

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A BORN NATURAL: Athlete Chlo-Nya Minor
has been running since she was 3. She has
run for a variety of schools, including St. Louis
and the running track at her school, Antelope
High. **2. WINNER:** Senior Chlo-Nya
Minor. Track star on plateau (2013) has a
lot of free time for track. "I'm very competitive
and I like to compete with other people. I'm
not afraid to fail."



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WHEN WINNING CLICKS

A born natural, Chlo-Nya Minor excels in track, winning her first-ever race during her junior year. I remember when I first started track, I didn't want to do it. But my family and friends kept encouraging me so I decided to try. All of the events were new numbers to me and I didn't really know what was going on. It reminded me of being lost and not knowing what I was doing. I was new to track, keeping a fit and the running would get pretty intense. I would run through conditioning and practice and before I knew it, I was at my first track meet last school year at the starting line of the 100-meter race and getting into my blocks. My heart was pounding and I began to shake. As I tilted myself into the air I took one last deep breath and "BANG!" The sound of gun went off and instead of running out I couldn't hear or see anyone past the finish line. I felt the wind and could hear my heart beating in my ears. It felt like forever and no one could see the line. I heard the crowd screaming and cheering for me. My first year on the track team at my first track meet I placed first. I love this anticipation and the whole atmosphere and at the moment, crossing the line is where I feel most alive running track. — Chlo-Nya Minor

Photo by: Chlo-Nya Minor

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Showing YOU A

WHERE TO FIND YOURSELF



| | | |
|--|------------|------|
| Teachers' Rating for Basic Academic Skills | Adolescent | 12.0 |
| Teachers' Rating for SCIENCE Basic Academic Skills | Adolescent | 10.9 |
| Teachers' Rating for MATH Basic Academic Skills | Adolescent | 10.8 |
| Teachers' Rating for ENGLISH Basic Academic Skills | Adolescent | 10.7 |
| Teachers' Rating for PHYSICAL EDUCATION Basic Academic Skills | Adolescent | 10.6 |
| Teachers' Rating for SCIENCE Basic Academic Skills | Primary | 10.5 |
| Teachers' Rating for MATH Basic Academic Skills | Primary | 10.4 |
| Teachers' Rating for ENGLISH Basic Academic Skills | Primary | 10.3 |
| Teachers' Rating for PHYSICAL EDUCATION Basic Academic Skills | Primary | 10.2 |
| Teachers' Rating for SCIENCE Basic Academic Skills | Elementary | 10.1 |
| Teachers' Rating for MATH Basic Academic Skills | Elementary | 10.0 |
| Teachers' Rating for ENGLISH Basic Academic Skills | Elementary | 9.9 |
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**CROSSING
the pond**

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Folios

intense INTERNS

INTERNS ARE WORKERS IN A FIELD, WHILE VOLUNTEERS ARE PEOPLE WHO GIVE THEIR TIME AND ENERGY TO A CAUSE. VOLUNTEERS ARE OFTEN INVOLVED IN COMMUNITY SERVICE, WHILE INTERNS ARE OFTEN INVOLVED IN PROFESSIONAL PROGRAMS. IT'S NOT UNCOMMON FOR THESE WORKS AND VOLUNTEERS TO OVERLAP, AS VOLUNTEERS OFTEN GET THE CHANCE TO WORK IN PROFESSIONAL ENVIRONMENTS.

INTERNS ARE OFTEN INVOLVED IN COMMUNITY SERVICE, WHILE VOLUNTEERS ARE OFTEN INVOLVED IN PROFESSIONAL ENVIRONMENTS. VOLUNTEERS ARE OFTEN INVOLVED IN COMMUNITY SERVICE, WHILE INTERNS ARE OFTEN INVOLVED IN PROFESSIONAL ENVIRONMENTS.



ON GUARD



INTERNS ARE OFTEN INVOLVED IN COMMUNITY SERVICE, WHILE VOLUNTEERS ARE OFTEN INVOLVED IN PROFESSIONAL ENVIRONMENTS. VOLUNTEERS ARE OFTEN INVOLVED IN COMMUNITY SERVICE, WHILE INTERNS ARE OFTEN INVOLVED IN PROFESSIONAL ENVIRONMENTS.



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CHARGED choice



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READER ENTRY POINTS



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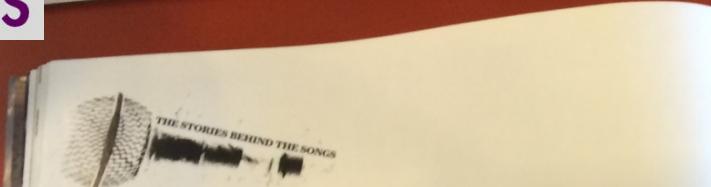


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Pinterest 2014

READER ENTRY POINTS



Bruce Springsteen

The Ghost Of Tom Joad

Inspired by the film adaptation of the classic novel *The Grapes Of Wrath*, the song became a staple of Springsteen's live shows, and led to The Boss teaming up with RATM's Tom Morello.

Words: Gary Graff
Illustrations: Andrew Corbis

GRAPES OF WRATH
John Steinbeck's *The Grapes Of Wrath* was published on April 1939, and the Great Depression was waning and US President Franklin D. Roosevelt's New Deal was beginning to get the US back on its feet. The tale of the Joad family's move from the Oklahoma Dust Bowl to California won the National Book Award and the Pulitzer Prize, and Steinbeck won a Nobel Prize for career achievement in 1962. John Ford's film adaptation followed the year. It was nominated for an Academy Award, but lost to *Ben-Hur* — and *The Grapes Of Wrath* was the second best picture of 1940. It was also one of the first 25 films named to the National Film Registry by the US Library of Congress.

GRAPES SEEDS
John Steinbeck's *The Grapes Of Wrath* was published on April 1939, and the Great Depression was waning and US President Franklin D. Roosevelt's New Deal was beginning to get the US back on its feet. The tale of the Joad family's move from the Oklahoma Dust Bowl to California won the National Book Award and the Pulitzer Prize, and Steinbeck won a Nobel Prize for career achievement in 1962. John Ford's film adaptation followed the year. It was nominated for an Academy Award, but lost to *Ben-Hur* — and *The Grapes Of Wrath* was the second best picture of 1940. It was also one of the first 25 films named to the National Film Registry by the US Library of Congress.

Tom Joad, the hero of John Steinbeck's classic 1939 American novel *The Grapes Of Wrath*, has had a pretty good life as an apparition, thanks to Bruce Springsteen and some of his friends.

Inspired by the film and John Ford's 1940 film adaptation, as well as by Woody Guthrie's *The Ballad Of Tom Joad*, Springsteen wrote *The Ghost Of Tom Joad*, a modern-day appropriation of the same Great Depression-era concerns, during the early 90s. It became the title track for his stripped-down 1995 acoustic album, and a staple — usually the opening number — for the live shows that supported it. The song was also rocked up, dramatically, two years later by Rage Against the Machine, and this year Springsteen — with Morello in tow as part of his E Street Band — released yet another version for his latest album, *High Hopes*.

"I want to make a record where I don't have to play by the rules ... have any hit singles or none of that stuff," Springsteen said of the *Tom Joad* album, backstage at an early stop on his solo acoustic tour to support it. "I can make whatever kind of music I want to make. I hadn't done that in a real long time. I guess I wanted to see if I could do it again."

Tom Joad was actually the latest in a series of curve balls Springsteen had thrown his audience since *Born In The USA*. There was the calculated come-down of *Tunnel Of Love* and the subsequent dismissal of the E Street Band. The group's reunion for the early 1996 *Greatest Hits* album was just as surprising, and *The Ghost Of Tom Joad* was one of the songs he worked on with the band at that time. "It started out as a rock song. But it didn't feel right, so I set it aside," Springsteen wrote in 1998 lyric book *Songs*.

He returned to the Los Angeles area, where he was living at the time, and began work on starker material, "just myself and my guitar", and the new version of *Tom Joad* became a linchpin for his next project, a kind of musical sibling to 82½ *Nebraska*. "Once I cut *Tom Joad*, I had a feeling for the record I wanted to make," Springsteen said. "It was very clear."

"It was an acoustic album where I picked up elements of the themes I had worked on in the past and set the stories in the mid-90s."

That was certainly true of the title track, which chronicled the other side of the Clinton era's prosperity, using subtle and minimalist instrumentation to deliver timeless images — "similar to those in *the South* — 'No home, no job, no place to rest' — of ordinary Joes along with migrants and a criminal or two, grasping desperately for an American Dream made elusive by class schisms and corporate greed."

But Springsteen rejected any notions of despair. "There's always something being revealed — about them, about you. That's always exciting," he explained. "Even if the stuff is dark, even if it's tragic, the truth is always hopeful. It's always inspiring, no matter what it is."

It wasn't an easy sell, however. Tom Joad was the first Springsteen album since 1973 to miss the top 10, although it did win a Grammy for Best Contemporary Folk Album. "I knew [the album] wouldn't attract my largest audience," Springsteen wrote in *Songs*. "But I was sure the songs were added up to a reaffirmation of the best of what I do."

Rage Against The Machine certainly heard the truth of *Tom Joad* and found in it a firm fit with the group's own populist, leftist leaning. "I was a huge fan of *The Ghost Of Tom Joad*," Morello recalls. "It was my favourite record for a long time. I think I gave the CD to Zack [De La Rocha, Rage's frontman] for Christmas that year. We were about to set off with U2 on the PopMart tour, and we didn't have any new material. I suggested that we do a Rage-ified cover of *The Ghost Of Tom Joad*. I think at first that suggestion was met with some scepticism, but then it came together and sounded great on the tour. The lyrics were certainly not out of context for Rage Against The Machine. And I brought a bulldozer riff or two to it that worked very well."

It sounded so good that, during the tour, Rage ducked into the studio to record a version of *Tom Joad* for a self-titled 1995 home video. Rage later cut a cover for a version that appeared on their 1991 covers set, *Renegades*, and later on the *No Boundaries: A Benefit For The Kosovar Refugees* benefit album. It became Rage's second-highest charting song.

Morello first performed *Tom Joad* with Springsteen and the E Street Band in April 2005 in Anaheim, California, when Springsteen surprised the guitarist by asking him to sing some lead vocals as well as play on it. "That was the first time I ever sang with an electric guitar in my hands," notes Morello.

"The song delivers timeless images of ordinary Joes grasping desperately for an American Dream made elusive."

THE FACTS
RELEASE DATE Original version, November 1995
HIGHEST CHART UK No. 26
PERSONNEL Bruce Springsteen, Vocal, guitar, harmonica; Danny Federici, Keyboards; Gary Tallent, Bass; Mary Ritkin, Pedal steel guitar; Gary Mallaber, Drums
WRITTEN BY Bruce Springsteen
PRODUCERS Bruce Springsteen and Chuck Plotkin
LABEL Columbia

High Hopes is out now via Columbia.

Bruce Springsteen: the track *Tom Joad* became a linchpin for the album of the same name that followed.



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Classic Rock Magazine 2014

READER ENTRY POINTS

TUNE-UPS > DEAR GUITAR HERO



WORLD • JUNE 2014

PHOTO BY ESTER SEGA: RA

NERGAL

He's the founder of Polish extreme metallers Behemoth, a university accredited historian and he recently recovered from leukemia. But what *Guitar World* readers really want to know is...

Interview by Brad Angle

Q: THE GUITARS ON THE NEW RECORD, THE SATANIST, SOUND MASSIVE AND INCREDIBLE! HAS YOUR GEAR CHANGED SINCE [2009's] EVANGELION? —HENRY

Every time we record, we approach everything differently. Some bands come back with a new record and they sound the same. It's never been like that with Behemoth. Every record stands out production-wise, and guitar-wise too. This attitude results in different sounds and riffs. We definitely used a new set of instruments, amps, pedals, cabinets and guitars on this record. I usually use my custom ESP six- and seven-strings, but this time we wanted to achieve a vintage vibe and I wanted to use passive pickups. So I used a Gibson Les Paul Black Beauty for rhythms and leads, and [session/touring guitarist] Patryk [Sztyber] tracked his leads with his ESP Explorer.

Q: Death is a near ubiquitous theme in extreme metal, and many people seem to write about it superficially. In 2010, you were diagnosed with advanced leukemia. Has your experience dealing with an often-terminal disease changed your outlook on the concept of death and its expression in extreme metal?
—Brian Cole

Yes and no. I'm a vital person, I appreciate and value life—but this experience made me accept the fact that death is an integral part of the life cycle. One day I'm going to die. I cannot guess when it's going to happen. But I'm at peace with the life-and-death cycle that we're all entangled in. I have no fear of it. Simple as that. Once I survived and came out alive and was ready to start the music that would become

The Satanic, I realized that this could be Behemoth's last record. The future is not certain. I got into books more than ever. I was reading a book every few days. I would read everything from Cormac McCarthy to Are You Morbid? by [Cell] Frost/Tryptikon frontman] Tom G. Fischer. I just kept working, as well.

It was an intense period, because we were about to release [2010's] *Evangelion Heretik* DVD, which was a very time-consuming project. Even though I was into chemotherapy and shit, every time I had a good moment and was physically able, I would work on it. That would keep me going. Even though I wasn't sure what the future would bring, I would do my best and work my ass off because of the band. I would stick to that and it would give me motivation to go on and continue.

Q: When I was getting treated for cancer a couple years ago, your music, particularly the song "Be Without Fear," helped me keep strong. Were there any bands or things that helped you keep your spirits up when you were battling leukemia?
—Matt Billinovich

I was definitely inspired by things. But to be honest, I wasn't listening

Q: I remember receiving a B.C. Rich Warlock when I was 15 and practicing Slayer songs for eight hours a day. It changed my life. What was the first guitar you owned and the first band you were obsessed with playing?
—Jonathan Egmore

My first guitar was a beaten-up acoustic that I got when I was seven. It was really shitty. It was broken and fixed by someone who just glued it together, but I started learning on it. I don't even remember the brand: it was a no-name shitty guitar from nowhere. [Laughs] I do remember one of the very first heavy metal songs I learned to play was a Polish song from the band TSA.

Q: When I saw you guys in concert, you mentioned one of your favorite things about the U.S. is that you can say whatever you want onstage. What's your least favorite thing about touring the States?
—Dustin Hurt

I don't see any downsides of touring the U.S. The U.S. is all about long drives, but even if it's a super-long drive, I can still enjoy it with books or movies. Maybe the least enjoyable thing is where you end up in a place where you're doomed to eat junk food because there's nothing around. Sometimes the only place that's open is Jack in the Box or some shitty place, and either you eat it or die. I'm kind of a health freak, and I really watch what I eat. I try and keep a meal routine where I put quality food in my stomach. But other than that, the U.S. is a vast country with a lot of dynamics. In one country you get so much

guitarworld.com 33

READER ENTRY POINTS

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May 23-25

The legendary bassist, who turns 77 this month, plays six shows. Carter's big break came when he joined the second Miles Davis Quintet in the 1960s, performing alongside Davis, Herbie Hancock, and Wayne Shorter. \$40 to \$45; bohemiancaverns.com.

MUSEUM EXHIBITS

“THE FIRST WOMAN GRAPHIC NOVELIST: HELENA BOCHOŘÁKOVÁ-DITTRICHOVÁ”

NATIONAL MUSEUM OF
WOMEN IN THE ARTS

May 12-November 14

The life and career of the Czech artist is explored in this show featuring five of her books as well as an unpublished work composed of 52 woodcuts. \$10; nmwa.org.

NATIONAL GALLI

May 4-November

In a show inspired by a recent gift of Wyeth's “From the Sea” to the National Gallery, some 60 watercolorings, and paintings, show the artist's use of color and age. nga.gov.

“RALPH FAS LEST WE FO

SMITHSONIAN
ART MUSEUM

May 2-August 3

To coincide with the 100th anniversary of the artist's birth, the museum presents the self-taught artist's work. The 27 pieces, “The New American Times,” a series of woodcuts, juxtaposing modern life with traditional values. americanart.si.edu

READER ENTRY POINTS



READER ENTRY POINTS



back room in one of Britain's grandest houses, nestled deep among acres of lush Home Counties countryside, is the textbook clandestine rendezvous point for a behind-the-scenes player who makes transatlantic politics tick. Resting in an antique leather armchair, within the wood-panelled walls and dog-eared manured journals is Washington's most successful puppet master, a man who knows better than anyone the inner workings of the corridors of power. The talk is enlightening: how he dictates events on Capitol Hill, selects people for the highest-profile positions and makes in-depth character assessments of key constituents. He's on the verge of revealing all on the future of the administration when our eyes are shown and around 50 ambassadors from across the Commonwealth swarm in. It's a break that sets the set of *Veep* and the room in which HQ was being interviewed the show's lead creator, Armando Iannucci, is now heaving with heavily costumed extras.

The hit US political sitcom (soybean?) has now moved into Buckinghamshire's Hedger House to film a special episode, and although Iannucci is back on "home" soil, the vast, movie-location setup – not to mention the United Nations of background artists – is a long way from the show's beginnings. "It was born out of budgetary constraints," says Iannucci of *Veep*'s precursor and inspiration, the semi-sweaty satire *The Thick Of It*. "It started on BBC4 not long after the channel launched, so it was very much an experimental, here's-a-bit-of-money-what-can-you-do-with-a-couple-of-rooms-and-cameras" show. Little did I know it would grow into the international monster.

When Iannucci's "back-of-an-envelope experiment" debuted in 2005, there was little to suggest it would go on to spawn first a Hollywood movie in *In The Loop* and then this, a primetime, award-gobbling HBO sitcom that's now filming its third series. A lo-fi satire of a fictional, over-cautious ministerial department – the Department of Social Affairs and Citizenship (DOSAC) – *The Thick Of It* adopted incisively a parodic tone towards British government: the floggings of the "no" and a world of disjointed jaded-up managers, big departmental intransigence, muddled ministers, hapless aides and abusive spin doctors.

From the plot lines to the endlessly inventive profanities that pulsed between characters, everything was so British. Central to its appeal was the foul-mouthed head of communications Malcolm Tucker (played impeccably by Peter Capaldi), whose profane put-downs

became one of the show's biggest draws. Sample: "Do a government minister? You know what you are? You're a f***ing human d*** board. And Eric F***ing Beale's on the ***e throwing a million darts made of human shit right at you."

Fortunately for US censors, Tucker did not make the move stateside. Along with the rest of his Westminster world, Tucker was instead left behind when Iannucci began work on a show for American network HBO in 2008 following his film of the same year, *In The Loop*. Rather than a facsimile, in the style of *The Office*, the focus of the new programme would be the vice-president's office – since Selina Meyer (Julia Louis-Dreyfus) was

Choice Television Award for Best Actress In A Comedy Series.

In all, *Veep* has won six major awards in the States and been nominated for 16. A measure of its success can be taken from the network's commissioning of the third series – which begins next month in the US – almost as soon as the second series had aired. It's an achievement that bucks the trend for UK-originated sitcoms, which traditionally have flourished stateside, a fate that's befallen everything from *Fawlty Towers* to *The Inbetweeners*. In fact, a fine attempt to adapt *The Thick Of It* for the US – rather than simply take it as inspiration – failed back in 2007, with ABC rejecting the pilot, Iannucci's involvement with that project was minimal, as an "executive producer", and he's gone on record saying it was "terrible". The decision to start from scratch, with different characters, fresh scripts and a whole new world would appear, then, to have been a stroke of genius.

Perhaps the ultimate accolade for *Veep* – which, incidentally, is nonpartisan and never accepts the myriad offices from politicians to feature – is that the characters have become recognisable "personality types" used by real-life Washingtonians to describe their peers. Socially inept White House liaison Jonah Ryan (played by Timothy Simons) is a particular favourite, damning moniker for a peer, says Iannucci. "There are some people in Obama's press office who when they've come back from a meeting will say, 'Oh, it was a terrible meeting, there were five 'Jonahs' there.' Reid Scott, who plays the scheming commiss guy, Dan Egan, recalls the chief of staff for an Illinois congressman and his colleagues telling him that "everyone their age got into politics

choice of shows like *The West Wing* which is glossy... but that they all agreed that the most accurate," Anna Chlumsky, who plays as the VP's chief of staff Amy, reiterates this. "I have one friend who's in the EOB [Eisenhower Executive Building, in which *Veep* is nominally set] and he is convinced our characters are about people he knows," she says. "They're in DC, love the show."

Its surreal resonance in the real world it is all the more impressive when you remember *Veep* was created by an Oxford-educated Italian-Glaswegian who, when not at work in Baltimore, lives in Hertfordshire. While a small team of ex-DC consultants filter innumerable local detail, the writing team are both, and executive producer on the show and veteran American political columnist, Rich, believes the team's distance is a factor in its success. "One reason why the show works so well is because they're on the outside looking at it, so they have a fresh take," he says. "I grew up in Washington and the real Washington has never been captured in American TV and films. It's always glistering, slicker, more sentimentally presented."

