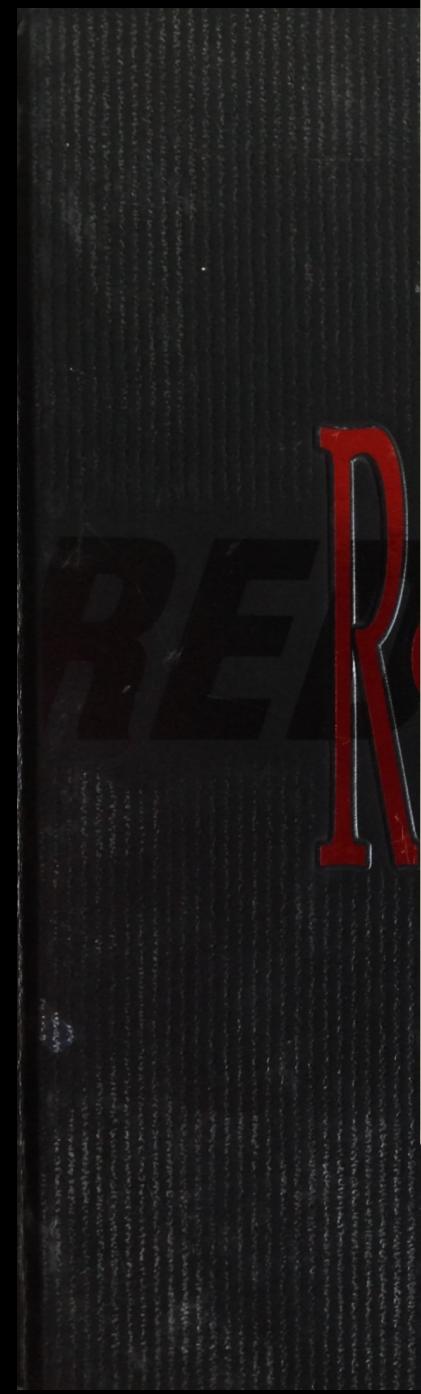


DESIGN DOESN'T END WHERE *TYPE* BEGINS



*Carrie Faust, MJE
Erinn Harris, CJE*

IN THE OLDEN DAYS...



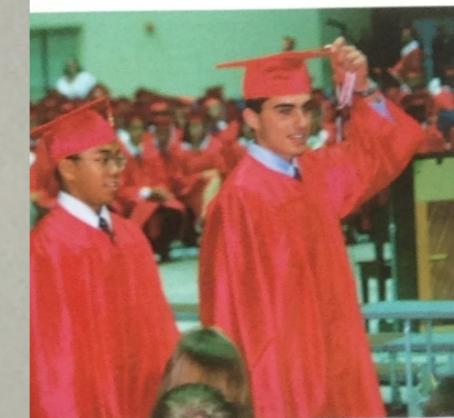
“What are we here for?” The voice of Dr. Knox echoed through the campus on the first day of classes, as South Meck’s students began the academic year.

The 1998-1999 school year was not, by any means, an ordinary school year. The Sabres pushed their limits in all areas of school, but they had fun, too. For the first time, Miss South was crowned in a pageant in preparation for the Carousel Parade. Students expressed their Sabre Pride at sporting events, such as football, basketball, and soccer games, and some even held down jobs in order to fund various weekend activities.

South’s students expanded their horizons this year during their school days and free time. The Sabres proved themselves ready to roar.

8 Student Life

The Walk of a Lifetime: Anxious seniors and her friend a after hearing



The Foundation for our Landfill: By the end of C-lunch, the trash can on the senior patio is filled to the brim with leftover sandwiches and empty milk cartons.



Student Life 9

...CIRCA 1999.

THEN WE TOLD YOU TO



in Things Nobody Told You About Being Creative
AUSTIN KLEON

THINGS WE "STOLE":

A

AH, THE GREAT outdoors. It's where men morph into testosterone-fueled animals, taking summits by storm, conquering raging rivers, and flying down trails. At least that was the fantasy while you were loading up your gear. What happens instead: You fall out of your kayak, a slick rock leads to an ankle twist, or a tree branch spears you in your sleep.

But don't pull up the tent stakes just yet. You don't have to be Bear Grylls to hack it in the backwoods. All you need is this field guide, created with the help of Travis Stork, M.D., the Men's Health emergency-medicine advisor and host of *The Doctors*. After you've read it, go ahead and use the paper as kindling or as tear-out TP.