For comedy potential, the choice of vice-president is a masterstroke. Selina may be a bit of a brat away from being leader of the free world, but she is still a life of everyday indignities: petty spats, thwarted ambition, she-angryfule and the kind of foot-in-mouth moments that Iannucci, 50, has been perfecting for 20 years with the likes of *The Day Today* and *Arle Partridge*. (Along with writing partners like Simon Blackwell and Tony Roche, the team have their imprint on just about any British

comedy of the past two decades that you lose – *Peep Show*, *Frost/Nixon*, *Four Lions*, *The Old Guys*...). Among other surreal set-ups, Selina finds herself an accidental champion of sex-toys after an off-site remark is misconstrued by racists, she's forced to turn her daughter's 21st birthday party into a budget summit with the leader of the house; and, while visiting Helsinki, is groped by the Finnish PM's lecherous husband – "a sexual 9/11".

Like *Curb Your Enthusiasm* or *The Office* in its prime, *Veep* is watch-through-your-fingers comedy. It also boasts another laudable quality in abundance: a seemingly inexhaustible supply of truly original put-downs and one-liners.

Julie green, jut face," says Julia Louis-Dreyfus, without a moment's hesitation when asked if she has a favorite *Veep* gag. It's a huffy, caustic find and Chlumsky – in the beautiful setting of the house's gardens – confides to GQ that she has a fondness for "solid spitter of ****". But it's Louis-Dreyfus' subtle facelifting, the slight narrowing of her eye, that gives such gloriously nonsensical cusses the perfect delivery.

The role wasn't written with the former *Seinfeld* star in mind, but such is her standout performance in Selina's shoes that it might well have been. "We've meant to meet for half an hour over a cup of tea and we just got chatting for about three-and-a-half hours," Iannucci

says of the first meeting with her leading lady. "We were making each other laugh. I thought, 'This is her.'

"Sometimes you sign up for things and they don't quite go the way you thought," says Louis-Dreyfus. "In this case I was hopeful and I'm relieved people's response to it. It's true that it's niche, but if you step back from it, it's about people trying to succeed under enormous stress and pressure. Whether you're into politics or not – that has resonance and people can relate to it."

The way things are going, Selina could soon eclipse *Seinfeld*'s *Elaine* as Louis-Dreyfus' most-awarded role, which would be a phenomenal achievement considering the iconic status of Jerry Seinfeld's *Newton* sitcom. What is clear is that the rave reviews and numerous awards – she now has a personal tally of 20 major prizes over two decades – have undoubtedly cemented the 53-year-old's place as the doyenne of television comedy.

It's a position she's not likely to give up any time soon, with Louis-Dreyfus keen on the prospect of signing up for more *Veep*. "There's a lot more comedy yet to be mined out of this area," she says. "There's more material, this is a deep, deep well and hopefully we'll all be drinking from it for a very long time to come."

Veep Show. Frost/Nixon. Four Lions. The Old Guys...). Among other surreal set-ups, Selina finds herself an accidental champion of sex-toys after an off-site remark is misconstrued by racists, she's forced to turn her daughter's 21st birthday party into a budget summit with the leader of the house; and, while visiting Helsinki, is groped by the Finnish PM's lecherous husband – "a sexual 9/11".

'The biggest decision was the easiest one, which was: it's not The Thick Of It. We said we were not going to have a Malcolm Tucker character'

The *Veep* squad (from far left): Julia Louis-Dreyfus with the real vice-president, Joe Biden; the cast and crew on location at Hedger House in Buckinghamshire; a *Veep* clapperboard; Tony Hale, who plays the VP's aide Gary Walsh; Louis-Dreyfus with her Emmy; Armando Iannucci with a commemorative *Veep* plate



READER ENTRY POINTS



child
MENTORS

students take on extra responsibilities.



Plan Fernando Varela from Beach decided to use art shelters and food drives, the opportunities for community service are endless. This year, two girls decided to take on the extra responsibility of helping special needs children. "I was paired up with a child who had special needs and helped him in the activities we were doing and played with him in free time. I was basically their camp counselor," said Emily Koenig, 11. The other organization took a more therapeutic approach. "I helped mentally disabled kids learn how to ride horses. It was amazing to see how sensitive the horse were with the kids, and how much they could improve the kids' conditions," said Hannah Heppeler, 11. Ultimately, it doesn't matter who you choose to work with, but that you try your hardest and create a difference.



15. *LB Carl*, 13, helps the club at an event supporting liberty in North Korea. "I really believe in community involvement that sounds and creates personal relationships," Cor said. **16. A student uses a bag to be transferred-to-MUN (need every word digitized). Everyone is in a clothing and food drive and an effort to give to the streets. "It's great to learn about how people are in poverty and how we can help them," said **Colette Lathan**, 11. **17. *Kathy Marshall***, 12,针绣s the initials on a Zimmerman mask that she made for one of her campers. "I was so nervous for the kids not to add their initials and tell all about it," she says. "I am just a bit nervous."**



"[A]n orchestra plays a symphony as the crowd at the Ojai Valley Music Festival listens in amazement. I find that marketing my own music over the Internet and marketing the festival are very different, but there is commonality between the two and I can subsume my knowledge to the festival and also learn how to engage my personal fan base from it," said **Palmer Hogen, 12.** **[Julian Sec, 11]** brushes a nearby



student
COACH

an athlete decides to coach a little league team



For community service, Cole Blosnick, 11, has decided to give back in a very meaningful way. "I help coach a little league team at Tokio Lake Little League. I helped coaching last year and I really like doing it because I love being able to help kids learn the game, especially because I coach with my best friend. I think the kids benefit from our coaching because they can relate more to us because we're younger than them. We're more relatable." *—Dawniee Gandy*

heal the **WORLD**

high schoolers devote their summers to giving back to their community in a meaningful way.

- **[Keely Marshall, 11]** "I worked at a Summer Film Camp at Campbell Hall with kids from LA's Best and Campbell Hall. We were then able to bring the stories to life and shot multiple short films that were written by the kids! I love working with kids and watching them learn something new in a subject they are passionate about."

■ [Palmer Hogen, 12] "I chose [to do community service] at the Oya festival because my Dad's been going since the 80s. He's been on the board of directors for a while, and I've been going since I was born especially. I compose and produce music, and use the Internet to market my tracks, and my dad was intrigued with the way I could run a business on the web. He saw it as an opportunity to advance the Oya festival in the direction of drawing in a younger audience and expanding beyond the core group of contemporary classical elites who normally attend the festival".

- **[Willy Clements, 12]** 'For the Museum of Tolerance, a large part of what I do is interact with the public. I guide people through the museum and help in exhibits to educate the public on the causes of war and The Civil Rights Movement and modern human rights struggles. It is not an artifact-based museum but rather one centered around the idea of teaching about tolerance and that if we do not learn from history we are doomed to repeat it.'

- [L11 Cairl, 11] 'In addition to other community service, I work at Alexandra House, a transitional home for women and children who are victims of domestic abuse. I am very passionate about working with children, so I usually volunteer at the child care department. This is another opportunity for me to establish long-lasting relationships through community service, as I have grown very close with the women, children, and other staff there.'

PHOTOS: CONTRIBUTORS: EMILY KODIS, LUCA CARLI, KELLY MARSHALL, KELLY MORRISON, JULIAN SIEF

[six words] "A breaker of time and space." - 1903

READER ENTRY POINTS

"When my dad's lung collapsed, he was in the hospital for the longest time. He admitted me during my hospital stay. I was worried something worse would happen." —Cathy Wong



Joshua Portillo 10
Denehers Pofac 10
Philip Pofac 10
Tony Porta 10
Austin Pofac 10
Samantha French 10
Ariana Fournier 11

Sabrina Gabaldon 9
Gabrielle Garcia 9
Dante Garcia 10
Dante Garcia 10
Daniela Garcia Rodriguez 9
Kris Rachel Ge 9
Casey Gabb 11

Sophia Gabber 9
Brigette Gabber 9
Vivian Gabber 7
Alessandra Gendales 9
Michelle Groves 9
Aless Gauthier 9
Elijah Gutierrez 10

Sabrina Hahn 10
Austin Hahn 9
Donghan Andrew Hahn 9
Kaitlyn Hahn 10
Nathan Hayes 9
David Hayes 8
Megan Hayes 10

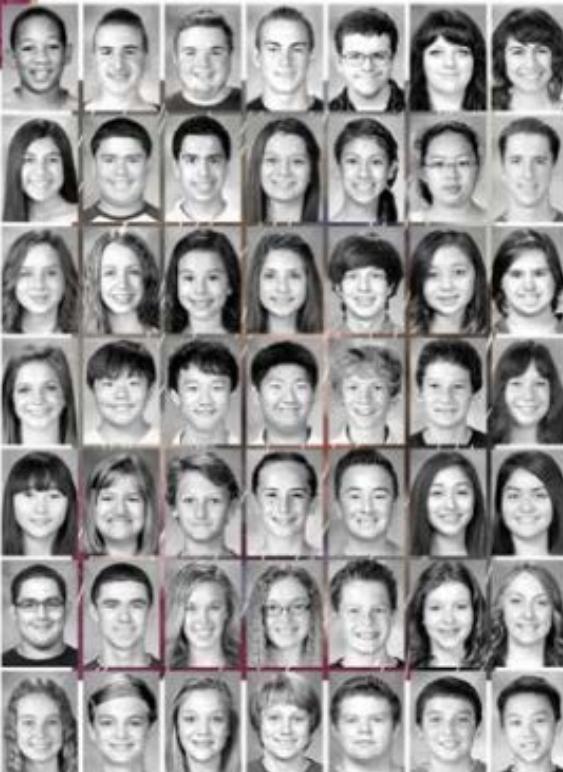
Kaylaan Holly He 9
Marissa Heudeck 10
Zander Heuton 7
Matthew Herold 7
Adam Herold 10
Cecilia Herold 9
Marta Herold 10

Andrew Hernandez 11
Jacob Hernandez 11
Rachel Hernandez 10
Emily Hernandez 10
Ryan Hernandez 9
Jordyn Hernandez 7
Kaitlyn Hernandez 9

Christine Hyslop 9
Alexander Iannone 9
Haley Jackson 9
Sean Jackson 10
Gabe Jennings 10
Casey Jensen 8
Chuanan Steven Jiang 10

After a year of trials, Morgan Vandiver's challenges have come

by Michalah Bell



full-circle

BRACELETS cover her arms. Eighteen of them. Carved with phrases like, "Jesus is my EPP" and her favorite Bible verse. The purple and yellow stripes of rubber elastic, the bandana holding back her blond hair. Morgan Vandiver used to have more bracelets — 20 at that count, halfway to her elbow.

"I used to wear them all. I had the weirdest tan lines."

The doesn't care if she stands out. It's not uncommon for her to sport bright plaid and neon colors.

"I made a deal with my mother. Only 18 bracelets at once, or I won't be allowed to wear them."

Vandiver's world changed when her mom was diagnosed with brain cancer in December 2011.

"It was really hard going back to school after Christmas break."

She and her family moved in with her grandparents when the need for treatment became more demanding.

"[Living with my grandparents] wasn't that different," she said. "I've stayed with them before, but my mom got the room I normally use. I was in the library. I slept right next to [my grandfather's] bookshelf."

"He had just announced he was stepping down [from his position as senior pastor at Trinity Church in Redfield]."

His retirement meant he had more time to take care of his mother.

After a year of chemotherapy, the tumor was under control, and the Vandiver family moved back home.

But the move was short lived.

Vandiver got the news in the car. Her mother's tumor had started growing again.

"When they told me she wouldn't be home for Christmas it kind of sank in. I just tried to fight off tears."

"We are at my grandparents' again and probably will never move back home."

For now, Vandiver's life may not be what people call normal, but she looks on the bright side.

"Living with a pastor allows me to learn [Jesus] more than you'd expect. I've started reading my Bible and doing devotions every day. I've grown closer to God."

From Christmas to Christmas, Vandiver has endured a cycle of events that have defined her character.

Not unlike the bracelets that cover her arms.



Photo: Kristen Schmitz

"[A family friend] took care of me while I was a kid and was a true grandfather to me. He died from glioblastoma cancer a couple years ago. I'd never want to go through losing someone so close again. It makes me more thankful each day for what I have."

—ANNEKA THEISKE

Her life has been turned upside-down twice. **underclassmen_** 59

READER ENTRY POINTS

Junior Savannah Stiles runs her third race of the season. Finishing sixth in the race, Stiles said, "I remember being mad because the crowd was yelling at the girl right in front of me calling her that I was on her tail. I pushed myself to catch up with her and the crowd cheered for me, but overall I felt pretty good about the race." **sophomore** Aaron Martinez got a good position. Hand was the lone runner to qualify for state. "It was an honor to go to state as a freshman and place within the top 50% percentile," said Hand.



NEED FOR SPEED

Junior Savannah Stiles has always loved running with the cross country team. "I love the finish line and I love the feeling of accomplishment when you cross it." She motivates me to try harder to win the race," said Stiles. "There is no better feeling than when you beat the girl in front of you." Other runners on the team say that they experience the same feeling when they beat the boy or girl in front of them. Some are running to live or are running on adrenaline high.



running the distance

Mile after mile and practice after practice, the team was getting stronger. Starting off with a young group of solid runners and a fresh mind set, the team was up for anything. Putting in the dedication it took to succeed and sending a runner to state was all fun and games for these athletes who just kept running and running.

small expectations big results

During the cross country season, the team had a lot of new runners who had never run before. And some of these runners still had an excellent season for it being their first time. All of them said it was a great season and that they couldn't wait for next year. Some of the first year runners are Aaron Martinez, the lone runner which means they will be running on varsity with it only being their first time running.

starting early

As only a sophomore, Aaron Martinez was the captain of the Cross Country team. "It was a pleasure to run with my team and get to know my team mates. I hope that I get to see everyone again because it was a great season running with them. I'm excited to have two more years with my team and I can't wait to see who joins the team," said Martinez. He says it is very hard work but it is worth it.

state bound

As only a freshman, Kyle Hand was running with the varsity team. "I had an amazing first year in Cross Country. The support from everyone and the competition from other schools motivated me to strive for better times. The state was an amazing experience," said Hand. Hand placed first of 77th out of 143 runners in his division. "He can't wait for next season with my amazing team and I hope to see new runners next season," said Hand.



sophomore Adriana Everett, finishes during her race in Charles of the Woods Half-marathon. Of the fourteen girls that competed, Everett finished the race with a time of 40:00. "I enjoy cross country because I get to be around different people," said Everett. **freshmen** David Bousfield string with junior Luis Chacon run in a pack at the beginning of the Capital Invitational. Both runners are members of the Aberdeen High School Track and Field team. "It's cool to be on the track and field team," said Chacon. "My stomach was being quite rebellious," said Davis. Of the fifty plus racers, Davis finished in the top ten.

READER ENTRY POINTS

floating away

PARADES MAKE FOR FUN FRIDAY, BUT RAIN MAKES SATURDAY SAD

Floating sounded like a good thing Friday afternoon. Not so much Saturday night. Twelve floats carried the homecoming princesses across the gym floor at the pep rally, but students needed a boat and a pair of ears to carry them to dance the next night.

Last Minute Tacky

"The float for the princess parade stressed me out a little bit," senior princess Kelsey Thompson said. "It might be more than a little bit."

With every other aspect of homecoming week planned out to the hour, this was one thing that was a race against the clock. Seniors Brenda Aweal and Layla Jean stale flowers from Natalie Iwani's florist right before the pep rally, and Kelley and her PGTV team gave the knots on her television beat the morning.

"Not all of the last minute details were finished until the morning of the parade," Kelley said. "It took a lot longer than I thought it would to pull it off, but at least it was finished in time for the pep rally."

Page by Allie Taylor

A. The queen and her court. The court takes one last photo before the night ends. "By the end of the ceremony all we had to do was get the queen's CT," Kelley Thompson said. (Sutton photo) **B. Hand of shivers.**

Hugs the 2013 queen, Taylor Thompson, "Getting the flowers from Taylor was an honor," Brenda said. "I felt special to get the crown from a fellow band member." (Haley photo) **C. Girls taking a break.** Distracted during the game, senior princesses Taylor Flanary and Madison Dudley took a picture. They had taken earlier that evening, "Kelsey sat down in the field at the game, but then we went to running around in long dresses," Kelsey said. (Haley photo)



POCKY princess

A FAIRY TALE princess, a "Friday Night Lights" princess and an American queen all seem just some of the homecoming float themes that judged the eighth-grade gym. Art Club members carry fairy princesses, junior high girls' float. "It was really fun waving to the crowd like a real princess," she said, "but it was also kind of scary because I wasn't sure if the people could see me in the 'Friday night lights' princess."



PREP TIME

WIGS & MY HAIRSPRAY! Putting the final touches on her makeup, senior homecoming princess Kaitlyn Davis finishes getting ready for the Burning of the 'W' ceremony. "It was fun to get dressed up, because I don't get dressed up a lot," Kaitlyn said. "You can never go wrong with too many coats of mascara."

9/3



Allie Taylor proudly struts down the field sporting her newest accessory: the drill team captain's gold collar. A week later, Kelsey Thompson

and Madison Dudley are getting ready and putting their hair in braids with bandanas as they prepare to lasso the New Boston Lions.

015

HOMECOMING

READER ENTRY POINTS

The logo for "Investing in their future" features the words "investing in their future" in a stylized, lowercase font. The letter "i" in "investing" is a small blue dot. The letters "n" and "f" in "future" are large, overlapping yellow shapes. Below the main text, the words "jobs become more than just gas money" are written in a smaller, blue, sans-serif font.

jobs become more than just gas money

Most students had jobs, whether at Chick-fil-A, Sonic, Wal-Mart, Froyo, or Starbucks. Some were saving up for their first car (and the gas for it). Some were saving for money just to go off campus for lunch. Some were saving up for college and some just wanted extra spending money for Friday nights.

While often seen manning the drive-thru and waiting tables, there are some places where one might not expect to see another student working: like a photo studio, orthodontist office, or Southeast Christian Church. The students who were employed at these unconventional places were often working toward a future career or current passion.

Soph. Shannon Lerol began



Click. That's what happened when **Senior Melissa Correll** became and remained for Denise Erwin Photography. Photos are a passion for Melissa, and she wanted to continue her passion on a longer scale. Although she wants to major in computer engineering and science, she will always be snapping some amazing pictures.

What are students learning for?



raising a star in high school teachers students the value of money and helps them save for things like a car or college. **Colby Lander,**



"We have to get around somehow, and even if you didn't have to buy your first car, most of us have to pay for gas and insurance to keep



When the new iPhone 5S and iPhone 5C came out in fall 2013, many students started breaking into their piggy banks for them.



moved by movies
Movies are not just a favorite pastime for **St. Taryn (Sarah) Peltzman**, they are a lifestyle. Through her **passion** of film class, **Sarah** found her **passion**, "using the power of movies to influence the way people think and feel." She has **directed** four films already including an award-winning short film, **Wish Tree**, created for the **48 Hour Film** contest. She hopes to **attend** the **Film** **College** in the fall and **major** in **film**.

10 [Hello, world!](#)

I am the best/other second, after the subject, and I come

100 horses I have to ride them and take care of them.

I'm a hardware enthusiast story who loves sleek and

READER ENTRY POINTS

1. Watching the penalty. **Jr. Austin Cavaliere** cheers for the jumbo down on the issue. photo by J. Kim. 2. Elected about her new ticket. **Fr. Kendall Rogers** is rewarded for winning a raffle drawing. photo by M. Maldonado. 3. On Despicable Me Day, **Soph. Taylor Meyer** shows off her shiny minon teeth as the minion places by J. Schmit. 4. Helping to put the finishing touches on the seniors' Temple Run float. **Soph. Cameron Conrad-Pooley** shows off her costume. photo by J. Schmit. 5. Wiping away the peanut butter. **Soph. Blakie Bush** and **Fr. Grace Cooper** compete to see who can kiss the glass clean first. photo by J. Kim. 6. Keeping her balance. **Fr. Brytonny Kaplan** outdoes her opponents by holding her handstand for the longest time. photo by J. Schmit. 7. String down the tape. **Fr. Elizabeth Bruce** competes in a round of tug-of-war. 8. Throwing candy to the kids. **Fr. Hannah Gaspard** and **Fr. Gabrielle Gourde** enjoy their form of being on the school float. photo by J. Kim.



What day would you choose for homecoming day?
Matthew Day would be awesome because it's all right as

James Perez, 10

I would have Disney Day again because I wore it to dress up day and everyone whistled or was

Nolan Liles, 11

I would make Superhero vs. Villain Day because I think that dressing up as superheroes is super fun.

Heather Miyazawa, 10

We took stuff seriously. Homecoming? That might just have been on the top of the list. We didn't take it lightly by any means. Ever since the five days were announced, we were planning. Every craft store in Parker was packed with students in search of the cutest things. The week was kicked off with Marico Monday. Despite their anxiousness of their first spirit day, the freshmen were overwhelmed in their experience.

"It was scararing because all of the guys were shiny leggs," said

Fr. Jamie Nickel.

Maybe the upperclassmen stunned them with their glitter and glam of spirit, but it truly just set the bar for the next days.

Tuesday's theme, Animal Day, was met with fuzzy ears and tails, among

other things, though the seniors decided on Toga Tuesday instead.

For the following day, Class App Day, each class had been assigned an App; freshmen got Candy Crush, sophomores were Minion Rush, juniors had Disney, and seniors took Temple Run. The app theme carried over to the class floats during the annual parade.