STAKE OUT A SAFE CAMP SITE

Seeking shade should not be your priority.

► Worry less about bears and more about a tree limb impaling your ass. If you camp under a tree with large, broken overhanging branches and a storm blows in, these "widowmakers" could fall and turn your sleeping bag into a body bag, says Craig Morgan, host of the Outdoor Channel's *All Access Outdoors*. Ideally, set up camp close to a meadow but away from tall grass, where ticks thrive.



MY WORST INJURY / HANS REY, 46, EXPEDITION MOUNTAIN BIKER

"I earned my nickname 'No Way' because I ride down trails that defy belief. My worst injury happened after a trip to Kenya—I was on malaria meds, which carry a 'don't operate machinery' warning. But I needed to practice a course. So I did. I lost control on a jump and fractured my tibia and fibula. That's when I learned the best riders know their limits. I always visualize my path down the trail, noting obstacles and escape paths. And during a ride, I switch between scanning 5 and 50 feet in front of me, and I hover over the back wheel for the gnarliest sections. Never sit on the top tube or lean your body forward—you'll fly over the handlebar."



DROP LOGS IN THE FOREST

Extend the "leave no trace" ethic to personal hygiene with the help of Kathleen Meyer, author of *How to Shit in the Woods*.

1 / PLAN FOR POOPING

Pack toilet paper, sealable plastic bags, alcohol-based hand sanitizer, and a trowel, such as the 5-ounce U-Dig-It Stainless-Steel Hand Shovel (\$19, rei.com). "It's stainless steel, folds into a sheath on your belt, and won't bend or break," says Meyer.

2 / STAKE OUT A SPOT

Find a secluded area that isn't within 200 yards of a water source or right off the trail. Use your trowel to dig a hole 6 to 8 inches deep. "The best enzymes for decomposition are in that top layer of soil," says Meyer. Forgot TP? Hunt for soft fallen leaves that haven't dried up, or even a smooth stone.

3 / ASSUME THE POSITION

Squat in a surfer's stance: butt below your knees, arms extended for balance. Done? Burp the leaves or stone along with your waste, or if you used toilet paper, seal it in a plastic bag, carry it out of the woods with you, and flush it at home. And don't forget to sanitize your hands!



TRAIL MIX
Dr. Stork suggests starting slow to get used to uneven surfaces. Sprint if you hear something roar.

AVOID A RUN-IN ON THE TRAIL

Trails pose an agility challenge whether you're a road runner or not.

Even if your vehicle proudly displays a "26.2" sticker, you're probably less prepared to tackle trails than you think. "Because trail running requires so much attention, it's more like mountain biking or skiing than running on pavement," says Dr. Stork, an avid outdoorsman. So when you hit the ground running, imagine that you're navigating an obstacle course, keeping your mind engaged and present rather than distracted by squirrels playing with their nuts. "Focus on a spot on the horizon where you can still see the undulations of the trail," he suggests. "And start off at a jogging pace so the little stabilizing muscles in your lower extremities can adapt to the unstable surface." That means taking it slow for your first several outings.

You should also consider investing in trail-specific footwear; the recent minimalist movement has resulted in running-shoe designs that provide little to no protection in the toe region. "Without that protection, one false landing can easily lead to a broken toe or worse," warns Dr. Stork. Check out The North Face Single-Track Hayasa (\$110, northface.com), a trail shoe recommended by *Running Times*. It features a protective toe cap and a light-weight plate to shield your forefoot.

4 First-Aid Upgrades

YOU SHOULD ALREADY HAVE GAUZE PADS, BAND-AIDS, IBUPROFEN, AND WIPES IN YOUR FIRST-AID KIT. BOLSTER IT WITH...

1 / Duct Tape

It's waterproof, super-sticky, and versatile. "Pack multiuse things that are hard to improvise," says Matthew Stauffer, M.D., a Wilderness Medicine Institute instructor.

2 / Tegaderm

It's perfect for covering road rash, burns, and abrasions. Brian Webster, N.P., a fellow for the Academy of Wilderness Medicine, calls this stuff "Gore-Tex for your skin."