Throwback Thursday was next. "My friend's grandma had diapers at her house so we decided to have a little fun with them on Throwback Thursday," said Fr. Alexander

Guerrero. Finally, the week ended with Class Color Day. The halls were bombed with shades of white, red, blue, black, and gold making a real to the gym for the homecoming assembly.

competitive in the day

J. Lutjens, M. Breslman, C. Conrad-Pooley

Find more interesting facts at

14 hello wolverine

For the senior class in the actual

Hannan, 10

Find an actual homecoming planning team

and work with them.

15 Temptation

Fr. Austin Wright, 11

For a senior who is decent student and is

generally alright.

Austin Wright, 11

16 Homecoming

Alissa Hyman, 10

17 I am a

lame

18 I am a

lame

19

16 I am a

lame

17

18

19 homecoming 15

ALTERNATIVE STORY FORMS

ALTERNATIVE STORY FORMS

042 ALPHA FOOD BY ELISE CRAIG JUSTIN FANTL MAY 2014

SELF-SERVERS COOL SNACK BOTS

Cupcakes
ATLANTA, CHICAGO, DALLAS, LOS ANGELES, ETC. To avoid damaging its delicate treats, the Sprinkles bakery chain created a cupcake ATM with a robotic arm to deliver the sweets upright. The touch-screen displays photos of the options (red velvet!). Employees restock frequently, so the cakes are always fresh.

Burritos
LOS ANGELES Heating up a frozen burrito is a losing proposition. Plus, it takes five minutes. So the Box Brands built a machine that can steam a refrigerated burrito in 60 seconds flat. Stocked daily in five flavors—including free-range chicken, roasted potato, and shredded beef—with sour cream and guacamole on the side.

Salads
CHICAGO The Farmer's Fridge offers choices like antioxidant salad and cauliflower fried rice in jars. Daily restocking keeps veggies fresh, as does ingredient stacking: tomatoes sit against hearty carrots, protecting delicate lettuce. An elevator moves each jar out of the machine so nothing gets tossed.

Caviar
LOS ANGELES At any given moment, the self-serve dispenser in front of Beverly Hills Caviar might have as much as \$50,000 worth of fish eggs inside, all controlled for temperature, moisture, lighting, and oxygen levels. Hundred-dollar bills accepted; mother-of-pearl spoon not included in purchase.

ALTERNATIVE STORY FORMS



PACK 'N' PLAY

What to bring on your next hut trip

If you've ever been winter camping, then you're all too familiar with the crushing heft of an expedition pack. But carrying a load for a hut trip is far less weighty—that is, unless you're on 30-rack duty. Hut essentials vary depending on location, approach method and amenities offered, so check in with the operation for a final packing list (and contact your partners for their thoughts on app-specific gear after). Regardless, these tips should help you covered. —The Editors

BEARD, BUCKEL, PUGLE, SNOW SAW: Bring your beard, buckel, pugle, and snow saw. (We pack a few extra batteries just in case.) If you're not sure, put new ones in his beacon this winter. It's a great way to add an unorthodox kit, especially if you have to be dropped and onto an unfamiliar setting.

PACK: Choose a pack with a capacity around 40 liters. You want something that is suitable for hauling all your gear into the lodge yet cinches down so it's still comfortable when not stuffed to the gills with a sleeping bag and that handle of Jack.

LAYERS: Don't be the person wearing the same socks day in, day out. It's a hut trip, not an epic, so bring a change of base layers and a few pairs of extra socks. A cotton T-shirt for evenings or sleeping in it's always a comfortable call.

YURT BOOTIES: Down booties, Crocs, whatever. Your dogs will appreciate it (especially during a midnight sprint to the privy).

WATER BOTTLE: Bring one big enough for a day tour.

REPAIR KIT: Include the day-touring essentials and beef up as necessary based on how many days you'll be out. Consider bringing supplies for binding or boot repair, unless you're game to split wood while your friends shred.

CELL PHONE: Your hut provider will be able to tell you what service is like out there in case of emergency.

TOPO MAPS: Many shelters have maps, but bring your own to have on hand for the approach, or for day tours away from the hut.

SMALL FIRST-AID KIT: Don't forget the moleskin!

APRES WEAR: Pack that tutu, Hawaiian shirt or cowboy hat. Nobody ever said apres is restricted to the frontcountry.

SLEEPING BAG: Most huts have some sort of heat source (and some provide bedding). But your sleeping bag's rating should depend on how many times you're willing to stoke the fire during the night. Pick something in the 15° range.

MUSIC: When it gets you feel no pain—even after a day of 10-grand in the skinback. Bring along the iPod and some small speakers. Your friends will thank you when the dance party starts.

BOOZE: Thirty rack, Bota Box or Snow-Machine Juice. That's five parts Allen's Coffee Brandy to three parts peppermint schnapps (best swigged from a plastic flask).

ALTERNATIVE STORY FORMS

LIFE STYLE

From ham to honey, raid your fridge the smart way



6AM-9AM

Breakfast *Yogurt*
Ham and cheese

Eating animal proteins and egg-based breakfasts curbs hunger.

Avoid eating: at dinner. It's fatty enough to give your digestive system a work-out too.

12PM-3PM

Lunch *Blue*

Research in *General Dentistry* found cheese helps reduce the amount of cavities people get in their teeth.

Avoid eating: before bed as it can be high in fat and also disrupt your sleep.

12PM-3PM

Lunch *Slow-cooked chicken*

Chicken is ideal if you're training because its leucine helps your body convert protein into muscle.

Avoid eating: late night at night because your stomach will still be digesting.

5PM-6PM

After work *Pomegranate juice*

Juices have high levels of natural sugars, so have after work, just before you exercise to get an energy fix.

Avoid drinking: in the morning or its short-lived energy will only help you feel awake for a few minutes and a mid-morning slump will beckon.

6PM-9PM

Dinner *Beer*

Japanese research found that beer inhibited the harmful effects of carcinogens often found in red meats.

Avoid drinking at: breakfast, unless it's your birthday.

6PM-9PM

Late-night snack *Wife-thin turkey*

This is rich with tryptophan, which helps rest and reduces depression.

Avoid eating: at lunch. Turkey induces sleep. Not good for work.

9PM-12AM

Late-night snack *Manuka honey*

Honey will give you a short energy spike, followed by a slump. Perfect for bedtime.

Avoid eating: in the afternoons or you may fall foul of that same slump.

9PM-12AM

Late-night snack *Tahini-based dips*

It's full of zinc, which increases your testosterone, meaning improved muscle mass and bedroom mojo.

Avoid eating: at breakfast because your body absorbs zinc best at night.

9PM-12AM

Late-night snack *Olives*

The oil in olives makes you feel full, helping you limit your serving sizes. Plus olives are rich in skin-repairing vitamin E.

Avoid eating: don't really... any time is good for olives.

9PM-9PM

Dinner *Piss*

If you're eating a rich meal and meeting people afterwards then milk might do the job your toothbrush struggles with.

Avoid drinking: before exercise. It creates excess mucus that hampers the power of your lungs.

9PM-9PM

Dinner *Rosé champagne*

Rose wine thwarts the formation of harmful substances released during the digestion of fat in red meat.

Avoid drinking: before bed or expect a headache. ☺

Fridge by Smeg, £899. At Harris Electrical. harris-electrical.co.uk

ALTERNATIVE STORY FORMS

1

2

3

4

5

MEN'S HEALTH SIN SPECIAL

The Wolf Of Your Street

SOCIOPATHY STARTER KIT p/92

Lead the pack at work and at home... with a masterclass in manipulation

A RARE TREAT p/24

Red meat should be more than an occasional treat. Satisfy your blood lust on a regular basis with our healthy guide to gourmet protein

Sloth

WHAT IS THE NEW WORKING?

Take a stand for your health to ensure you don't die in the chair

GET OUT OF THE HOT SEAT p/98

The office workout that will save you from sedentary sickness, plus cures for all modern man's stealthy sins

WHAT TURNS A FRY-UP INTO HEALTH FOOD?

SAVE YOUR HEART WITH LARD p/162

Pour your sunflower oil down the drain here's why frying in pork fat can make your sinful snacks righteous

EAT DIRTY (WITH A CLEAN CONSCIENCE) p/84

Five extravagant meals that spare neither taste nor calories. Abstinence is admirable, but pleasure is good for the soul

MENSHEALTH.CO.UK

Men's Health

REDEEMING FEATURES

We all know the feeling. The regret, the discomfort, the sense of being trapped that precedes the question: "Have you got something you'd like to get off your chest?" Yes, you've decided to do bench presses without a spotter again...

These days, you don't have to be a God botherer to have a strong sense of sin. For the man striving to live a healthier life, the sense of having to abide by a rigid set of rules and the dread of transgressing is a strong one. When you have woken up hungover next to a half-eaten pizza, the treadmill is a secular confession box.

But a quote stuck in my mind recently: "Many are saved from sin by being so inept at it." Are the wages of sin always death, or can our bodies profit from it? On p84 we make a case for strategic gluttony, with a little healthy redemption, in *Greedy Is Good*. It's a decadence with a *Men's Health* granted indulgence. We also tackle the conundrum of nice guys finishing last in *The Wolf Of Your Street* in which one *MH* writer decides to try on the mask of a sociopath. Find out how he fared as unfair on p92.

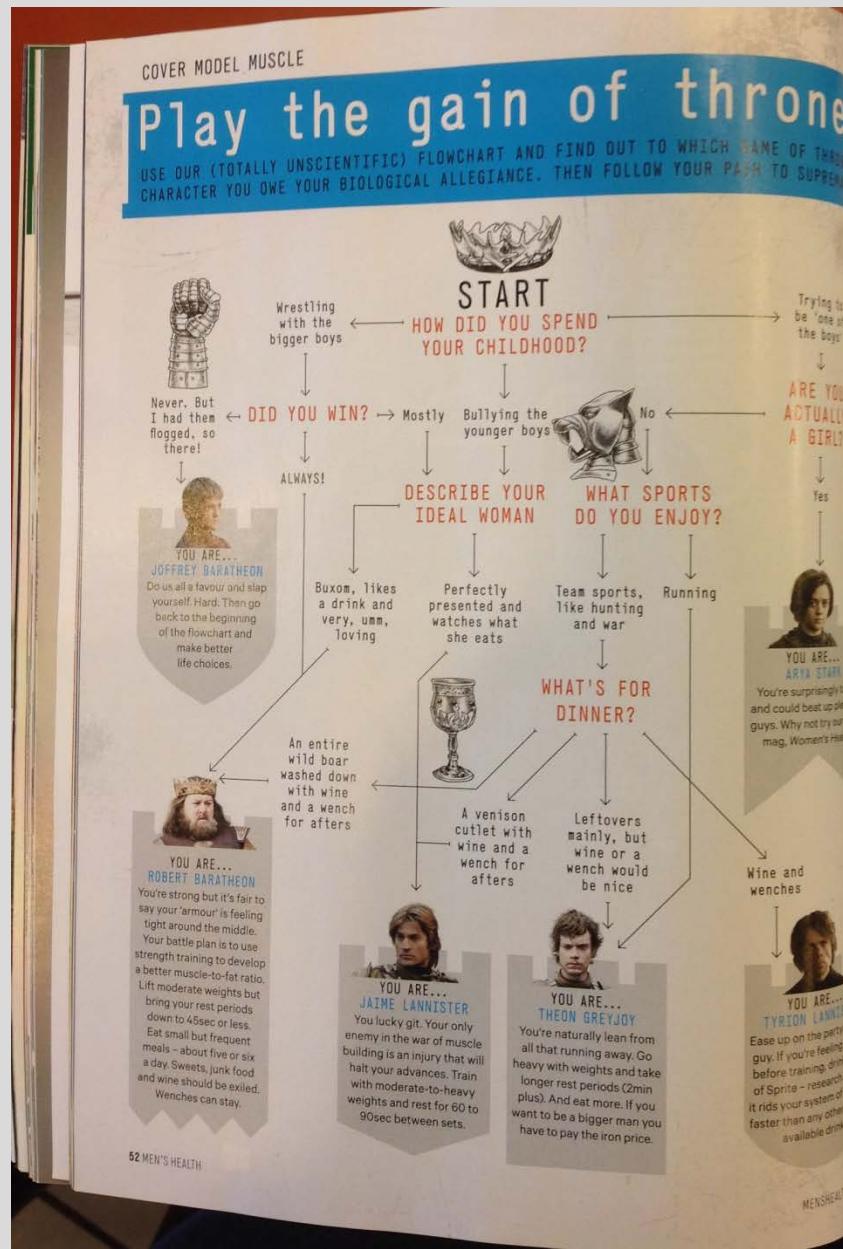
In this issue, we also show you the sins you don't even realise you're committing – find out how sitting down, overtraining and even health food can cut years off your life on p98. There are no states of grace here. Ignorance is no advantage.

Elsewhere we hope you enjoy our new improved style section and the our 48-page cheat's guide to building muscle. For some of us, a long road to redemption lies ahead; we might as well get strong running it.

TOBY WISEMAN
EDITOR



ALTERNATIVE STORY FORMS



INSTRUCTION

5 TIPS FOR BETTER BUNKER PLAY

1 Open the club, so that the face is wide open.

2 You want a real stable base. I usually dig my feet down a little bit deeper than some players, with a little wider stance.

3 I'm going to make a cut swing, so I set up square to the target then drop my left foot back.

4 Then, I kind of swing down my feet line so I come up a little higher and softer. I'm always aiming left, and the cut swing propels the ball toward the target.

5 I always want to keep my weight toward my left foot, forward, so I'm not falling backwards with the ball in the air.

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36

37

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ALTERNATIVE STORY FORMS

3

WAYSTO SEE OSLO



Symmetry at Vigeland Park

Budget



A proud Viking ship on display

Mid-range



Chocolate tones at Grand Hotel

Luxury

| | | | |
|-------|---|---|---|
| See | <p>Vigeland Park is an open-air showcase of work by Norway's best-loved sculptor, Gustav Vigeland, with more than 200 works in granite and bronze (free; vigeland.museum.no).</p> | <p>At Oslo's Viking Ship Museum, three of the best-preserved 9th-century Viking ships in the world are displayed, all excavated from the Oslofjord region (£6; khm.uio.no/english).</p> | <p>The Munch Museum houses thousands of works by Edvard Munch, such as <i>Two Little Girls With Blue Aprons</i> (right) and <i>The Scream</i> (£10; munch.museum.no).</p>  |
| Sleep | <p>Homely Ellingsens Pensjonat is one of the best deals in the capital. The hotel is housed in a building dating from 1890 and is full of period features (from £100; ellingsenspensjonat.no).</p> | <p>Grims Grenka (right) has stylish, minimalist rooms, a rooftop bar, and a popular Asian-fusion restaurant (from £150; grimsgrenka.no).</p>  | <p>The fittingly named Grand Hotel has long been considered the most elegant hotel in Oslo, and the rooms are luxuriously appointed without being overdone (from £220; grand.no).</p> |
| Eat | <p>Café Sara (right) serves Norwegian and international dishes. Try the meat stew with potatoes, corn and rice (mains from £11; cafesara.no).</p>  | <p>On the side street of Hegdehaugsveien, near the centre of town, is the bright and lively Rust. It's great for burgers, salads or tapas late into the night (mains from £15; rustoslo.com).</p> | <p>Feinschmecker (meaning 'foodie') offers a modern take on classic Norwegian dishes, such as crayfish soup and lamb with wild mushrooms (mains from £45; feinschmecker.no).</p> |
| Drink | <p>By day, The Tea Lounge offers steaming brews, but at night it becomes one of the coolest bars in Oslo, with a great cocktail list and atmosphere (tea from £6, cocktails from £9; tealounge.no).</p> | <p>Bar Boca is a tiny and has just five tables. Squeeze in and you'll discover retro '50s décor and some heady cocktails (cocktails from £13; Thorvald Meyers Gate 30; 00 47 22 04 13 77).</p> | <p>Palace Grill is a New Orleans-style bar crowded with well-heeled Oslo regulars. It's known for its live music, great restaurant and vast wine cellar (glass of wine from £11; palacegrill.no).</p> |

WORDS:CHRISTAL LARWOOD, STUART BUTLER, ANTHONY HAM, MILES RODDIS.
PHOTOGRAPH:VIGELAND MUSEUM, EIVIND ROHNE, MUSEUM OF CULTURAL HISTORY,
UNIVERSITY OF OSLO, TWO LITTLE GIRLS WITH BLUE APRONS, 1904-1905, MUNCH MUSEUM/
MUNCH-ELLINGSEN GROUP/ONO 2013

ALTERNATIVE STORY FORMS

In the couple of years after college, however, she couldn't duplicate the results she'd had in Chapel Hill, and Felnagle was nowhere to be found. She says she was "burned out" from school and the demands of the collegiate track season (running conference meets and NCAAs for three seasons every year), and

a hot day in June, however, Felnagle finished seventh at U.S. nationals in 15:46.05 and missed out on a trip to Moscow.

After graduation, Felnagle, now 26, moved back to Tacoma, Wash., where she had gone to high

5,000m specialist, and Lindsay Allen, a plechaser, on the women's side.

She commutes the 35 minutes to Seattle about three times a week to meet workouts and long runs. "Having other professional runners to run with, especially women, it's a huge difference," she says.

So is her return to the base. Her mileage is 80–90 a week during her base phase, and drops down to 50–60 during racing season, but she admits to having neglected the base in favor of intense track sessions during her down year. And for the first time in years, she's getting sleep, eating right, stretching and seeking therapy when necessary. "It's all the things that people harp on for runners," she says, "but I just didn't take those things as seriously in college, and I kind of got away with it."

Coach Mackey keeps the workouts varied for his versatile women. Some weeks see an interval workout on Tuesday and then a 7-mile tempo on Friday to get back to base work. Or a short speed workout geared toward 1500m pace. "We keep a really good balance of making sure we hit every energy system," Felnagle says. It shows in her newfound energy on the track. **RT**

Essential Workout

WHO: Brie Felnagle, 26

WHAT: 3K, 2K, 2 x (6 x 400)

WHY: To test 5K fitness by touching on the many paces a racer can expect in a fast or tactical race. The workout begins at slightly slower than tempo pace and ends faster than 5K pace, and if it goes well, it gives a racer confidence.

WHEN: Twice a year, once before the season and once as championship season approaches.

THE DETAILS: The workout starts with a 3K at 5:15/mile pace (9:47). Then after 4–5 minutes of rest (a mixture of walking and jogging), athletes run 2K at 5:05 pace (6:20). After 4–5 more minutes of rest, they finish with two sets of 6 x 400, with 4–5 minutes rest between sets and 1 minute rest between each 400. They do the first set in 70–72 seconds per lap and the last set in 66–68 seconds.

"It's pretty long and relatively intense, so it's really tough. I did it before the start of the outdoor season, and I was excited to race after that."



► In temperatures reaching 100 degrees, Timothy Olson, 29, won his second straight Western States 100 in 15:17.27, 31 minutes slower than his 2012 course record.

ALTERNATIVE STORY FORMS



ALTERNATIVE STORY FORMS

■ QUIZ

Test Your Travel IQ

By GEORGE W. STONE

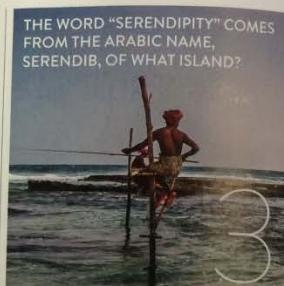
LOCALS ON THE ISLE OF LEWIS IN SCOTLAND'S OUTER HEBRIDES ARE FAMOUS FOR WEAVING WHAT WOOL FABRIC?



MADE OF GIN, SWEET VERMOUTH, AND CAMPARI, WHAT COCKTAIL WAS INVENTED IN FLORENCE IN 1919 AND NAMED FOR AN ITALIAN COUNT?



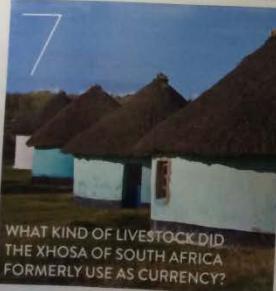
THE WORD "SERENDIPITY" COMES FROM THE ARABIC NAME, SERENDIB, OF WHAT ISLAND?



WHICH U.S. PRESIDENT COMMISSIONED LEWIS AND CLARK'S 8,000-MILE JOURNEY TO THE PACIFIC OCEAN?



GREAT BASIN BRISTLEcone PINES, THE WORLD'S OLDEST LIVING TREES, GROW IN THE WHITE MOUNTAINS OF WHAT STATE?



WHAT KIND OF LIVESTOCK DID THE XHOSA OF SOUTH AFRICA FORMERLY USE AS CURRENCY?

4

7

ACCORDING TO PLINY THE ELDER, THE CANARY ISLANDS ARE NAMED NOT FOR BIRDS BUT FOR WHAT FOUR-LEGGED CREATURES?



5

8

WHAT PEDAL-POWERED SPORT CHAMPIONSHIP WILL BE HELD THIS SUMMER IN MONTREAL?



SQUISHY, SWEET CLOUDS OF JAPANESE RICE PASTE ARE TASTY CONFECTIONS KNOWN BY WHAT NAME?