3 / Safety Pins

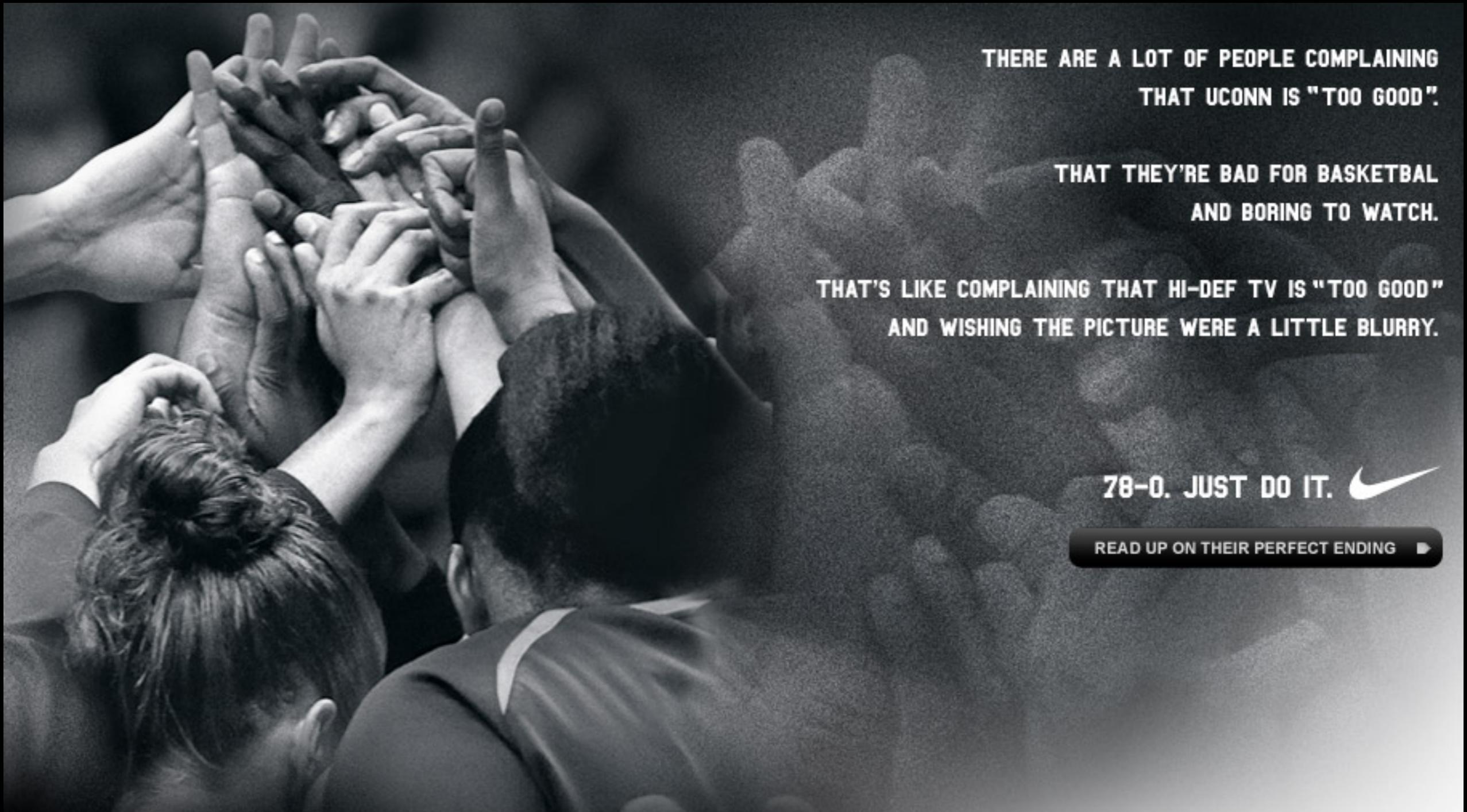
They require next to no room in your pack and are just as multipurpose as that duct tape. Use them to extract splinters, for example, or to turn a shirt into a sling.

4 / 3M Vetrapp

Vetrapp is designed to wrap horses' ankles, but you don't have to be a horse owner to benefit. "It's like an Ace bandage that sticks to itself," says Dr. Stauffer.

WHITE SPACE

THINGS WE "STOLE":



THERE ARE A LOT OF PEOPLE COMPLAINING
THAT UCONN IS "TOO GOOD".