9

PHOTOGRAPH BY JEFFREY WILSON FOR TIME; 2, PHOTOFEST; 3, PHOTOFEST; 4, PHOTOFEST; 5, PHOTOFEST; 6, PHOTOFEST; 7, PHOTOFEST; 8, PHOTOFEST; 9, PHOTOFEST

ANSWERS: 1. Harris tweed. 2. Negroni. 3. St. Lucia. 4. Thomas Jefferson. 5. California. 6. Michigan. 7. Cricket. 8. Quince. 9. Mochi.

XXL

(What Goes Around)

Talk About Me

Rappers make it clear on Twitter that they want to be XXL Freshmen 2014.

XXL FRESHMEN 2014 is right around the corner, and discussions are starting to heat up. As we at XXL toil and torment over picking the right artists for this year's class, we have definitely paid attention to all of the Freshmen Twitter campaigns and tweets. And this year, many of the potential picks have posted tweets regarding their desire to be part of this year's class. Here are a bunch of our favorites.

A for effort.

"2014 freshmen @XXL when y'all want to interview I already kno wassup"
@lildurk_14 Jan 2014



"WHO DO YOU THINK WILL BE THE TOP 10 FRESHMAN FOR @XXL FOR 2014 ?"
@JODYHIGHROLLER 9 Jan 2014



"IF I GET THE @XXL FRESHMEN COVER y'all Get a #BricksInMy-Backpack4"
@TroyAve 14 Dec 2013



"S/O TO @XXL for the Show and Prove on shelves right now! I'm working for that Freshman spot next!"
@DeniroFarrar 24 Jan 2014



"I NEED IN ON THAT @XXL FRESHMAN '14. #IAmingleworld"
@Skeme 6 Jan 2014

"@iBreatheWisdom: @FATTREL to @xxl freshman class of '14, make it happen ! - NO BULLSHYT"
@FATTREL 22 Jan 2014



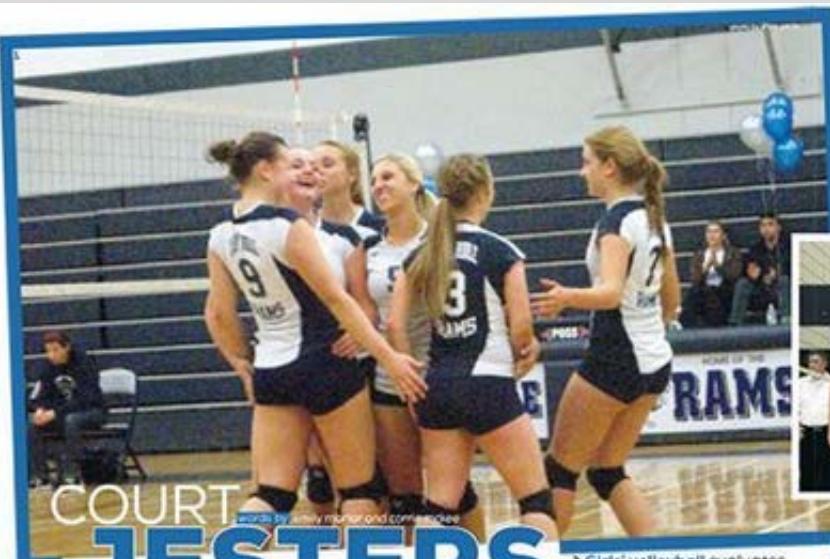
"I should hit that XXL 2014 Freshmen list."
@OPrizzzy 5 Jan 2014

"Everybody tweet @VSattenXXL and tell her Lil Bibby needs that @XXL Freshman Cover"
@lilBibby_ 27 Jan 2014

LOG ON TO XXLMAG.COM FOR MORE XXL FRESHMEN 2014

XXLMAG.COM APRIL/MAY 2014 019

ALTERNATIVE STORY FORMS



COURT JESTERS

words by ashley minor and connie mckee

NEED TO KNOW

Blockers. Del Campo put up strong blocks, using their 6'5" and 6'0" height to their advantage with high verticals, making it hard for the Rams to hit around them.

WHO TO KNOW

Scrappy Setter. The Cougars' Claire Ortega often got every ball up and playable. Usually, the Cougars passed inefficiently, making Ortega's job difficult.

HOW'D IT GO?

At Del Campo on October 21, Casa began with a nine point lead, ending in a 25-17 win. During the second set Casa endured a few close calls, but the Rams won 25-23. In the next set, Casa overtook the Cougars with their crucial digs and kills, with a final score of 25-12. The match ended in a 3-0 victory for Casa.

Girls' volleyball evaluates which methods to use to defeat their opponents.

NEED TO KNOW

5-1 Defense. Casa had to set up defense according to the one-setter and five hitters BV used. To adapt, they read all five hitters and prepared for the setter's tips.

WHO TO KNOW

Bella Vista's middle blocker. Standing at 6'1", Bella Vista's main middle blocker and senior captain Sara Hibbs achieved 14 kills this season, averaging two a game.

HOW'D IT GO?

In an eight point lead, Casa barely let Hibbs hit and ended in a loss of 21-25. With BV's offense leading, Casa changed the lineup, putting middle Tea DiCicco in, but ended in a 12-25 loss. In the last set, senior Sarah Pritchard executed six kills and digs, but it was no match for BV. The game ended with a score of 0-3.

DID YOU KNOW?

Varsity volleyball accomplished more than you think.

- On October 30 at Christian Brothers, Casa achieved a 62% hitting percentage.
- Casa executed 30 kills per set against Antelope High School on September 29.
- Sarah Pritchard obtained 19 kills at the Rio Linda game on October 9.



AKA ALSO KNOWN AS

Teammates know each other by their personalities, creating a close team.

Tea DiCicco, 10

AKA the player who can block almost any ball along the net, just with her arms up.

Kayley Horbaugh, 10

AKA the "wheels" on the volleyball team because of her quick feet and agile abilities.

Corrie McKee, 10

AKA the teammate who is so energetic that she jumps after each block, hit and kill.

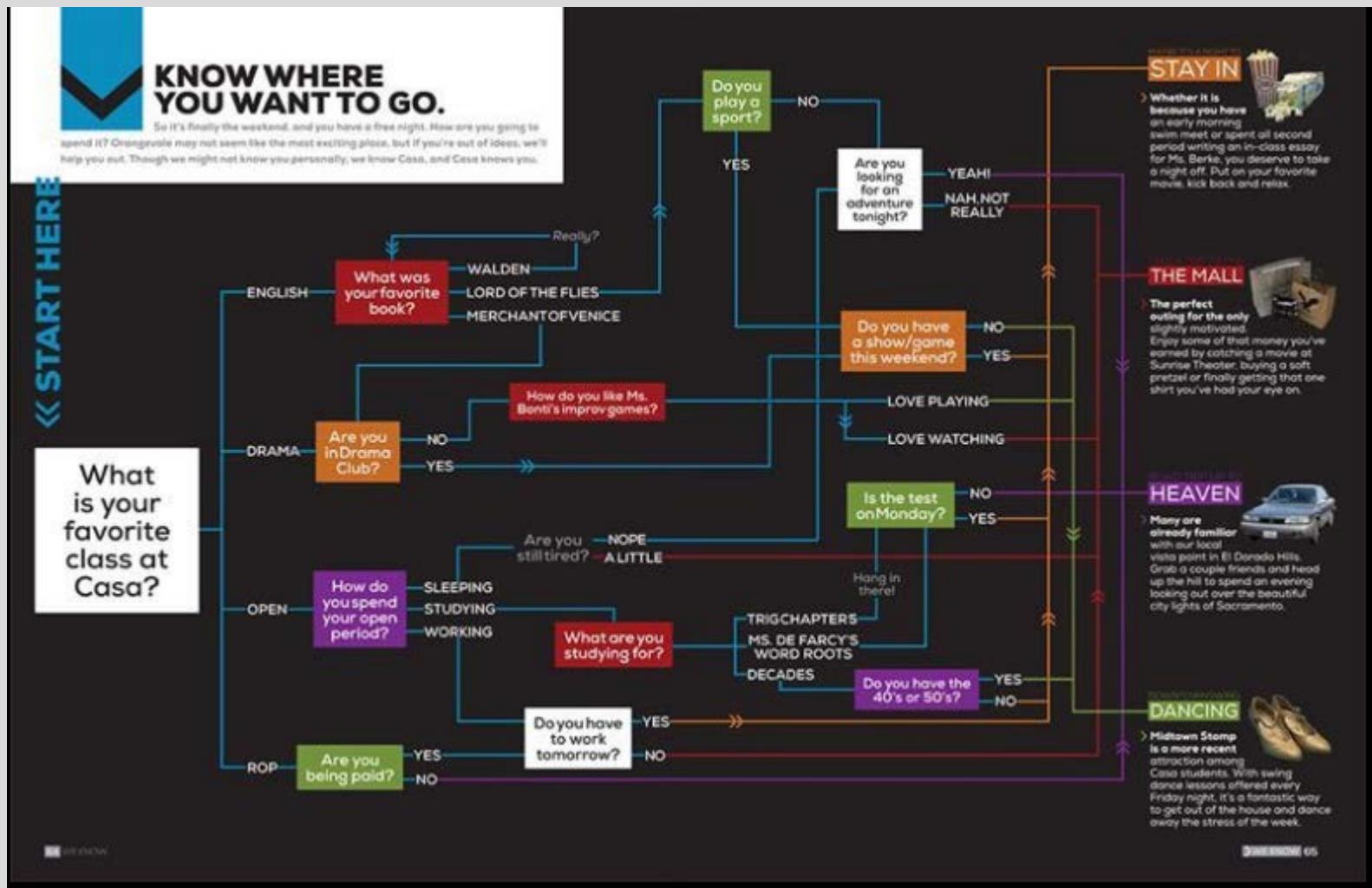
- On November 8, the Rams celebrate a kill made by senior Sarah Pritchard. 12. Senior Sarah Casa tells Sarah Pritchard sophomore Corrie McKee where to stand. 10. Senior 11. 13. Seniors Ashley Snow and Sarah Casa exchange opinions on the previous play on October 12. 7. As BV's outside hitter swings for a sharp angle, senior outside Thomas goes to block. October 23. 15. Cheers erupt from Ashley Snow, Amy Squire, and Alexis Thomas on September 28. 16. On senior night November 4, Sarah Pritchard accepts gifts from Coach Laporte when assisted by her family.

KNOW PAIN KNOW GAIN

JUST SO YOU KNOW
"At the Granite Bay game on September 26, I was doing my warmups, then I noticed how clean it was to the earline and tipped it over. Unfortunately, as I descended, I hit the pole with my shin and I had to sit out for the remainder of the game in pain. I learned I can't cut it as close, but I'm still proud that I tried." **Brookeine Pritchard, 10**



ALTERNATIVE STORY FORMS



ALTERNATIVE STORY FORMS

NOT A HALF-BAKED HOLIDAY

FRESHMAN ANASHA BALANI'S TOP FIVE HOLIDAY SONGS

1. All I Want for Christmas Is You
2. Jingle Bell Rock
3. 12 Days of Christmas
4. Sleigh Ride
5. Carol of the Bells



TOP THREE MOVIES THAT SENIOR EMMA PURANEN WATCHED OVER WINTER BREAK

| | | | |
|--|--------|---------------------------------|--|
| | 9.5/10 | Frozen | It's a cute, sweet, adventure movie with fun songs and animation that teaches little girls important lessons about love. |
| | 9.5/10 | Catching Fire | It captured the intense pace and heart-stopping moments of the novel beautifully, and the characters were brilliant. |
| | 6.5/10 | The Hobbit: Desolation of Smaug | I love the beauty of the sets, scenery, and costumes in the film, but it went on too long. |



JUNIOR CALLAN MONETTE

From baking cookies to watching movies, everyone was in holiday spirits for the first half of a two-week-long winter break.

"I MADE A TON OF COOKIES. Every year we have a tradition where friends come over and we just **bake** **all day** I have no idea how many we've made over the years. It's definitely fun," says the 10th-grader. (Photo illustration by A. S.)

Photo courtesy of C. Monette



8 TYPES OF COOKIES

1. sandwich cookies
2. pizzelles
3. peanut butter blossoms
4. hot chocolate cookies
5. butter cookies
6. oreo-covered peanut butter balls
7. bakers
8. sugar cookies

096 DECEMBER 22-26
Photo: Callan Monette, provided by the author

POWDER TO THE PEOPLE

SNOWBOARDING IS ALWAYS

AMAZING. I'm a beginner, so I'm still learning the moves, but even if all my muscles are sore the next morning, nothing can beat the **adrenaline**.

I feel looking down the steep mountain, the wind blowing down in one swoop. I've been snowboarding a couple of times before. I go with whoever wants to take a trip with me! Sometimes, I go with my family, but I usually go with friends. (It's that much fun!) It's a great opportunity to get to know your friends a little bit better. The time on the lifts is usually a little long, so that's always a plus.

Gloria Cho

Photo courtesy of C. Monette

Enjoying their exceptionally long winter break, students squeeze in a few more days of skiing and snowboarding.

Photo courtesy of C. Monette

Photo illustration by A. S.

Photo illustration by A. S.

I'VE BEEN SKIING FOR

ABOUT 10 YEARS.

I went with my mom and some friends. I've been snowboarding a couple of times before. I go with whoever wants to take a trip with me! Sometimes, I go with my family, but I usually go with friends. (It's that much fun!) It's a great opportunity to get to know your friends a little bit better. The time on the lifts is usually a little long, so that's always a plus.

Gloria Cho

Photo courtesy of C. Monette

COLLEGE COUNTS

I applied to 16 COLLEGES

SENIOR JADAN ALI

Photo courtesy of J. Ali

ALTERNATIVE STORY FORMS

Freshman Brooke Matthews played Annie in the Saturday matinee. Her sister Kaelyn, a junior, played Annie's nemesis Ms. Hannigan. The two look back on performing together.

SISTER STORY FORM

ENTER KAELYN AND BROOKE MATTHEWS.

KAELYN: My favorite movie was probably "Tiny Street." There was lots of dancing, and the two people that I worked with were great; we had really good on-stage chemistry and got to act really silly.

KAELYN SHIMMIES.

BROOKE: I really loved "Hand Knock Life" because me and the elephants are really close and it was fun to act with my friends. It was cool to play opposing roles, too. I mean, we usually kind of mess around and play around with each other, so it wasn't that hard.

BOTH GIRLS LAUGH AT THE THOUGHT.

K: And we have really good on-stage chemistry.
B: It's just better because we're sisters.

**FOR A MOMENT, KAELYN AND BROOKE
INTERTWIN HANDS.**

K: We already make fun of each other.

BROOKE LIGHTLY PUNCHES KAELYN'S ARM.
B: Our close relationship definitely helped us. Like, I didn't feel bad when I grabbed her face.

KAELYN GRABS BROOKE'S CHEEKS.

K: Ah! Your hands are cold!
B: You could say that we're very comfortable around each other.

BROOKE THROWS HER ARM AROUND KAELYN.
K: In terms of performance, playing Annie was silly. I mean, there's not an audience that doesn't know that she's kind of a nut, but both on the inside. I was able to get deeper into that character and into all the relationships that she has.
B: In the other version of the play, because of double casting, I was Orphans.
K: And I was Bonne.

BOTH GIRLS CHUCKLE.

K: We've been acting since we were really little.
B: Basically, we have been singing and acting ever since we could talk.

**KAELYN AND BROOKE SMILE AT ONE
ANOTHER.**

K: And we practiced all the time together.
B: It was really nice, especially because I would just yell upstairs to get Kaelyn, and we could rehearse.



Photo: Above: K. Kaelyn Matthews; 11 & Brooke Matthews; 9
Photo by: Payne-Plante

ALTERNATIVE STORY FORMS

set for success

JV volleyball
girls talk about
important stats

PASSING

"Passing is very important. It determines what the other team gets to do. Which means more points." -Caroline Oberholzer, 10

HITTING

"It's so important to have a good approach as well as hitting well. I think that's what makes us good." -Dixie Huber, 10

SETTING

"Being the setter is like being the quarterback of the team. You have to make sure everyone is in the right place and make the perfect play." -Kaitlyn Hart, 10

SPOTTING

"Spotters are like the coordinators of the team. You have to make sure everyone is in the right place and make the perfect play." -Kaitlyn Hart, 10

the long haul

students talk about the
longest assignments
(they're never as bad as you
think)

ALL NIGHT

What's the longest time it took
for you to finish an assignment?
"I have to finish my paper... I
have to finish my paper... I have to
finish my paper... I have to finish my
paper... I have to finish my paper..." -

31 DAYS

Students of the year: South Roosevelt
co-teacher and counselor, Mr. Michael
Dy project.

"It's actually really bad.
We had to make a movie
project about Thomas Gold
and my friends and I just
spent 31 days."

8 PAGES

Students of the year: South Roosevelt
co-teacher and counselor, Mr. Michael
Dy project.

"I had to do an assignment
that was 8 pages long. I
spent 8 days to do it. It took me
8 days."

the actor factor

Actress Alex Stone and
actor Matt Kline are the
stars of the musical
"The Last Five Years,"

which is the first show
of the year for the
McLean High School
theater department.

Photo by

BRINGING IT TO THE STAGE

juniors Lily Lord and Alex Stone talk about their

one night performance of *The Last Five Years*.

HEARTS FULL OF LOVE
Juniors Alex Stone and Lily Lord
are like no one else you've seen.
They're the stars of the musical
"The Last Five Years,"

which is the first show of the year for the

McLean High School theater department.

"It's a musical about a man who

has a 5-year relationship with his

wife, and he's trying to get her

back after she leaves him.

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PHOTO EFFECTS

PHOTO EFFECTS

Downloading... 97%



SNAKES ON SEVEN PLANES

NO TWO DIAMONDBACKS THROW EXACTLY ALIKE—AND THAT'S WHAT MAKES THEM SO DANGEROUS.
42 100 76 MORTY AIR ★ PHOTOGRAPHS BY DYLAN COULTER



BRAD ZIEGLER

AGE: 34 | RELIEVER

► "I converted to a submarine pitcher seven years ago hoping it would get me to the big leagues faster. It's a delivery where you're almost scraping the ground, but thankfully my delivery has evolved. Contrary to what people might think, the strain on my arm is no different. You just have to learn to relax. One of the things my coaches told me was, 'This delivery is built on deception and creating movement on the ball.' Now my sister says it's like a snake. You just stay flat the entire time and sink it at the end. It's deceptive."



PHOTO
EFFECTS

ANTOINE'S RESTAURANT

SO YOU CAN

FIND THE FOOD THAT WAKES UP YOUR SOUL.

CHASE SAPPHIRE PREFERRED

D. WALDEN

2X POINTS ON TRAVEL AND DINING AT RESTAURANTS.

Chase Sapphire Ad 2014

PHOTO EFFECTS

IT GETS GOOD

IT GETS GOOD OUTSIDE OF SCHOOL, WHERE
MADISON CERNA, 8th, and CYNTHIA
KAMINSKI, 8th, addition their daily
usual at Starbucks, a grande iced
carbened before little with no whip
and latte and a full vanilla bean
Russette, at their favorite after
school hangout.

IT GETS GOOD IN THE CLASSROOM, WHERE
DUSTY ALEXANDER, 8th, proves his intellect, shining for the
best grade he could get. IT GETS GOOD ON THE COURT,
WHERE PAGE ZATKOFF, 8th, put her blood, sweat,
and tears into winning the Girls Basketball District
Championship game for the B Team.

IT GETS GOOD ON THE FIELD, WHERE
JORDAN THOMAS, 8th, proves his
grape juice choices teachers just demanded. Not
at all surprised that the students responded to the
water, Mr. Thomas was submitted a list of these
items. As a reward for those who had a certain
amount of inquiries during the magazine issue,
students were allowed to take off and
break the rules of their class with some, "I was
having a friendly talk with the students. I was
good," Mr. Franklin said, and a class.



WHERE IT GETS GOOD

SINK OR SWIM

Before school even began, Kimberly Zahnder (11) prepared for the most important swim meet of the season, Junior Nationals, as she completed her recovery from a life-threatening eating disorder.

WRITER: SHAYLA DURRANT ■ DESIGNER: CALLI CLEMONS ■ ART DIRECTOR: LINDSEY HEDGES ■ PHOTOGRAPHY: KIMBERLY ZAHNDER ■ PHOTO: ILLUSTRATION: SHAYLA DURRANT

The normally bustling swim deck was silent in the early hours before it opened. The July heat had yet to kick in. Swimmers began to pour in, splashing in the early hours. They had abandoned the night before to no time, they charged into their black swim caps, mirrored goggles, and Speedo swim suits. Barely a smile was to be without use.

Kimberly Zahnder (11) dove into the cold pool, despite the blanket of water that had settled overnight. More and more ripples formed out at her boundaries, just her, and the practice lane.

This wasn't an ordinary practice for Zahnder. She had just returned from the recovery of an eating disorder, anorexia, and now she was coming back to the pool for the first time. "I thought that being around water would help you in the water, but I found out the hard

way that is not true," Zahnder said. And now more than ever she had to prove herself for the most important match of the season—Junior Nationals.

The tournament record overcame her now, as she realized that swimming was still her biggest goal and dream. "Recovery didn't happen overnight," Zahnder said. "One day I wake up and I was gonna think I'm not to be, I realized that I don't want to be."

Two practices a day prepared her for the biggest event of the season. She put extra effort into nothing, every stroke. Her 20-yard freestyle was nearly as speed as she wanted it to be. Her backstroke was almost as record-forming.

After several more practices, the team gathered in Indianapolis on August 5 to start the 2014 Junior National tournament for which they had spent the summer preparing.

And Zahnder's focus on her goal showed in her results—breaking all of her personal records for the season including the 200 (3:31.21), 50 (31.54), and 100 backstroke (1:04.72). Learning how to eat, when to eat, and what to eat helped my performance," Zahnder said.

Back in Louisville, Zahnder returned to the familiar waters of Louisville, ready to keep moving forward after the meet. Even with new personal records, Zahnder remained determined for more success.

"My goal right now is to go to the 2016 Olympics," Zahnder said. "If I'm on the track I am in right now, I really think I could do it."

In the absence of the early morning, the still air of the swim deck surrounding her, Zahnder jumped back in, letting the water wash over her, every stroke in a positive direction.



NEW BEGINNINGS

The shiny strand of hair she wears, sparkles like a jewel. There are certain glimmers in the light. At the extremes of the spectrum, the hair is the color of the moon. But something in the hair is different.

Suraya Patishtan (12) says her hair is its own person. The shiny, dark hair has no desire for itself. After having to cut her hair

to 6 inches at the beginning of the school year, that surgery wouldn't feel good for her again.

But what was to become of the hair? She had to become of the hair. It was time to return to her first hair salon. A different salon—Burgess. Patishtan said, "It's like giving her a new baby, a new beginning, who

isn't excited about it?" And in the end, a new family.

"Our hair experienced a lot of treatment with the Burgess. First, Friday, we finally got rid of all the treatments. It was so thick that I had to thought because the people have different, making the better and taught me to grow on."



BY SHAYLA DURRANT ■ PHOTOGRAPHY: KIMBERLY ZAHNDER ■ DESIGNER: CALLI CLEMONS ■ ART DIRECTOR: LINDSEY HEDGES ■ PHOTO: ILLUSTRATION: SHAYLA DURRANT



PHOTO EFFECTS



do you **BELIEVE?**

SHE IS THE GIRL WITH NO NAME, NO STORY, AND NO EXPLANATION.

The custodial staff was quick to tell of their encounters with an apparition, a "ghostly girl." The story passed down through generations of the very people visiting the property. Those who go looking for her are always disappointed. Those who find her wish they hadn't. Do you remember walking through the halls and seeing someone you swear you've never seen in your life? There is a very likely chance you were walking amongst an apparition not of this world.

Mr. Apodaca and Mr. Rudy Juarez (pictured far right holding the security camera footage), recounted their own interactions with the beyond. "I was doing the building check in the cafeteria one night, looked up to the auditorium, and saw someone walk through the auditorium. You could see it as plain as day because of the windows and shadows being silhouetted. I thought I better go check it out. I thought that a door may have been left unlocked. It is not unusual to have a band or drama person stay late, so nothing seemed out of the ordinary," said Apodaca. He checked; the doors were locked.

"First thing I did was turn all the lights on to see if someone was hiding. I searched every inch of that auditorium and there was absolutely nothing there. Nothing. The hair on my neck stood straight up!" Frazzled, he turned the lights off again and got out of there as quickly as possible. Late at night, the mind likes to play tricks, but he stood firm. "I'm sure I saw someone walk through there, absolutely sure of it."

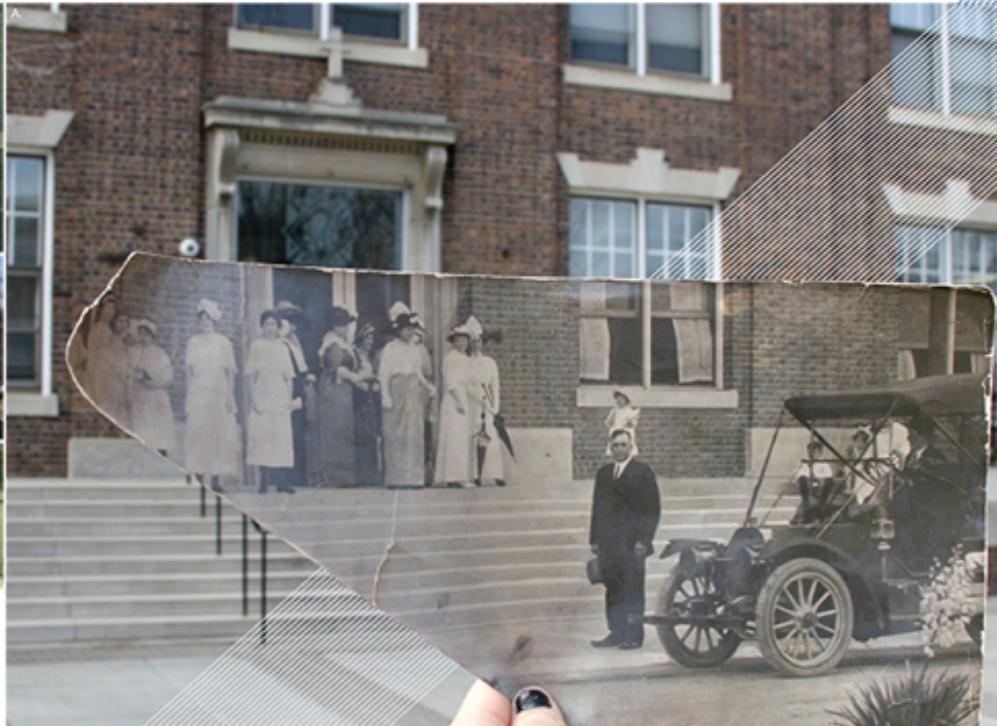
WALKING THROUGH THE EVIDENCE. DO WE REALLY HAVE VIDEO PROOF OF THE GHOST?

A former night shift employee, who wished to go unnamed, had the first recorded encounter with the girl. One night, he was mopping the deck of the pool, and it was overcome with the feeling of being watched. He looked up to the big glass windows and saw a little girl standing there in a party dress. On a snowy night, at three in the morning. His first reaction was that she was lost. "We made eye contact, I lowered the door to let her in, and she disappeared." When he opened the door he called out into the dark night and there was no reply. A few days later, he decided to go back to the pool deck and check the toilet in the women's restroom first. At that hour of night, no one could possibly be in the school. He went to go check it out, and he saw little wet footprints leading from the pool to the toilet. He took a picture for documentation, and it has since been passed down. He resigned his position two days later. These pictures were taken in 2012, the night the footprints appeared. The middle picture shows the pool deck right after it was washed. Mysteriously, a couple minutes later wet footprints appeared even though no one had walked on the surface. The bottom picture is proof that we are not alone on the mountains.



11/15/2012

A TRACE



A STA TRACE Senior Lauren Nagle holds a photo of the first STA students in 1910, comparing it to a photo of the school in 1910 and 1935. **PHOTO BY LAUREN NAGLE AND MARINA VIANELLO**

B SISTER LOVE THE PAST Former students, many long-deceased graduates from STA in 1915,慷慨捐赠图书馆档案。

C BACK TO THE PAST Senior Lauren Nagle holds a photo of STA Sept. 12, 1915 in front of the current building. **PHOTO BY LAUREN NAGLE**

D SISTER LOVE Many nuns, including several of the original founders, still live and minister at STA.

COURTESY OF LIBRARY ARCHIVES

Founded in 1866, STA is grounded in tradition and legacy. We see traces of our past daily, reminding us of our history.

St. Teresa's Academy's tartan plaid skirt, threads of black, blue, green, red, yellow and white, interwoven in such a distinct way.

An ideal symbol of thisalg's Catholic school. These skirts make their way throughout the hallways, the lunchroom, the classrooms and the quad.

TRACES...

the same paths former STA students once made.

As the oldest school in Kansas City founded in 1866, our school has seen many changes.

The original one-building school grew into a four-building campus.

A small school grew to 601 students. New faces of faculty, students, and parents.

A track and field built in 2011. An expanded school parking lot.

Individual netbooks for each student replaced many netbooks and notebooks.

Despite every change within the STA community, the legacies and constant reminders of the traditions of our school are seen on a daily basis.

TRACES

of our past.

The seal in the center of the quad with the STA logo and motto "Deo Adjutor Nisi Timendum."

"With the help of God, we need not fear."

The beautiful,implastic class ring seen on nearly every senior walking through campus.

The same ring that a student's mother, aunt, or grandmother still keeps safe in a box on her dresser.

Sister Jeanette, a sister of Saint Joseph, who moderates silent study and has been a part of the STA community for years.

The significant lace motif on the Windmoor Center.

These traces of history remind us where we've been, and where we hope to go.

OF THE PAST

PHOTO EFFECTS

1. **Tag a gator down** With her feet clipping on the thick green tape, Kaitlyn Sherr, 11, struggles to lead the sophomore class to victory against the juniors in tag of war at the first pep rally. An average tag of war game lasts at most twenty seconds, but this one lasted 1:10 minutes. As the game dragged on, the anxiety from the classes only increased, building more anticipation. "The main reason why we were able to have the victory was because they didn't have as many football players or strength on their side," said Joseph Stevens, 12.

Desistently, the teachers jumped in to help the classes. By

CA and RA

2. **our year without Kyle says** Cheering with a megaphone, the girls on the marching band, including Mrs. Lori Cole, 11, play "The Freedom High School Fight Song." While other students look forward to viewing in their class, the marching band is excited to play and tease. "It's customary that the band director plays the fight song," said Mrs. Lori Cole, 11, and Mrs. Diane.

"Our band used fight songs from other high schools, but I didn't want to use one, so I just wrote the fight song," by CA and RA

3. **Shouting down** Out of breath, members of the cheer team strike a pose to end their dance routine at the first pep rally. "This was [our] level of hard work and emotion they put into their dance routine from the cheer team's performance because they were in sync," said

Madison Rutherford, 11, by CA and RA

4. **A frantic 10-sec. Cheering** As his peers, Kacy Peas, 11, encourage his support during the tag of war, instead of reaching the senior class sides, everyone in the school were back to support the football team in their first home game against Loudoun County. The home loss for the game 74-54. by CA and RA

5. **we're kind of a big deal** Near the end of the pep rally, Mrs. Debbie Adams, 11, and Mrs. 11, of the pep rally, leave the classes with the spirit while Taylor Wickham, 11, was a spiffy example for seniors. After the tag of war and cheer contest, the seniors was the first pep rally. "Being a senior is a big deal and it's not last year, [pep rally] are one of those things that seniors look forward to other than graduation," said Debbie Adams, 11.

"we're kind of a big deal," because this year was the last year for Taylor Wickham, 11, to direct the seniors.

6. **all out** The end of peeling their voices through the girls as Taylor Wickham, 11, directs the seniors in "The Sister Chorus," along with the "Sister Chorus," a signature of the class of 2014 that helped them win that first pep rally as freshmen. "Our class has been the most spirited throughout our high school years because we have put in effort in it," said Debbie Adams, 11. "We have made our presence known."

By CA and RA

pulling for points

Dressed in black at the first pep rally, students come together to show their school spirit, spurred by RA



After leaving the same coach for three years, Varsity Football players and managers express their feelings of the new coach.

ringing in the new year



Cheering on the Varsity Football team, Jason Franklin, Madison Franklin, and Taylor Wickham, 11, were the support during the second home game of the year. Franklin brought along her dad, Madison, along with the Franklin family and perspectives in 2014. These positive changes have made of the Franklin family excited to go to practices and cheer. Franklin had supported the eight week fall practices, practices, games, positive perspectives, and excited, ready to the coach.

"Last year we were more about

Individuals, but this year we are more team-oriented,"

Zoe Whitehead, 12

"The coach this year is positive because he makes us believe we can do it and tells us what we do right, he tells us what we make well when we are not on the field."

Alexander Stevens, 11

"One of the new traditions that is introduced in our progress is that we do spaghetti dinner in October."

The whole team cooks at [the coach's] house

while his wife cooks spaghetti, garlic bread,

and salad for the whole team.

His wife and wife come to every game and are very

supportive and actively involved."

Colbie Black, 11

fact of the week

The last time that a Freedom student won a pep rally was during the 2008-09 school year by the current senior class. The class won the pep rally with their discontinued name "The Lizards." After a video showing "The Lizards" was posted on the class's Facebook page, English teacher taught everyone the class's starting class so that everyone would know how to say it.

Students answer the question, "Is it important to look good on the first day of school?"

fashion versus comfort

she said

"Yes, I believe that if you dress nicely on the first day of school, you present yourself well to the teachers you are meeting for the first time,"

Christina Wickham, 9

"But if you have to look good for a good impression, but you don't have to go downtown."

Laura Stiles, 11

"No, but it's the only way I have the patience to dress nicely. After that I just wear the first clean thing that is in my closet."

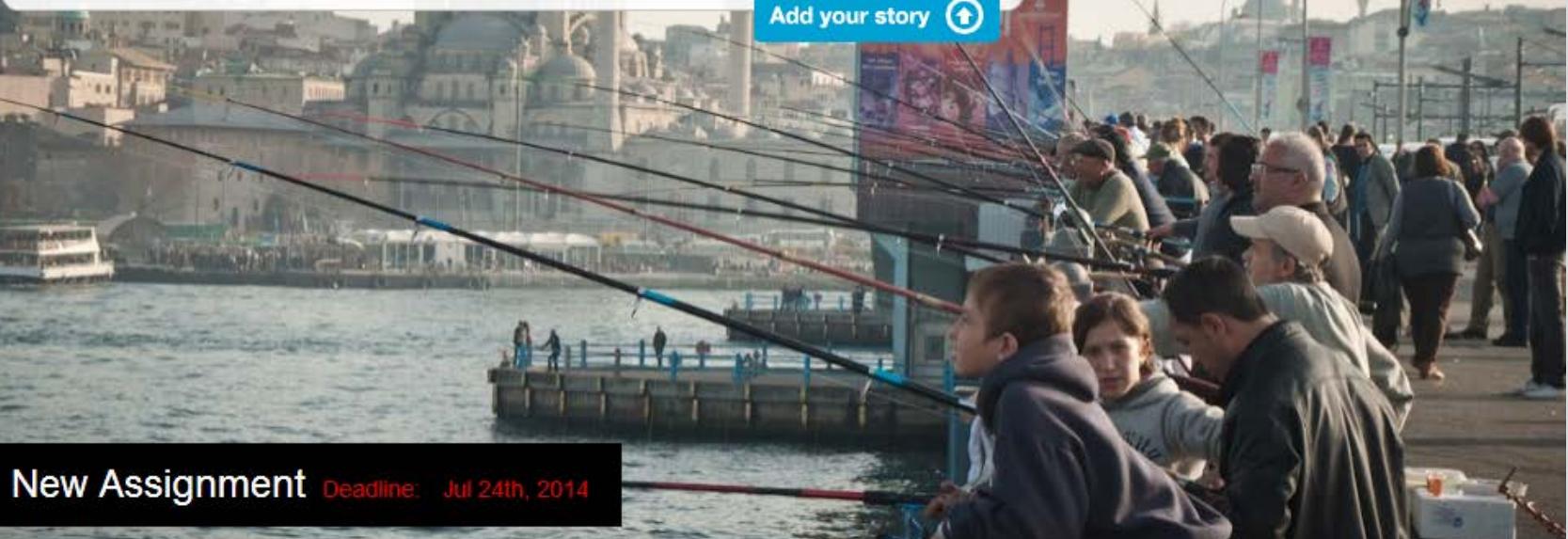
Amberly, 11

CROWD SOURCING

Your stories from the Middle East

Share photos from Egypt, Lebanon, Turkey or the United Arab Emirates and you could be featured on CNN's Connect the World.

Add your story 



New Assignment Deadline: Jul 24th, 2014



As OSHA Emphasizes Safety, Long-Term Health Risks Fester

Toxic Factory Fumes Test Agency's Powers

By DAVID KIRKMAN

CAIRO — With a faint, metallic, musty odor in the air, a man in a baseball cap and a striped shirt holds a baseball bat. He is Alan Rodriguez, 34, a union organizer with the International Union of Painters and Allied Trades, one of thousands of workers in such industries as auto parts, steel, and rubber who have been exposed to high-risk substances manufacturing plants across the nation.

"Damaged goods," Mr. Rodriguez says, referring to the paint fumes he has been breathing in for 10 years. "It's killing us." He is referring to his mother, who died last year of lung cancer. "I'm supposed to be healthy," he says, "but I'm not healthy."

For about five years, Mr. Rodriguez has been fighting to have a basic plant safety law, known as OSHA, enforced. He has been told under federal norms that he can't have a seat at the table when the government enforces the law. That's because the law is overseen by the Occupational Safety and Health Administration's chief enforcement arm, the Mine Safety and Health Administration, or MSHA, which has a conflict of interest. When Mr. Rodriguez, an environmental engineer, first started working at the plant, he was told he had to sign a contract that included terms limiting enforcement of OSHA rules. He refused, and was told he had to leave.

A chemical she handled, Mr. Rodriguez says, gave him a "terrible headache" and he was hospitalized. "I was told to leave," he says.

It appears he's an Environmental Protection Agency program, which provides grants to companies that handle chemicals produced by the paint industry. The program, which the White House is considering, aims to create a "photocatalytic" source — a photovoltaic source — for the production of "degradable" chemicals.

As a result, Mr. Rodriguez has been told he must take responsibility for his own health, he says.



THE AUTHOR
PHOTOGRAPH BY THE AUTHOR FOR THE TIMES

Alan Rodriguez's contract bars him from many decisions that the National Institute of Occupational Safety and Health makes.

Hitched to an Aging Star: Anatomy of a Deal, and Doubts

By DAVID KIRKMAN

Carolina pitcher Mariano Rivera was surprised that Alan Rodriguez had made a contract.

The Yankees' star relief pitcher, 43, had created a public opinion and political backlash by opting out of his contract with the team, which he had signed at the time, ostensibly to pursue options with other teams.

As the Yankees prepared to open the 2013 season, he had to take Rodriguez's place.

The team still owes him \$12.5 million

SAFETY — In a photo from 1998, Alan Rodriguez, recently hired by the International Union of Painters and Allied Trades, poses with a baseball bat.

SHORT OF MONEY, EGYPT SEEKS CRISIS ON FUEL AND FOOD

ECONOMIC FEARS DEEPEN
Government Is Pressed to Increase Taxes and Cut Subsidies

By DAVID KIRKMAN

CAIRO — Egypt — A fuel shortage has helped fuel food price soaring. Electricity is rationed, and gasoline and diesel are limited. And gasoline godfathers have lifted or at least fine-tuned some of the country's most popular subsidies.

But that's not the crisis, many

people say. In that Egypt is run

out of the food it needs to

feed its 80 million people.

It's not clear what the

country's leaders are doing to

fix the problem, but they are

struggling to find a way to

keep the economy from

collapsing.

On Friday, the government

announced a package of tax in

creases and subsidies to

keep the economy from

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CROWD SOURCING

Students spent a weekend in Canada snowboarding and sipping while experiencing the local culture during what was supposed to be a four-day weekend. By ccm

northern border

1. **North West Thing** A break from snowboarding activities. **Matthew Miller**, 11, and **Julianne Miller**, 11, had a break from snowboarding to travel to the northern Canadian website. Although most of the group who travel on the second Crossin trip come from Loudoun County, it was actually organized by two local school representatives, **Mac Alexander Miller**, 11, and a company called **Mac Travel** that specializes in college and high school snowboarded trips. **Mac Travel** website.

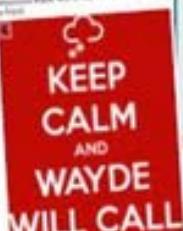
At the top of the website, **Julianne Miller**, 11, explains the trip while snowboarding. **Julianne** of the trip activities on the slopes. She notes that the students travel off school activities, excepting from shopping in the village to the

skiing. "The most memorable part of the slopes was the snow," said **Julianne Miller**, 11. "It was a last experience being to another country." **Julianne** and **Matthew** plan to continue snowboarding again this winter.