THAT THEY'RE BAD FOR BASKETBALL
AND BORING TO WATCH.

THAT'S LIKE COMPLAINING THAT HI-DEF TV IS "TOO GOOD"
AND WISHING THE PICTURE WERE A LITTLE BLURRY.

78-0. JUST DO IT. 

READ UP ON THEIR PERFECT ENDING 

PHOTO EFFECTS

THINGS WE "STOLE":

CONTRIBUTORS

MARCH, 2012

TIM GUNN

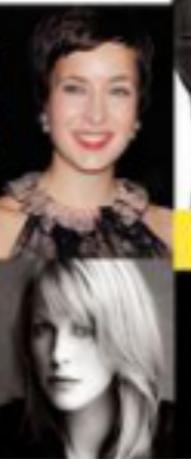
DIABLO CODY

Elisabeth Cody won an Academy Award for best original screenplay for her debut 2007 script, *Jointe*. In addition to duties as writer/producer of 2011's *Young Adult*, Cody is currently at work on a big-screen version of *Some Girls*.



MARK
ABRAHAMS

A self-taught fashion and celebrity portrait photographer, **Mark Abrahams'** self-titled volume of black-and-white portraiture was just published by Dumont Editions. His work appears regularly in *GQ*, *Vogue*, *German Vogue* and *The New York Times*.



KATE BETTS

Kate Betts is the author of *Everyday* (2009), *Michelle Obama and the Power of Food* (2010), and *Food for Thought* (2011).

She's currently at work on another book about breaking into the fashion business. Based on her years in Paris at *Women's Wear Daily*.



ALISTAIR
TAYLOR-
YOUNG

Alastair Taylor-Young's first photography book. *The Pharo flash*, shows what happened when he swapped his Hasselblad for a camera phone. When not focusing on beauty, fashion, or travel, he also directs commercials.



DAVID
HENRY
HWANG

AMEI WALLACH



AMEI
WALLACH

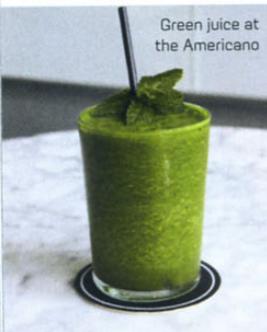
Amel Wallach is an art critic and filmmaker who writes for publications ranging from *The New York Times* to *Art in America* and *Vanity Fair*. She also coauthored the acclaimed film *Laura Bettioglio: The Spider, the Mistress and the Television*.

GRIDS

**BUT WHAT
ABOUT
TYPE?**

THE PROS HAVE DONE IT FOR YEARS.

**BOBBY FLAY
MESA GRILL**
"THE MEAL IS HAVING A REVIVAL—RESTAURANTS AND CONSUMERS ARE TAKING IT A LOT MORE SERIOUSLY. THE SAME ATTENTION TO DETAIL THAT'S BEEN PAID TO DINNER IS CARRYING OVER INTO PEOPLE'S EVERYDAY BREAKFAST IN A BIG WAY."



NEW CLASSICS

FAMILIAR FARE, REINVENTED

SCRAMBLED EGGS

The Update: **ESPRESSO-MACHINE STEAMED EGGS** at Buvette, New York City

At this all-day French gastropub in New York's West Village, the espresso machine makes macchiatos and eggs. "We crack two in a pitcher, add olive oil, butter, or crème fraîche, and steam them," says chef-owner Jody Williams about the country's softest, supplest scrambled eggs. ilovebuvette.com

BAGELS AND LOX

The Update: **THE MAVEN** at General Muir, Atlanta

"I'm really proud of my schmears," says chef Todd Ginsberg, whose punchy spreads (dill horseradish, scallion caper) accessorize the must-order platter of buttery lox, smoky sable, and seed-encrusted, crisp yet chewy bagels respectively cured, smoked, and baked in-house. thegeneralmuir.com

WAFFLES

The Update: **FAT ELVIS WAFFLES** at Little Goat Diner, Chicago

Stephanie Izard's new-school diner serves waffles made with house baker Greg Wade's sourdough starter. "We didn't want it to be too sweet," says Izard of the special batter. That innate tang (and salty bacon bits) keeps these banana-piled grids from feeling like dessert, even with the maple syrup and peanut butter. littlegoatchicago.com

**ERIC RIPERT
LE BERNARDIN**

"WHEN YOU MASTER HOW TO COOK EGGS, YOU ARE ON YOUR WAY TO BECOMING A GREAT CHEF."



YOGURT PARFAIT

The Update: **YOGURT & GRANOLA** at Tertulia, New York City

"We make a slammin' bowl of yogurt and granola," says Spanish-food impresario Seanus Mullen. Both are crafted in-house; the granola has an Iberian twist, thanks to unusual grains (red and white quinoa, teff, flax), dried cherries, and Marcona almonds. tertulianyc.com

WAFFLES

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GET JUICED

5 DELICIOUS WAYS TO DRINK BREAKFAST

GREEN JUICE: Kiwi, kale, mint, spinach, and Granny Smith apples give this tangy juice at the Americano (in the Manhattan hotel of the same name) its deep-emerald hue. hotel-americano.com / **MAHALEPEÑO:** A Zen-like balance of spicy (jalapeño), cool (cucumber), vegetable (kale), and fruity (pineapple) kick-starts the day for Houstonians at Adair Kitchen. adairkitchen.com / **MALTED CHAI:** Coconut water, bananas, dates, cinnamon, and maca make up this favorite of the Santa Monica runners who stop in at M.A.K.E. Out. matthewkenneycuisine.com / **MANGO SHAKE:** Don't miss the exotic turmeric-and-cardamom-tinged mango concoction at the Middle Eastern juice bar Bliss in Philadelphia. manakeeshcafe.com / **RED RUSSIAN:** Roost House of Juice in Portland, Maine, spikes its kale, cranberry, and lemon juice with ginger "booch" kombucha from a local fermenter. roosthouseofjuice.com

chef Juan Carlos Gonzalez about his neo-Benedict heaped with hog-house-made boudin sausage and tasso ham—and topped with eggs and charred-chili hollandaise. sobounola.com

FRENCH TOAST

The Update: **CHOCOLATE CROISSANT FRENCH TOAST** at Seersucker, Brooklyn

"It started out as a way to use leftover croissants," admits Rob Newton, the owner of the southern-food spot, about his French toast made of pastries soaked in custard and cooked in a water bath like a bread pudding before being crisped to order. seersuckerbrooklyn.com

BED AND BREAKFAST

NEW HOTEL ROOM SERVICE WORTH CHECKING OUT

Nobu Matsuhisa's green-tea waffles with shiso syrup and pecans and yuzu-soba pancakes are delivered en suite at the luxe new **Nobu Hotel Caesar's Palace** in Las Vegas (nobuhotels.com). Guests at the artsy **21c Museum Hotel** in Cincinnati (21cmuseumhotels.com) get their flapjacks with bananas and malt and their eggs with the Rust Belt city's breakfast meat of choice, German-style goetta, from Michael Paley's restaurant Metropole. And José Andrés designed the in-room menu for the glittering **SLS** in Miami (slshotels.com/southbeach), waking up well-heeled vacationers with Spanish-style French toast called torrijas, olive-oil pancakes, and tropical-fruit aguas frescas.

COLOR

THE PROS HAVE DONE IT FOR YEARS.

Esquire / SEPTEMBER 2012



GARRETT HEDLUND ARMIE HAMMER IDRIS ELBA AARON PAUL TAYLOR KITSCH AARON JOHNSON

GIANTS

(THEY MIGHT BE)

FOR GENERATIONS WE'VE LET MOVIE STARS INFLUENCE HOW WE WALK, TALK, FIGHT, FK, DRINK, DRIVE, AND DRESS, LIKE THE MEN WE WANT TO BE. NOW THERE'S ANOTHER GENERATION OF ACTORS ON THE VERGE OF BECOMING EXTRAORDINARY, AND OVER THE NEXT YEAR, IN FILMS LARGE AND SMALL, THE SIX MEN ASSEMBLED HERE WILL TRY TO PROVE THEY CAN OPEN A MOVIE, CAPTIVATE A NATION, AND FULFILL THE OTHER SACRED DUTIES WE REQUIRE OF OUR MOVIE STARS. BUT FIRST, A QUESTION...

PHOTOGRAPHS BY YU TSAI
INTRODUCTION BY J. HOBERMAN

PAGE 127

SIZE

THE PROS HAVE DONE IT FOR YEARS.