2. **Wayde Bryant** **Wayde Bryant** (1/20/2013) 1/20/2013. There is a storm coming. Mr. Wayde. 41 Posts 13 Shared 4 Favorites



Credit of photo: LS and 41 Posts of Wayde Bryant and photo 3, 41 Posts of Wayde Bryant. All photos from www.wayde.bryant.com

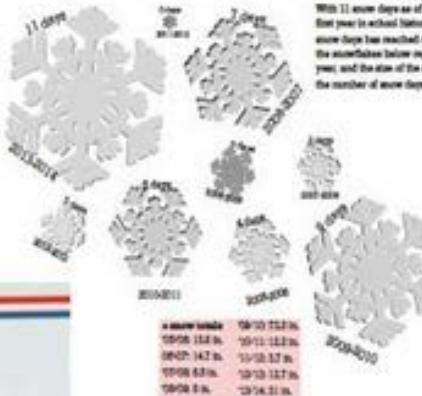


I WANT YOU TO STAY HOME



our frozen days

With 11 snow days as of February 14, this is the first year in school history that the number of snow days has reached double digits. Each of the snowflakes below represents one school year, and the size of the snowflake symbolizes the number of snow days in that year.



| 2009-2010 | 10 |
|-----------|----|
| 2010-2011 | 11 |
| 2011-2012 | 11 |
| 2012-2013 | 11 |
| 2013-2014 | 11 |

test of the week

Testing the test for the first time can be a stressful experience, as calling the SAT for the first time has become other students' one and only stressful time throughout their junior year. SAT was originally developed for the United States, according to **Matthew Miller**, 11, during his time in the snowboarding trip. "I was originally planned to have the SAT in February or March, but due to our Canadian adventure, it would have only been able to return it in May or June, but I didn't want to wait, so I signed up for the 'present SAT to get it out of the way,'" said **Julianne**. "I was greatly impressed with myself when I got my scores. I was not expecting to be anywhere near the scores I got," **Julianne**

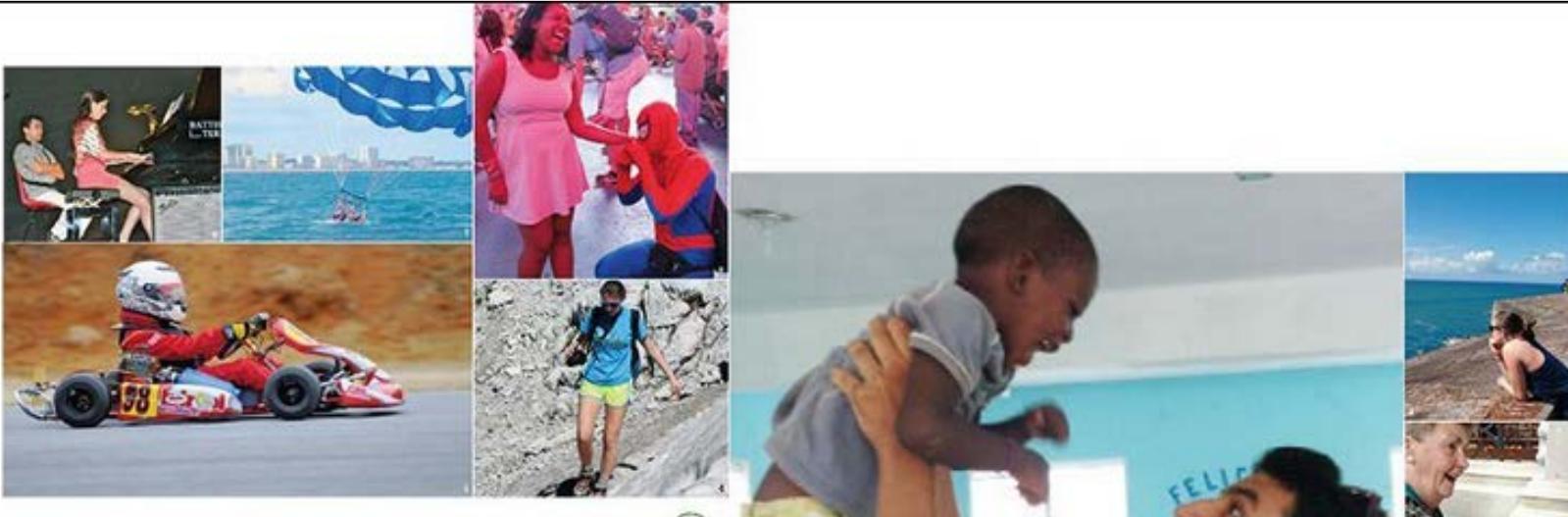
wayde's week



Watching the news, hoping for a day off, students receive a familiar phone call. While the start of the call is the same, "This is **Wayde Bryant**, Public Information Officer," the LCPS official tells a unique ending to a routine call, signed by a.p. and r.a.s.

Part of the new routine during winter was waiting for the familiar pronounced voice of **Wayde Bryant**, informing students that Loudoun County Public Schools had been canceled due to the weather. After three snow days and a snowed student holiday during the week of January 2013, students had怨ed the message. The result was a never-before-seen adoration of the man students cheered for the entire days. **Wayde Bryant**, Dean of Students, **Edgar Nichols**, the superintendent, was actually responsible for making the decision to cancel both school and students, but did not stop

students from creating popular memes that included the line of **Loudoun Public Information Officer**, "We called **Wayde** because we wanted to put a face on who canceled school," said **Julianne Miller**, 11. "We want to think somebody like **Wayde** is the only reason we have." These memes, for the most part, functioned as a virtual manifestation of the students' approval for the decision to cancel school and students. The **LS** created a new connection between students in Loudoun County, by ccm.



LONG STORY SHORT

PACK YOUR BAGS

from New York City
to the Dominican
Republic, travelers
explore the globe

from New York City to the Dominican Republic, travelers explore the globe

2. CONTRIBUTING TO THE COMMUNITY

• 8 more bright new colors! www.toybox.com

BRIGHT. While monitoring a goliath barb, freshwater Jew (Julian) and G. Liang and family are passing. Both of the girls had never gone paragliding prior to this sunrise. They hung off the side and we could see the whole expanse of Yunque Beach and miles of ocean. It was still "green", it was still "green", it was still "green".

Facebook CEO Mark Zuckerberg has a new theory. Spider-Man: Homecoming has won over executives, and he wanted "New York City as the family and the character to become a global brand with a positive identity," he said. "It's an effort of global citizenship because it's about little heroes and the just fight down the bad guys and it's cool, my friends. It's a pretty surprising to be honest," said Mark. "It's really cool of the [theatrical] industry made for a remarkable trip," he added, referring to the film's global success.

**Leading
helping
hand**



CROWD SOURCING

Students prefer other apps over Instagram for filters.

photo editing apps

CAMERA360

AMY CHEN /10/

"I like the filters more than Instagram and you could change how strong they were. I also liked that you could add text and make it look like it was written on the photo. There was nothing like that on Instagram."

AVAYY

ANGELA CHOI /10/

"The effects they had made you look better. I used one of the magic edit that made me look like a girl."

Instagram

JULIA SOUSA /10/

"You could edit them on one app, but I hardly used the filters and it made me look worse than Instagram."

By Alyssa Vargas & Isabella Saito

AT OUR

students connect through social media

FINGERTIPS

Updating others on your whereabouts and your actions was a major role of social networking websites and apps. People could easily learn more about their friends and have conversations with them. The various social media platforms were mostly used as a way to connect and meet new people.

INSTAGRAM

Instagram was a picture and video sharing community where people could choose who they followed depending on what people posted. Other people would follow their friends to connect with them through their Instagram posts.

AGNES JANG /10/

• #SELFIEFRIDAY
• Sundays began with users posting photos of themselves, which were known as selfies.

CHAITANYA KALYAN /10/

• #TRANSFORMATION TUESDAY
• On Tuesdays, users posted photos that showed their transformation from childhood.

GEORGE REMADZI /10/

• #THURSDAYTHURSDAY
• On Thursdays people posted pictures from either their childhood or their past.

RICHA WADASKAR /10/

• #FLASHBACKFRIDAY
• Users posted old pictures from memorable past events.

snapchat

what is it and how is it used?

Snapchat allowed users to take pictures or videos of anything and send to their friends. However it was not merely a picture messaging app since the sender could control the amount of time that their friend could see the picture.

"I mostly share filtered food especially if it got taste the I don't usually get. Like Chinese food, Chapati or Pavbhaji." (Kavita, 10th grade)

"To make a friend from doing homework afterwards, snapshot her/cute." (Kavita, 10th grade)

"I snap random things of my life, but with my friends, just to show what I was doing at that moment." (Abby, 10th grade)

FACEBOOK CONFESSIONS

what is the purpose of confessions?

ANDY WALZAK

"When most people were using sites that didn't let people talk, it was for people who wanted to stay in touch but weren't sure if they could or if it was safe to talk to their friends."

MYOUNG YANG /10/

"I thought the purpose of the page was to let people get closer without having to meet them in person. I also thought it was something that made them unbreakable."

OMKAR SAKHALKAR /10/

"The purpose of this page was to let people get closer without having to meet them in person. I also thought it was something that made them unbreakable."

SAAHITI JASTI /10/

"It was created in order for people to be able to share things without writing about what people think and to spread the sense of community within our school."

ask.fm

what types of questions are asked?

One of the newest social networking sites, ask.fm was a question platform where people could ask questions or view anyone else's ask.fm page and send through numerous ads.

I've gotten three questions where you would have to do an impression of someone so I tried to not just give random things they say, but things that were somewhat similar that most people would recognize as that person. (they knew them)

EKATERINA GURZHI /10/

People have asked me to answer "thoughts on" someone, and they give repeated questions. But then suddenly that most people would recognize as that person. (they knew them)

SHREYA RANDEY /10/

I thought the top 5 easiest girls on top, anything questions were anything since I got them often and they were asked to answer since I didn't care if anyone

CHRAG NARAYANAKERI /10/

1501 students

SOCIAL NETWORKING 2014

Cupertino HS 2014



| | |
|-------------------|---------------------|
| Anne Begg | Brooke Morris |
| Anna Borwitz | Gregory Strobel |
| Malvina Lancaster | Angie Pounds |
| Chase Hartman | Early Sather |
| Chris Hartman | Desiree Pudlak |
| Chris Range | Jayne Smith |
| Chris West | Samie Satch |
| Christy Kell | Leila Schermerhorn |
| Richie Kish | Lydia Seger |
| Richie Kish | Malvina Lancaster |
| Richie Kish | Dawn Seger |
| Richie Kish | Allyson McCallister |
| Richie Kish | Kaylah Hernandez |
| Richie Kish | Laura Seger |
| Richie Kish | Taylor Cawelti |
| Richie Kish | The Cards |
| Richie Kish | Academie |
| Richie Kish | Laura Fauer |
| Richie Kish | Dawn Moyer |
| Richie Kish | Samantha Early |
| Richie Kish | Whitney Price |
| Richie Kish | Elaine Johnson |
| Richie Kish | Eliza Teus |
| Richie Kish | Sybil Gossard |
| Richie Kish | Samie Satch |
| Richie Kish | Greatful Satch |
| Richie Kish | Leila Seger |
| Richie Kish | Elaine Seger |
| Richie Kish | Elaine Seger |

#MHSROAR SELFIES



MAKING DATA VISUAL

YOUR GUIDE TO THE
HOTTEST
YA MOVIES

CATCHING FIRE, DIVERGENT, AND
 THE MORTAL INSTRUMENTS: CITY OF BONES.

CATCHING FIRE
 SUZANNE COLLINS

OVER 300,000 COPIES SOLD

DIVERGENT
 VERONICA ROTH

ONE CHOICE CAN TRANSFORM YOU
 MARCH 2014

OVER 150,000 COPIES SOLD

City of Bones
 CASTANDRA CLARE

OVER 43,000 COPIES SOLD

KATNISS EVERDEEN
 BROUGHT TO LIFE BY JENNIFER LAWRENCE

TRIS PRIOR
 BROUGHT TO LIFE BY SHAILENE WOODLEY

CLARY FRAY
 BROUGHT TO LIFE BY LILY COLLINS

FUN FACT: WON AN ACADEMY AWARD FOR HER PERFORMANCE IN SILVER LININGS PLAYBOOK

AWESOME FACT: JUST CUT OFF HER HAIR TO DONATE TO CHARITY

FAMILY FACT: LILY IS THE DAUGHTER OF MUSICIAN PHIL COLLINS

CATCHING FIRE
 SHOOTING LOCATIONS: ATLANTA AND HAWAII
 ALONE, THESE CITIES DRIVE PANEM AND ITS 12 DISTRICTS TO LIFE

DIVERGENT
 SHOOTING LOCATION: CHICAGO
 THIS Dystopian CITY CHICAGO SETS THE SCENE FOR DIVERGENT

CITY OF BONES
 SHOOTING LOCATIONS: TORONTO AND NEW YORK
 NEW YORK AND TORONTO ARE HOME FOR THE MORTAL INSTRUMENTS

SEE IT.

Trip Doctor

by News Editor Amy Farley

PRICE CHECK: EUROPE

What you spend overseas depends on where you are. Here, a snapshot of costs across the Continent (and the British Isles, too).

HOTELS

Where the average price of a five-star room is lowest

| | |
|---------------------|-------|
| 1. Warsaw | \$124 |
| 2. Pisa, Italy | \$184 |
| 3. Tallinn, Estonia | \$185 |
| 4. Lisbon | \$191 |
| 5. Brussels | \$195 |
| 6. Budapest | \$196 |
| 7. Berlin | \$201 |
| 8. Istanbul | \$222 |
| 9. Prague | \$231 |
| 10. Madrid | \$237 |
| 10. Vienna | \$237 |



...and highest

| | |
|-----------------|-------|
| 1. Paris | \$504 |
| 2. Venice | \$475 |
| 3. Geneva | \$447 |
| 4. London | \$430 |
| 5. Milan | \$406 |
| 6. Nice, France | \$398 |
| 7. Rome | \$386 |
| 8. Barcelona | \$325 |
| 9. Edinburgh | \$304 |
| 10. Munich | \$297 |



CURRENCY

Buying Power

The relative cost of European goods and services.

BIG MAC



\$8
Norway
\$3.50
Czech Republic

MARTINI



\$33
Paris
\$12
Lisbon

THREE-MILE DAYTIME TAXI RIDE



\$29
Zurich,
Switzerland
\$2
Sofia,
Bulgaria

GALLON OF GAS



AIRPORTS

European hubs with the most affordable transatlantic airfares

| | |
|-----------------------|-------|
| 1. Reykjavik, Iceland | \$936 |
| 2. Dublin | \$976 |
| 3. Moscow | \$990 |

...and the least affordable

| | |
|-----------------|---------|
| 1. Nice, France | \$1,427 |
| 2. Athens | \$1,412 |
| 3. Florence | \$1,382 |

AIRLINES

Amount of a plane ticket that goes to government taxes and fees

\$238 **\$97**

New York → Heathrow
Government and airport charges included in a \$1,057 ticket on British Airways.
New York → Madrid
Government and airport charges included in a \$1,096 ticket on Iberia.

Early birds
save nearly
\$90!

TRAINS

High-speed rail

Milan to Naples on the new Italo train, a roughly four-hour journey

DAY-OF TICKETS COST FROM

\$134

ADVANCE-
PURCHASE TICKETS
(SIX WEEKS)
COST FROM

\$48



SOURCES: HOTELS (FULL YEAR 2013 HOTELS.COM HOTEL PRICE INDEX); CURRENCY (CLOCKWISE: THE ECONOMIST BIG MAC INDEX; TRAVEL + LEISURE'S MARTINI OF THE AVERAGE PRICE OF A MARTINI AT LUXURY HOTELS; BLOOMBERG Q3 2013 GAS PRICE RANKING; UBS 2012 PRICES AND EARNINGS REPORT); AIRPORTS (K

Legacy vs. Low-cost

We compared two round-trip flights leaving at similar times from London Gatwick to Rome on a weekend in early June, pitting British Airways against budget giant EasyJet. The results may surprise you.

| BRITISH AIRWAYS | vs. | EASYJET |
|-----------------|--------------------------|--|
| \$287.13 | Initial price | \$203.07 |
| \$0 | Preflight seat selection | \$9.80 →  |
| \$0 | Checked bag (51 pounds) | \$82 →  |
| \$0 | Snack | \$5 →  |
| \$0 | Water | \$3.50 →  |
| \$287.13 | Total | \$303.37 |

WINNER  

FARE FINDERS Our tools for researching flights—and why we love them

Adioso
BEST FOR Allowing vague terms such as "New York" or "departing any Friday."

Expedia
BEST FOR Offering up more insights, such as suggested alternate airports.

Google Flight Explorer
BEST FOR The clear graphs of the ideal dates to fly (get flights/explore).

Kayak
BEST FOR Its Explore feature pinpoints how far your search can go.

Momondo
BEST FOR Including location in search results.

Rome2Rio
BEST FOR Factoring in routes—flying isn't always the easiest way.

hepatitis B or C.
VZ?
our healthcare
I should know
h diverticulitis or
LJANZ
people who take
NZ can receive
ANZ will harm an
to take XELJANZ
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ANZ, talk to your
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(Kineret[®]),
sorafenib, or other
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Pfizer

NAVIGATING EUROPE NOW

Whether you want to find the best airfares, avoid the pitfalls of car rentals, or ride the rails like a pro, we've got the tips for getting around Europe today. **PLUS** A look at the new routes and services that are making travel easier.

Flights
Trains
Car-sharing programs



BY AMY FARLEY, SARAH L. STEWART, AND INGRID K. WILLIAMS, WITH ADDITIONAL REPORTING BY TOM SAMILJAN

class of 2014

HISTORY

92nd
graduating class



HOURS OF SLEEP

4-6 hours

on average



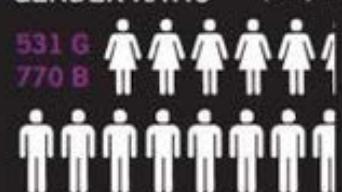
FAVORITE VENDING MACHINE FOOD



MOST POPULAR NAMES

| BOYS | GIrls |
|-----------------|------------------|
| 1. Kevin (18) | 1. Michelle (12) |
| 2. Andrew (12) | 2. Jessica (9) |
| 2. Daniel (12) | 3. Amy (8) |
| 4. Matthew (9) | 4. Jenny (7) |
| 5. David (8) | 4. Tiffany (7) |
| 5. Eric (8) | 5. Anna (6) |
| 5. Jonathan (8) | 6. Karen (6) |
| 5. Michael (8) | 6. Nicole (6) |
| 5. Victor (8) | 9. Elizabeth (5) |

GENDER RATIO



You know you go to Tech when ...

"Looking for an unlocked bathroom is harder than an AP Chemistry test."
Eric Kao

"Fifty people squeeze into an elevator with a capacity of 25."
Anthony Carter

"The fire drill evacuation ends a minute after you step out because it took ten minutes to get downstairs."
Yelin Lee

100 use 4 all

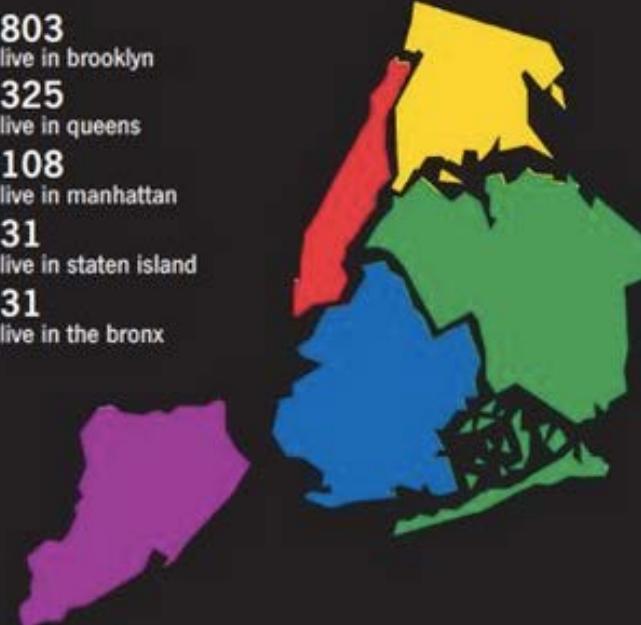
it takes
an average of
45 minutes
to get to tech

My weirdest encounter on the train to/from Tech was when...

"I was on the train and a man started to blame me for the world problems when I told him I go to Tech."
Michael Mayne

"I fell asleep and ended up at the last B-train stop in the Bronx (I live by the last B-train stop in Brooklyn)."
Diana Shue

"A homeless man asked me for a dollar and then asked me out on a date."
Alexis Burman





RECEPTIONIST JOB REQUIRES JUNIOR TO HAVE STRONG COMMUNICATION SKILLS

"Hello, thank you for calling Ford on Four Seasons. I'm Holly. How may I help you?" junior Holly Jacobs said to the woman calling to speak with one of the car salesmen. She worked as a receptionist at the local Ford dealership.

"It was really fast paced. I am constantly answering and transferring calls or greeting customers at the door. My bosses are friendly, professional and easy to work with, too, and that's always a plus in a working environment."

Most of Jacobs' friends worked in grocery stores, retail stores or restaurants. With her job being a little more unique, she was placed in extraordinary situations every time she worked.

Jacobs recalled a situation she won't ever forget. Like any other Saturday, Jacobs went into work and settled in at her desk, preparing for the day.

"We couldn't do anything about it being only the dealership, so we had to drive her back to her house and make sure she was OK because she was in major shock."

Working in customer service, Jacobs has learned that not everyone is polite and easy to deal with. "I also have a lot of old people curse me out, and I just have to transfer them to wherever the problem is, but usually it is a super positive environment."

“This one time an elderly lady had gotten into a car accident at her house. She had forgotten to shut her passenger door and it was ripped off.” Jacobs said.



SAY A MOUTHFUL... What is it like to work in a frozen yogurt shop?

"I love working at Sweet Frog's. It is a good atmosphere, so that always helps. It is definitely better than bagging groceries all day. Plus I get free yogurt. My boss is very nice and works with our schedules. My days are mostly laid back and nothing too exciting happens. I do have a few elderly people come in and complain that the yogurt isn't ice cream, which is always funny."

— Sabine Presen, 17

"I like working at Ya Ya's because it is an easy, fun job, and I get to work with a lot of my friends that go to T.C. Robertson. Nothing too exciting has happened since I've worked there. It's pretty laid back. It's not bad for a first job. I've been working there since last July and I love it. I needed this job for a little extra money to do things without having to ask my mom and dad everywhere I went out."