74

The guard dog at the entrance to Baja Malibu takes his job seriously, though he doesn't look the part. He is small and clearly unrelated to a Doberman, or a Rottweiler, or any sentry animal with pure breeding. There are vague lines in his face and carriage that might come from an Australian cattle dog, or a Chihuahua, but if anything is certain about his ancestry, it is the purity of his impurities. He has been assembled from a thousand different breeds, a street dog of the finest order. He sits on the cobblestones near the restaurant and watches cars pass on the Cuota. He conducts his business with quiet competence, without resorting to the indignities of making a scene. He does not bark, he rarely growls, and never slobbers. Instead he simply follows his human down from the guard shack when it's time to raise the gate so a vehicle may enter. He sniffs the tires of the cars carefully before they pass, and trails the ankles of those on foot to gauge their intentions.

He rises and watches closely as I exit my truck to shake hands with local photographer Damian Davilla. He approaches with his canine inclinations but seems bored with my gringo-scented sneakers. It's a clear morning on the final Saturday of a weeklong holiday in Mexico, and there are other distractions to hold his interest. In addition to the locals wandering slowly up from the beach, with their sleeping bags and tarps and plastic sacks of shellfish, we can see a handful of older surfers checking the ocean, and hear English drifting from a block of American-owned residences.

The morning has the feel of a party that has paused for a breath near dawn, but is about to resume. And it's this final gasp—the promise of one last day and then night of celebration, after a week of similar comings and goings—that has the dog carefully measuring his energy. By midday, as his owner in the guard shack informs us, this place is going to be "fucking crazy."

The area hasn't seen a tourism week like this in years. Mexican and foreign visitors essentially abandoned much of Northern Baja in 2007, when the narco wars erupted along the US/Mexico border. Human Rights Watch estimates that in the six or so years since, nearly 60,000 people have been killed, with an additional 25,000 missing. Details in the Mexican and American press—beheadings, kidnappings, tortured bodies, dead cartel enforcers, cops, and journalists decomposing in vats of acid—only deepened the sense of fear. To make matters worse, the narco situation was also neatly bookended by a wave of American travel paranoia in the wake of 9/11, and the meltdown of the global economy.

The general sense now is that the violence and the recession are both easing, but the residual impact of these factors on the tourist trade remains obvious. Even on the busiest weekends, most of the clubs in Rosarito regularly operate at half capacity. Near the pier, the multiple-story building that once housed

Señor Frogs stands shuttered, the establishment long out of business.

As Damian and I drive south a few exits into downtown, the streets are undisputedly crowded. But as we park and walk up to the beach, it's also clear that most of the tourists are now visiting from other parts of Mexico—rather than from across the border. Unlike its sister cities of Tijuana to the north, which has always been adept at reinventing itself, and Ensenada to the south, which is now undergoing its own transformation, Rosarito is still a beach town, driven by an older model of tourism. The massive clubs on the oceanfront were built to fill gringo bodies with drinks and empty their pockets of dollars. Now, however, it's mostly a local crowd: tourists from Mexicali, Tijuana, and the Mainland, the U.S. contingent all but absent.

Still, things seem to be improving. On this Saturday before Easter, the zone is definitely going off. We're down by the

“
FOREIGN VISITORS
ESSENTIALLY ABANDONED MUCH
OF NORTHERN BAJA IN
2007, WHEN THE NARCO WARS
ERUPTED ALONG THE
US/MEXICO
BORDER. **”**

waterfront and the restaurants are booming. We stand in line for 15 minutes to get lunch at Tacos El Yaqui. Afterward, we cut through the lobby of the massive Rosarito Beach Hotel, weaving through packs of young families. On the main deck by the pool, girls in elegant dresses sip mimosas. Damian, whose main photography influence is Clark Little, points to the water and tells me that this is where he learned to swim.

We pass through an empty banquet hall decorated for Easter brunch, then descend a set of stairs and emerge by the pier. A farmers' market is set up on a rare patch of grass at the edge of the sand, the vendors in the tents hawking everything from local produce to surf lessons. Just offshore, a few dark-skinned

(TOP) THE STATUE OF JESUS AT EL MORRO,
WELCOMING VISITORS ON THE EVE OF EASTER.
PHOTO: GLASER ANOTHER WELCOMING SIGHT
NATIVE TO THE REGION. PHOTO: DAVILLA

PULL QUOTES

THE PROS HAVE DONE IT FOR YEARS.