— Rachel Kordonowy, 17

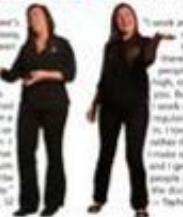
"The thing that I like the most about working at Dilly's would be my employers. They are nice, friendly and fun to work with. I enjoy the company of my co-workers because it's like we are a team of Power Rangers getting work done, except there are more than just five of us. Not to mention, I get to work at an X-rated place in Western North Carolina, a place we all know and love."

— Austin Deering, 17

AT YOUR SERVICE WAITRESSES AND HOSTESSES FACE DIFFERENT CHALLENGES

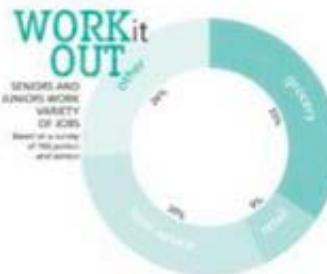
"I am a hostess at Applebee's. People think it is really easy, but people can be really mean and rude. There are always hosts that are really difficult during the morning. This one time a homeless guy had stolen his hat and shirt, and he was asking for a flag to put them in. I am not sure if he got one or not. We don't have a host at July 4th, so I would be having room anymore."

— Hannah Goffman, 17



"I work at Applebee's because my dad is a friend with the general manager there. He gets paid when people come in to drink in flags, or flags the people who work with and treat our regular customers who come in. I love being a waitress rather than a hostess because it is more fun, and it makes more money, and I get to interact with the people more than I would at the desk."

— Taylor Giesen, 17



What is your dream job?

"I would love to be a pilot, because I love to cook, especially healthy."



I want to become a sports writer. I love writing sports stories and discussing them."

— Austin Deering, 17



"I would love to be an actress. I like art. You're able to be yourself at anything."

— Sabine Presen, 17



"I want to be a veterinarian. I have always wanted to be one because I have animals."

— Taylor Giesen, 17



SOMETHING SAY

GO DISTANCE
JUNIORS TRAVEL ACROSS UNITED STATES

They have 24-hour Starbucks in Orlando. It's official, I'm moving there.

I am literally going to Michigan for the 45 minutes I will catch the plane on the Friday night.

Off to the beach with [@jesslynn204](#) #MINTLEBEACH

On the way to Disney with my family, we stopped in Orlando to see the day there. It was sick!

I had to chat with my grandmother because of the weather. It was beautiful outside and she was one of those.

My family and I are currently in the process of planning my cousin's wedding and we are so excited.

On the way to Disney with my family, we stopped in Orlando to see the day there. It was sick!

I had to chat with my grandmother because of the weather. It was beautiful outside and she was one of those.

I had to talk Disney because the weather was terrible. I am currently in the process of planning my cousin's wedding and we are so excited.

I had to talk Disney because the weather was terrible. I am currently in the process of planning my cousin's wedding and we are so excited.

I was going to Argentina. There are a lot of unique people and places.

After dinner, we went to the beach with my family, and we went to the beach, swimming and playing.

I want to Germany with my family because my mom is from there.

I am invited to Argentina City. It took 10 hours to drive there.

I want to go to the Dominican Republic on vacation with my family for two weeks.

CHANGE of HEART

TRIP TO HONDURAS GIVES JUNIOR A DIFFERENT POINT OF VIEW

WHAT I did: I traveled on a church mission trip, joined Andrew, Marig, Justice Eric Miller, and Madison, Caroline Miller, and Mary Joann Bridges, ruler to the right. This group stayed in Honduras for a week, and we did a lot of different things. All we did and the trip? Marig said...

"Over Thanksgiving, I went to Honduras with my church group. I knew we were going to do some work at an orphanage, and I thought it would be a trip worth going on. I had never been out of the country, so I had to get a visa. When we got to Honduras, there was an enormous dump completely covered in trash. There were hundreds of people going through it, looking for food, clothes or anything they would find that they might need. I'll never forget seeing it and realizing how many things we take for granted in the United States. We painted a church, and we did vacation Bible school for children. Mostly, I was just trying to meet and talk to as many people that lived there as I could. We also got to give Bibles to people who had never had them. Overall, it was an absolutely life-changing trip for me. There's no way anybody could ever go down there and not be changed."

— Eric Miller

2013 Billboard top 5

1

"Burnin' Lines" by Robin Thicke won the 2013 Song of the Year, holding onto the billboard #1 spot for twelve consecutive weeks.

"First, when the song came out, I really liked it. I liked the tempo and the beat of it, but then they overplayed it so much that I can't even listen to it now," said senior Emily Marcellin. Junior Alexandria Carl added, "I like it so much, because it's stupid."

"Roar" by Adele was the runner up, with 9 consecutive weeks at the Billboard #1 slot. "I like it. We sing it in October, and it sounded really cool," said sophomore Caitlyn Combe. Other students disagreed.

"I hate it. It got old. It got really old," said junior Max Siegel.

2

"Rope" reached #2 "Trifecta" by Macklemore and Ryan Lewis came in third with six consecutive weeks at #1. "It's upbeat and funny," said freshman Mariah Wiesendick. "I hate the song. That song bugs me," said junior Brian Austin.

3

"Twerk" by Twerk reached #3 "Trifecta" by Macklemore and Ryan Lewis came in third with six consecutive weeks at #1. "It's upbeat and funny,"

and freshman Mariah Wiesendick. "I hate the song. That song bugs me," said junior Brian Austin.

4

"I Wanna Go" by Bruno Mars was the fourth biggest song of 2013, holding the Billboard #4 spot for six consecutive weeks. "I hate that," said freshman Meghan Kitter. Other students had a different opinion. "That's a fun song. Like Bruno Mars. I even that album," said sophomore Abigail O'Dell.

5

The last spot in the top five was snagged by Macklemore and Ryan Lewis' "Can't Hold Us," with five consecutive weeks at the Billboard #5. "It's pretty groovy," said freshman Samantha Hollaback. Other students were less fond of the song. "It's sort of catchy, but he has done better," said senior Grace Seiderman.

If you could compete in any Winter Olympic sport, what would it be?

Twerking?

Twerking claimed the title as the most confusing buzzword of the year with the most Google definition searches. "When it first came out, people thought it was a song. No, it's not a song. It's a form of art," said senior Sydney Strong. Others did not get in on the trend. "Twerking was really weird. I don't know where it started but it caught on. Everyone started doing it. It was awkward, but I only did it for jocks," said sophomore Alex Wang.

Sochi Olympics

| Sport | Percentage |
|----------------------|------------|
| Alpine Skiing | 2% |
| Bobsled | 15% |
| Cross Country Skiing | 4% |
| Curling | 12% |
| Figure Skating | 15% |
| Freestyle Skiing | 8% |
| Ice Hockey | 12% |
| Luge | 10% |
| Ski Jumping | 2% |
| Snowboarding | 20% |

Pope Francis

After Pope Francis was Time Magazine's Person of the Year, "It's a pretty cool guy he does all the right things," said sophomore Liam O'Kearny.

She came in like a wrecking ball

Miley Cyrus had a controversial year, starting with her performance on the MTV Video Music Awards on August 25. "She's amazing, her artistic capabilities. She's a wrecking ball, she's not thinking out of it. She's very artistic and very creative. It was very well thought out and good to watch," said freshman Janell Thomas. Others were not fond of her new style. "I think she was a calculated artist who is really inappropriate and thinks saying a lot in today's society," said AP World History teacher Mr. Jeremy Morris.

408,288 retweets

1,025,751 tweets

32,257 tweets

One Direction singer

Niall Horan celebrated

his twentieth

birthday with fans

on September 13.

"It was a very proud

moment for me," said

sophomore Abigail Allard.

There's no biz like show biz

February 8

10 anniversary of the

first video on Ed

Selena Show which

now 20 million views

April 30

10 anniversary of

Adam

Gold's "I Love You, Dior" I

Quinn's movie all the

time," said senior Abby

Wolff.

June 8

10 anniversary of

Ghostbusters

December 25

10 anniversary of the

movie production of

Ghost of

Superbowl XLVIII

The Superbowl for the

Super Bowl 50 is on Sunday,

February 1, at MetLife Stadium,

and students couldn't wait

to get there.

"I'm really excited about

the Superbowl," said senior

Abigail Allard.

"I'm going to MetLife," said senior

Abigail Allard.

"I'm more excited about

the Superbowl," said senior

Abigail Allard.

"I'm more excited about

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"I'm more excited about

the Superbowl," said senior

Abigail Allard.

90

Corning Painted Post West 2014

"I am hardworking, creative, and I love helping others." - Ashlyn Stiemer (12) • "I'm here, I'm queer; get used to it." - Matt Grydzuk (11) • "I am the clumsy one." - Sam Svereton (12) • "I am known as the African Kangaroo." - Mahmoud Ahmed (11)

Home is Where the Heart is

2014 seniors give the lowdown on colleges where they have visited, applied or have been accepted

Purdue University
Lafayette, IN

Rose-Hulman
Institute of Tech.
Terre Haute, IN

Indiana State
University
Terre Haute, IN

Indiana University
Bloomington, IN

IUPUI
Indianapolis, IN

Notre Dame and
St. Mary's College
South Bend, IN

Ball State
University
Muncie, IN

Searching Far & Wide

While for some seniors the college choice was an easy one, others broadened their horizons by going out-of-state

Ryan Prodioehl - MIT
"I could just go to a school around here, but I want to get away and see something new while making the most of who I am. That's why I've been looking at MIT for some time now."

Racheal Bukowski - Michigan State
"I fell in love with Michigan State the moment I walked on campus. The team, the camaraderie, the coaches, and the education was more than I ever wanted in a school. I never wanted to leave."

Rachael Bokota - Tulane
"My parents were probably my biggest influence on me applying to and visiting all these schools. My parents have been really supportive of me wanting to go out of state."

CROSS-STATE COLLEGE VISITS

Applying Yourself

STUDENTS PREPARE FOR THEIR FUTURES BY ATTENDING A SCHOOL SPONSORED GRAD FAIR

Senior year. The care-free days and crazy evenings have been replaced with stressful weeks and sleepless nights. The days of no homework are long gone while the endless hours of filling out college applications are upon students. The stress of waiting for acceptance letters is enough to kill a man. Students took initiative towards their future by attending the grad fair on Sept. 18 and learned skills necessary for college preparation.

Many seniors had yet to make the life-changing decision of what college they would like to attend.

"I applied to Purdue, IUP (Bloomington), IUPUI, Valparaiso, and Indiana State. With the grad fair, I got to know more about the colleges I'm applying for," senior Lauren Bival (pictured above) said. "I got to know their ups and downs, and how they could benefit me in my field."

Students had their reasons for preferring certain colleges, and some students had an easier choice than others.

"I just want to go to Indiana University (Bloomington) so that I can get far away," senior Kenya Nisan (pictured above) said.

1. GAME CHANGER For Anthony Lewis (12), the grad fair changed his entire perspective. "The grad fair is the reason I'm going to Indiana University," Lewis said. "We learned about Indiana's open houses, on-site admissions, and was eager to apply due to the grad fair."

2. HELPING HANDS Jacob Vierman (12) and Jordan English (12) search for some information while talking to a representative. "I thought it was helpful with the colleges I was curious about and had some prior knowledge of them," Vierman said.

Photo: Julie Aspinwall/Archie Moon

sun devils SIGNING

SENIOR COMMITS TO ASU

ON WEDNESDAY, NOVEMBER 13, JU HAN HONG signed with Arizona State University. "I told them that I committed a couple weeks before the signing," Hong said. "I was really excited until Pat Gao, because I didn't know who Gao is yet, and I wasn't really expecting anything."

Hong was felt the same way that he didn't know it was going to be this big either. She just thought that I would sign and it would be over," Hong said. "Later, when I should've been ready, but the was really excited for me."

Although Hong seemed to have confidence,

it was not him. "It wasn't," Hong said.

"You probably couldn't tell," but I was actually really shaking," Hong said. "It was like what if I mess up signing."

It was an exciting kind of shaking."

ASU was Hong's first choice school since

his sophomore year. "When I was a freshman

I applied at USC for a swim meet, and I really liked it," Hong said. "But then I looked at ASU

and I was like this is where I want to go."

Hong is still confident about his choice and

what's next. "I like my decision, I think it's

good," Hong said. "Now I just need to stay on

the right track and finish strong."

photo: sun photo



WITH HIS PEN on the paper, Ju Han Hong signs, committing to ASU. Hong had wanted to be a part of ASU's swim team. "Sophomore year was when I made the decision to go to ASU," Hong said. "I was looking forward to seeing what my future holds there." [sun](#) ■ sun photo



yeah, SWIM IS HERE

girls swimming kicks off with team competition

ABOUT TO LEAVE the starting blocks, ASU swimmers prepare to compete.

ZACARIAH is excited to go. "It was hard for me. I went second overall last year, but I got second overall," Antonia Zuccher said. "There was more support from the team."



ZACARIAH is focused on improving her times from the previous years. "I don't do my best. I am taking back from swimming my confidence and what I need to have surgery immediately. I am a swimmer of taste," Zuccher said. "So, I'm getting back in to it, and I'm hoping to improve." [sun](#) ■ sun photo

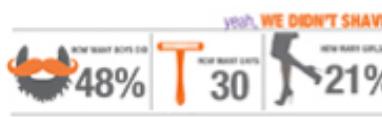
YOU MAY NOT KNOW: NET FORCE



"I like making the net force on paper plates, marbles, and two tissues stuck together. Every time I did the recording, the results was different, so I got mad." — **SAGE MURELLO** [sun](#) ■ sun photo



WHILE SUPPORTING HIS best friend, **ALEXANDER STAVROVSKY** hugs him after he signed to college. "It was there for him because I know he has such huge potential," Stavrovskiy said. "His potential can be so much greater because of the environment he's in. He's going to be successful throughout the process of his signing." The process of his signing, the coach of ASU-HD gave the observers information about him. "Mr. Cohen talked a little about me," Hong said. "It was pretty cool, he talked me up really well, and everybody thought that it was so cool." [sun](#) ■ sun photo



YOU SAW MY BEARD
students participate in no-shave November

WHAT? No shave November, a fact that a majority of high school students participate in. **WHEN?** The first month of November. **WHY?** "It's a really thing to do." — **SAMSON KNOBLES** [sun](#) ■ sun photo

"I'm participating because I'm pretty sure I grow the best beard in the school, so if it be a shame if I didn't do No-Shave November" — **SAMSON KNOBLES** [sun](#) ■ sun photo

YOU TELL US: THIS IS HAPPENING

COLE SMITH, SENIOR 13
"I am a football player, it is pretty fun, and the class is pretty chill. I like it because you can be good at any sport, and then you can still have a lot of fun in the class."



WAH BROTHER, SENIOR 13
"I am a football player, and the football after you play you because you will walk away with bruises and bloody nose, we are the ones, we are around, it gets pretty crazy."



STEPHANIE DUMONTIER, SENIOR 13
"I have the CCR to get away from my studies because it is quiet and less distracting, so I can get work done normally go during my off's."



EMILY MANNING, SENIOR 13
"I like going to the resource center because it is quiet and less distracting, so I can get work done normally go during my off's."



JAMES GRINAGE, SENIOR 13
"I like going to the resource center because it is quiet and less distracting, so I can get work done normally go during my off's."



ERINNAH MCGARVEY, SENIOR 13
"I'm excited for my birthday 75th birthday party. It's this saturday and I'm excited because she's finally all the way back from her trip. She's going to have a great time."



CAROLYN WILHELM, SENIOR 13
"I'm excited to go snowboarding this weekend. I love snowboarding. It's a good way to pass time. I'm excited when I have it, and I'm excited to go to Cooper Mountain."



CLASSROOM CONDUCTORS

Students became a driving part of the orchestra's leadership as section leaders and other students stepped up to help lead the orchestra in practice. [www.dupont.k12.de.us/academics/academics/arts/](#) • [DESIGN BY CHRISTIANA MUSSETTE, STYLING BY KATIE GRIFFIN](#) • [PHOTOGRAPH BY JEFFREY GILL](#)

A new orchestra teacher, Mr. Nathan Gens, brought an orchestra teaching style. As a result, the orchestra became more student-led and members organized themselves to guide their fellow musicians.

"With every rehearsal group, there is a different dynamic. Different leaders may work with different students or section leaders to work with a section," Mr. Bryan Crady (Concertmaster/Principal) said.

Matthew Y. (12) served as the orchestra's concertmaster. The concertmaster was the orchestra's leading violinist and, after the conductor, one of the primary leaders of the orchestra. As students looked to their section leaders for direction during practice, or the section leaders looked to the concertmaster to direct practice and to help others interpret difficult pieces of music.

Matthew Y. (12)

"I'm going to be a concert violinist in the future."

"It's such as being me and the principle violin having to get at people for not practicing and encouraging people to do better in class," Y said. "When the orchestra's various sections broke off from the main body to practice together, students worked together to rehearse different pieces of music and to encourage each other to constantly improve."

"It's a double bassist and we sort of lead by committee," Andrew Valentine (12) said. "We basically have rehearsed a few minutes early to work on a section. Usually that just makes everyone playing and the others going constructive criticism."

When certain students took charge and accepted more responsibility for leading their peers, the whole orchestra was affected.

"The orchestra is really close this year,

and I've made a lot of friendships through

"The music that they have selected to play this year has been very difficult. It is in the same caliber as music we have done in the past," Mr. Crady said. "Our students always play the top music available for that genre. They always play the most difficult stuff and they are doing it brilliantly."

"The level of musicianship is quite high among the band," Mr. Gens said. "Both the students at PTA and the students at Meaux, the Freshmen, the sophomores, the Juniors, the seniors, everybody, without fail, is at a very high level."

ROLLING THE LEADER • *Conductor Christiana Mussette (left) and violinist Andrew Valentine (right) during their "Following the Leader" section of their orchestra. Mussette says to "act like the bus" and take responsibility of your personal achievement because it is what the group's success boils down to. "I believe in rolling off the bus," Mussette said.*

VIOLIN vs. VIOLA

What are the differences between the two instruments?

"I originally wanted to play the violin, but then many people were playing it already so I decided to play the viola." — Andrew Valentine (12)

"I originally wanted to play the viola, but then many people were playing it already so I decided to play the violin." — Matthew Y. (12)

"I am going to play violin, but the violin is going to be my instrument. I am going to play violin and viola." — Christiana Mussette (12)

"I am going to play violin, but the violin is going to be my instrument. I am going to play violin and viola." — Bryan Crady (12)

CLUBS & ACADEMICS • ORCHESTRA • 101

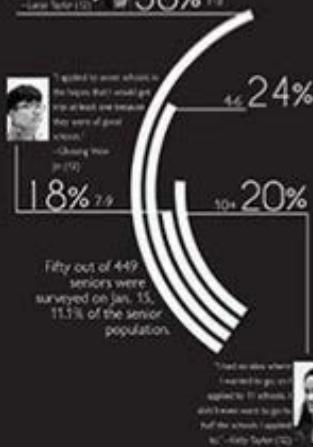
Dupont Manual HS 2014

SENIORS

TO HOW MANY COLLEGES DID YOU APPLY?

"I know I had car trouble when I was 80, but I wanted to go to, so I applied to the school I always wanted to actually go to. I did get in."

38%



Fifty out of 449 seniors were surveyed on Jan. 15. 11.1% of the senior population

"I had no idea where I was going and expected to fail school, but I never want to go back to school again," says Kelly Taylor (12).

100 years ago, it was uncertain whether 453 students, taking their first steps through Manual's front doors, would be able to follow in the footsteps of past graduates and stay true to the Crimson legacy of high standards in achievement, scholarship, and leadership. With the 2014 school year coming to an end, the current 453 students, now seniors, have surpassed the goal. We have not only become Manual's best and brightest, but have made accomplishments only matched by those who have preceded us, and will be sought by those who will follow us.

Right from the beginning, we came together to be a notable force in the school. With our creative minds, we showcased our unseasonal and unforgettable themes such as a Christmas in October and a Pied Party in winter. With our determination, we triumphed over Male and kept the Burnie in its rightful place until the moment we lost our eyes on it. And with our compassionate hearts, we decided give back to the families in our community and the world by helping a beloved war on hunger.

While undertaking these tasks and creating our own distinct legacy, we also prioritized the progress of our beloved school. Under our leadership, Madison continued to rise in the rankings as one of the nation's top schools. It continued to gain national and international recognition for a plethora of fields ranging from research to publications. It also continued to propose student creativity and address the prevalent topics of our current society through independent initiatives such as *Aberration Quarterly* and *The Red Pen*. With these accomplishments, we have proved to ourselves and everyone else that the Class of 2014 has and will continue to achieve many greater things.

While undertaking these initiatives, I have seen the Class of 2014 transform into more than just a vessel for another scholarly endeavor. Our yearlong transformation has reorganized us to become a *duFour Family*, an eclectic group of individuals from a myriad of backgrounds, who view this old castle not only as their home but also as an integral part of their identity. As we continue in the next phases of our journeys, we hope that those that follow in our footsteps will not only continue on the *Crusader* legacy but will create their own distinct mark on *Manor's* history, just as the Class of 2014 has done.

In the words of a *Newsweek* cover, "The Class of 2014 came, it saw, and it conquered."



In order to get a perspective on the Navy life, Anna Chau, 12, endures a Naval Recruitment camp for a week, sponsored by her mom, and is

anchor's aweigh



1,000s are over 60. Although the camp was challenging, Jason Chens, 16, celebrated his survival by posting a picture with his new friend, Courtney. Chens wanted to experience friend life, since the place is lacking a friend source. "I wanted a taste of it before initiating a taste of military life and time for friends just ended," said Chens. "After Desert Training."

Conrad's perspective, my brother and I spent a night in Virginia Beach, and our first thought was, "OMG, our own personal dream!" Finally, I didn't have to leave a chair to be with someone else! And I had a shower, and all I was ever asked to do was leave the room to repeat. I thought I escaped ECT.

3. It's all over! After experiencing the third or fourth week, Chaz began to trust, knowing that she survived successfully. By remaining positive "it's all good," she remained "mentally green." Chaz proved to be a model patient, and she was the first to use her own "leadership," writing her own treatment plan. She was the first to be discharged and the first to leave. "Some of us are different, and I think that just goes along with us as an individual," she said. "I think that you can't compare them. You had to prove it to yourself."

reality check-up Q&A

What was it like being in Eastwood?
"I've been struggling with my political perspective and I feel like no people have thought about the issue in a consistent perspective."

Why did you decide to go back?
"I feel it is not easy to start to help and I helped out the information in a consistent perspective, so I think that's why I did."

What was the most important experience?
"I got to see a consistent and steady life that the people here have on a day-to-day basis."

How has this changed your perspective of life?
"I learned about difficulties. When you actually live in poverty, you learn that you appreciate the basics."

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classes, quizzes, and tests in order to graduate," said Chavis. "On top of the work we did during DTC, we were expected to do about 15 chapters of the Basic Military Requirements (BMR) prior to the end of DTC, but I did chapters of the BMR during DTC. Few tasks, though."

On Sept. 14, 2011, Chavis graduated and her company was ready to perform duties. A DTC could not take place at any time, especially when lead expected. "They were up on one right at 1 a.m., and I had to brief people through a strategy including with weapon plans," said Chavis.

A journal of *One Month* Readying for the return to make mistakes led, Chavis and her new friend aside after graduating from DTC. Recounts Chavis, "My company was on standby for two weeks, and over those two weeks we had the most tips and drama and a lot of input from the leadership but never seen," said Chavis. "About 10 people from our company were discharged within the first week of training for various reasons. Some got caught with unauthorized, most for medical reasons. We were dismissioned the 'Cripples Club' all of sudden courtesy of Army Chavis, my captor by life."

we all scream for
ice cream



Over 140 students and faculty enter
plus the additional visitors.

stingray

Through the summer heat took its
toll by atoms, the South African
Stingers kept it cool by the power

- 1. The book listing other terms, the diagrams, any other information long as it has received from the press.
- 2. *“Great stories I have little, the ones reflecting themselves and my parents and I have stories to the extent of...”* said *Julie Payette*, 51, “I avoided mentioning it because I was scared I’d get it.”
- 3. *“The news didn’t get out of the country, they looked with such other this happened because they had called me to the press conference, because it was so...”*

**VISUAL
BREAKS**
NOT JUST FULL BLEEDS, ANYMORE

VISUAL BREAKS

NOT JUST FULL BLEEDS, ANYMORE

BEHIND THE SCENES

Unholy, ghouls, and goblins alike joined forces at the Kingbury Cemetery Haunted House at its new location in the Victory Highway Galleria of Shops.

Kingbury, opened by senior Andrea Hoover's parents, was auchtentable local Halloween attraction. "We have done it in our house for the majority of the years. Last year and this year are the first two years that we have actually changed location and have done something that's called a commercial. Before we only charged for admission. It was just two cans of food per person and what would be donated to the Clothing Food Pantry," said Hoover.

BEHIND THE SCENES

"We had always wanted to give back to the community, and the very last year that we did it at the house, we were open and got a total of a thousand people over the four nights. So take that and multiply it by two and that's a lot of cans," Hoover said. Since Kingbury moved to a bigger location, they charged an entrance fee, but they still gave a big donation to the Food Pantry.

"It's even better now that we're actually collecting money because what we do now instead of cans of food in we actually take a dollar off each ticket sale that we get and we'll donate that to the Food Pantry. With money they can do a lot more than just physical food," said Hoover.

BEHIND THE SCENES

Kingbury was different than other haunted houses. They had a different storyline every year that was the basis for their haunt. "It fits with the plot of the story and you go in and, for example, the Phantom Doctor story is about an organ and you'll see that in the house. It's kind of cool and people go through it and if they've read the story they'll point that out. 'Oh, I read that online, or Oh, I've seen in that characters,'" said Hoover.

"We've more of a 'try and make the hair stand up on the back of your neck to really creep you out' haunted house," said Hoover.

All dressed up and ready to spook the crew at Kingbury's newest haunt for people to start coming through the haunted house at the Galleria on Victory Highway. "We're much different than other haunts in the area that we don't have to do the 'scare' factor. We're more of a 'try and make you jump' factor," said Hoover. Photo by Diego DeSant

House of Booooooos

Story by Alaina Schell

A LOCAL HAUNTED HOUSE GOES FOR SPARKS, SCREAMS, AND THOUSANDS OF CANS OF FOOD TO HELP HOME IN NEED

EVERYBODY HATES YOU

but not really—it's just people's **fear** and **insecurity** of what they don't know or **understand**.

A collage of anti-gay slurs and negative self-talk in a speech bubble. The slurs include 'CREEP', 'YOU SUCK', 'YOU'RE A S**TCH', 'FREAK!', 'ME?', 'WEIRD', 'QUEER', 'LOSER', 'FAIRY', and 'F**K'. The self-talk in the speech bubble reads: 'Shouldn't be legal', 'Why UGLY', 'What am I? to me? what's happening', 'I'm not a FAIRY', and 'I'm not a GAY'. The background features a blue and white striped pattern.

STICKS & STONES

Sharing Your Ideas

After school, I would go to the gym, I was punched in the gut, and I had a friend I made in school who like to pick on me and made him back off. After that, I realized I've got to have some ways to protect myself, so I took a martial arts class. From there on I decided that since I'm protecting myself, I'm gonna start protecting others that's not just physical abuse.

but verbal abuse as well. (Because) I know what that's like and it's not right. It's not really church when people go there that they're a sinner or that they're better than you, by picking on you. In the end, remember, you are going to meet your sinner and realize yours just like everyone else does."

"I've been called back. In my innocence, I believed you were going away. Then the next day, she got on *Telephone* that she was going to [Singer]. When I saw her, I knew like, 'Okay, whatever.' She comes up to me, and she started calling me a bitch or whatever — so no one wanted to get involved in it — so I tried out on my innocence and

walked away. It's the best thing you can do. In those situations, I encourage, "What, I'm gonna go right now?" even if I'm terrible there. If you're being cyberbullied, just try not to let it get to you. If you know it's not true, then don't listen to other people. You know who you are."

He during school just to those he told off, I guess, of people knowing that I was gay. But it gradually just progressed into me being completely open about it. I honestly wish I'd just been open about it earlier, because it would have saved a lot of stress and fear. Ever learned to really not care. Two

People used to taunt me in middle school. And I felt like [being gay] was just another thing, and I was fearful of adding another piece of ammunition for them to use against me.

but up this shell of humor that I can use. [Ballyhoo] now is usually cyber—it's never a frontal assault.

I kept all my friends. I haven't lost one from being gay. I've surrounded myself with a lot of support, and removed the negative things from my life. My two longest friends [and I] have been a support group for each other; we can talk to each other if we

need to. They were the first people I came out to, and they were actually really accepting of it. I think they were just like, 'What just happened?' in their minds, but thankfully they didn't show it or recoil or anything. And when I was being bullied, they stuck up for me. **True friends will do that for you, and I've done that for them too.**

There is a message being sent about preventing bullying, but it's not being picked up. **If I see someone getting bullied, I try to get right in and stop it. No one should have to go through that.** If you're being bullied, one of the hardest things to do is tell someone because they've probably told you, "You're a snitch," and that's not true. You are protecting yourself. **You're probably saving yourself and others.** You're probably saving someone else's life.

Because of the sensitivity of the content of this story, the identity of our source has been kept confidential.

BULLYING AWARENESS

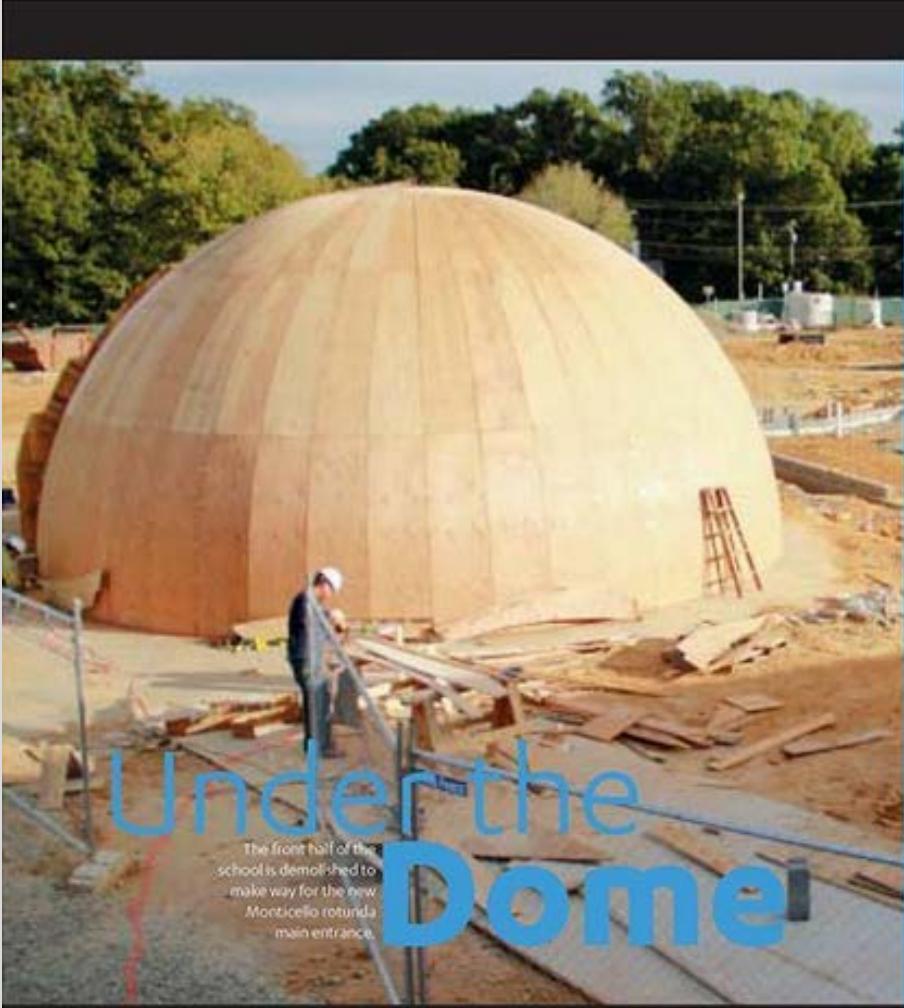


RESOURCES

IF YOU OR SOMEONE YOU KNOW ARE BEING BULLIED OR RUNNING SEVERAL THOUSAND DOLLARS IN DEBT, SEEK IMMEDIATE HELP IN A TRUSTED ADULT LIKE A TEACHER, COACH, COUNSELOR OR ADMINISTRATOR. THEY'RE HERE TO HELP.

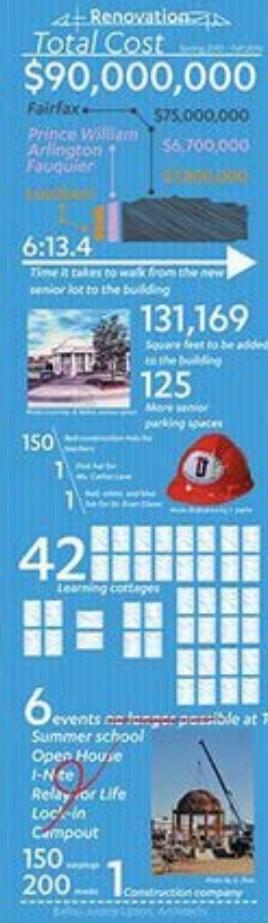
National Suicide Prevention Lifeline: 1-800-273-8255
Trevor Lifeline: 1-866-488-7386
National Council for Behavioral Health: www.ncbhw.org
The Bully Project: www.bullyproject.org
Gay, Lesbian & Straight Education Network: www.glsen.org
It Gets Better Project: www.itgetsbetter.org
PFLAG: www.pflag.org

or to reach the Crisis Text Line
text "HELLO" to 741-741



Under the Dome

The front half of the school is demolished to make way for the new Monticello rotunda main entrance.



With the demolition of the front of the building, senior living and classes were displaced.

WHAT'S OFF HERE?

[sister], Joey [Valley], Ray [Kinberg] and I were running when we saw the couch along the edge of the road on Little River Turnpike. Next thing I knew we had a couch on our shoulders and were walking back to TX. I like the new Stoune, although I think that it's too small which leads to cramped spaces for large groups. —Senior Jessie Judah (Photo courtesy of Jessie Judah)



"I have six trailer classes." It's not the most enjoyable thing, especially because I don't like getting wet. All of my classes are in the same general area, so I don't have to go that far, and it's not hard to get to my classes. Although, some of the trailers are really cold or really warm - they just have temperature issues. I guess they just have to be called trailers, because they are not learning cottages. Cottages are supposed to warm and cozy, and not like what the trailers are like." - sophomore Dhruvi Vajani

VISUAL BREAKS

NOT JUST FULL BLEEDS, ANYMORE

Your Netflix Binge: "I watched all three seasons of The Walking Dead in two days, which is kinda sad. I didn't because my friend's boyfriend pulled at me for not watching any of it." -Kaitlinne, sophomore

AFTER hours

From watching Jenna Marbles and setting a new record on Flappy Bird to choosing between the 50 or 50 and going to Heaven or Farrell's, students spend their downtime with friends and phones.



After becoming popular in January, creator Dong Nguyen takes the game off the App Store, February 9.

Flappy Bird

"Flappy Bird is my favorite game, but it takes up my life. It took me 40 straight minutes of tapping to achieve my high score of 231 after three weeks of trying to beat my friends. I notice a lot of people playing it at school, probably because it's so addicting. When I get home from school, I'll play Flappy Bird for two hours straight occasionally. I first downloaded it when my friends Brooklyn Blagg and Allison Kershaw showed it to me. On my first day of having the app, I got a score of 32 because I just had to beat them. Once I begin playing, I can't stop. I have to keep going! It especially aggravates me when Flappy Bird hits a pipe and dies." -Marish Hollingshead, 10



Heaven

"We drove to Heaven a few times. We just sit there and look out at Frozone. It was after one of DC's dances, and someone asked if we had been to Heaven before, and we hadn't. We have been there four times, and it's usually with the drama department. I really enjoy being at Heaven because looking out over Frozone and all of the lights is really fun. We like bringing snacks along, which makes it more fun. There was this one time though when we almost got towed because we were parked on a private street, but luckily we got back to the car in time before they towed it. I like going there, we'll plan to go again soon if I can get a ride up there." -Katy Allen, 10



Farrell's

"I have to Farrell's about seven times. The workers there are really fun, and they have really big ice cream desserts. Every one of their staff members is really cool. They have these weird mustaches and facial hair. They always come to our birthdays to dance and sing. I go there a couple times a month with my friends, and I either get the Concordie Dippers, Concord, or a giant Concord Sundae. My favorite part about it is seeing my friends all together because they don't all go to Del Campo, so it's like a reunion. My mom grew up going there, and she always tells me about it, so when it opened here, I was really excited to go. It's just an awesome place." -Sarah Bell, 10



Bad Lip Reading 14,000,000 subscribers

"My favorite Bad Lip Reading video is The Hunger Games one. It's funny that I have watched it multiple times and still laugh about it to this day. My little sister is the one who showed it to me. I've seen multiple Bad Lip Readings, but none of them is as good as The Hunger Games. My favorite part is when Katniss and Clove are fighting, and she goes loco crazy." -Amanda Landrum, 10



PewDiePie 10,000,000 subscribers

"My cousin, who's a gamer, told me how he's funny when he plays video games. One of the best videos was when he was playing his game and realized his dog was pooping on the floor. He was so mad, but he just went back to the game. It was so funny; I'm definitely a fan." -Eduardo Vaquez, 9



JennaMarbles 9,000,000 subscribers

"I love JennaMarbles because she's hilarious. Sometimes she goes on these long rants about what annoys her. I like these because they are relatable. I like her goofy personality and the fact that she's still down-to-earth. Plus I think it's pretty cool that she was a go-go dancer." -Teresa Hughes, 10

YouTube

Channels

With 100 hours of video uploaded every minute on YouTube, Bad Lip Reading, PewDiePie, and Jenna Marbles stand out with millions of subscribers.



I Can't decide

Apple releases the iPhone 5s and the iPhone 5c, September 20. Within the first week Apple sells over 9 million of the new phones. Made with plastic and coming in bright and lively colors, the 5c is a cheaper alternative to the 5s, which comes with more amenities like an A7 processor and a camera capable of recording slow motion video.

Breaking Bad

After five seasons and 61 episodes, Breaking Bad airs its season finale, Sunday, September 29.

"I had been meaning to watch it for a few months, but I started watching it when it became really popular on Netflix. It took up my entire summer, and I got a few of my friends and family ready into it as well. I spent hours upon hours watching consecutive episodes and skipping around numerous responsibilities. It was like math; I couldn't get my full fix." -Benjamin Stansin, 10



Doctor Who broadcasts in 94 countries to over 10 million viewers for its 50th anniversary episode, November 23.

"My favorite show is Doctor Who because I love sci-fi and British shows. I started watching it over the summer. Since I started watching it, I have bought a lot of Doctor Who merchandise. It also introduced me to a lot of new shows." -Abigail Lutz, 10

Our Barnes & Noble Books "I go because it's easier for me to not get distracted because there's no TV and no more noise. I went with Gracie Lutens to study for a chemistry test," junior Kristi Shupps.

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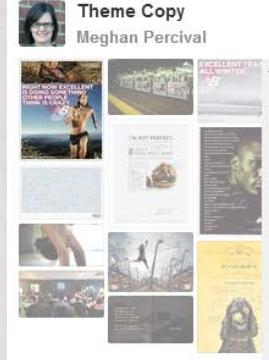


RIGHT NOW EXCELLENT IS DOING SOMETHING OTHER PEOPLE THINK IS CRAZY.

LET'S MAKE EXCELLENT HAPPEN.

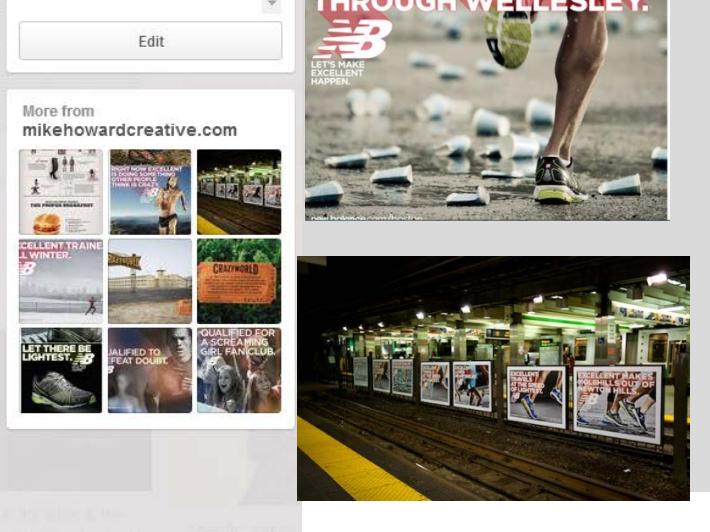
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DESIGNER PORTFOLIOS



INSPIRATION - Wedding Invitation

LONG STORY SHORT. I'M AN

SHORT STORY LONG. I grew up in Cedar Rapids, Iowa - the second largest city in the corn state, with my twin brother and **INTERACTION DESIGNER**

two awesome sisters. In my early years I spent more time playing NBA Jam than I did with toying around with a computer, let

LIVING IN THE BAY AREA

alone design or art. I actually didn't go to school for design either. I spent my college years as a Computer Science Major at **WITH MY FAMILY. I READ**

the University of Iowa. After a couple years of Mathematical Induction and Big-O Notation (which was actually kind of

BATMAN GRAPHIC NOVELS

interesting as it applies today), I wanted to pursue a career in Game Design. I started illustrating fantasy-like characters,

AND YOU'LL SOMETIMES

crafting a Suikoden-like story, and looking for schools that could make this dream of mine come true. I researched for

SEE ME CRUISING THE BAY

months for what it's like to be a designer in the gaming industry, and I was less than intrigued. So I started getting into Flash,

ON A BLACK MATTE FIXIE

as a way to somewhat tap into my desire to do something 'Interactive'. Fast forward 10 years. I still practice Interaction design

WITH PINK RIMS.

today, and I'm more than blessed to be able to work with some substantially talented people.

THANK YOU!

yearbookbesties.wordpress.com



Meghan Percival – McLean High School, McLean, VA

Erinn Harris – Thomas Jefferson HS for Science & Tech, Alexandria, VA