CLADDING

Puzzling Methodology

Modular Made

O'Herlihy used his two material mainstays, concrete paneling and translucent Pilkington Profilin channel glass, in combination with off-the-shelf Milgard windows, for a patterned, custom-built exterior wall system. The architect explains the benefit of designing modular: "Once you resolve a piece of it, you can go the whole way."

pilkington.com

A dazzling display of colorful windows wraps architect Lorcan O'Herlihy's home, which is nestled among the ragtag beach shacks of Venice, California. The striking facade replaces that of an old bungalow, in which the architect and his wife had lived for three years while plotting their vision of a dream home.

Project: O'Herlihy Residence
Architect: Lorcan O'Herlihy
Location: Venice, California
Originally Published: June 2004
Photos by Misha Gravenor

CLADDE



THEN WE FINALLY CAUGHT ON.



THE SENIOR ducked his head through the low-hanging doorway of Tari Broom's first-grade classroom. He spotted the jubilant expression on the face of the boy he was searching for and slid ever so uncomfortably into the chair designed for a four-foot tall lower schooler.

"Hey, bud. Let's split this apple pie." The six-year-old's eyes widened. "Cool, I'm starving."

It was early October – the first time seniors met their Lower School buddies. A day filled with connections, links and lasting impressions – some spanning decades, others lifetimes.

Six years earlier, another senior wanted to create something that would impact all Marksmen. His passion for writing led him to the idea of a literary festival to invite authors to campus to speak to the Upper School.

xtraordinary things

Today, the lit fest is running strong, now bringing in nationally acclaimed authors, poets and journalists – all thanks to the idea and persistence of one senior over a half-decade earlier.

Both of these Marksmen did something extraordinary – something we do every day here at 10600 Preston Road. It occurs in something as momentous as the creation of an entire literary festival and something as simple as sharing a slice of apple pie.

It's in the donations of two new, state-of-the-art buildings. And in the donation of two hours to help a struggling student with his calculus homework.

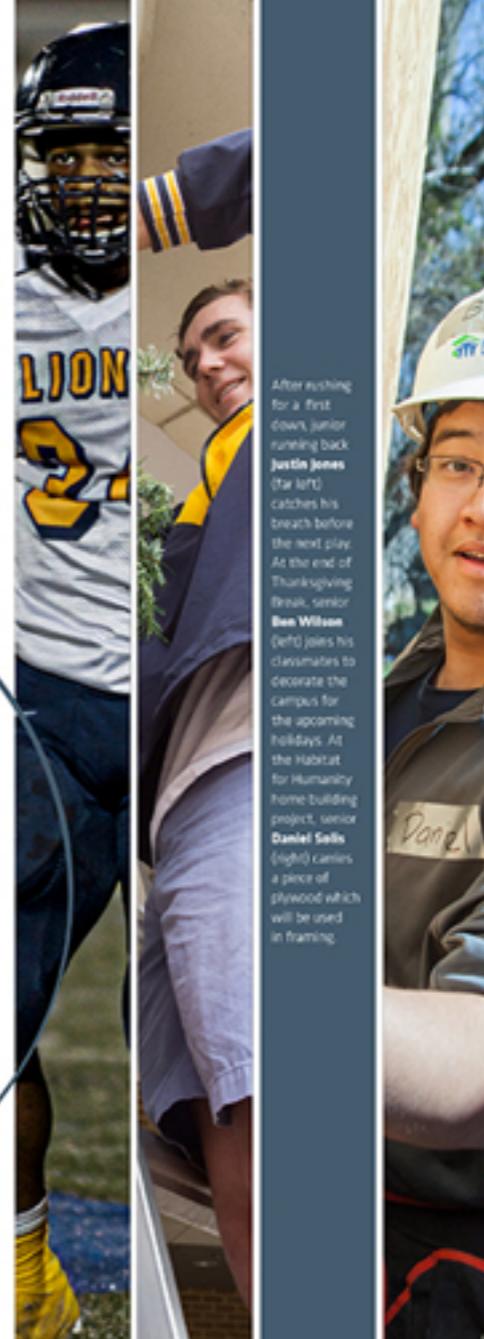
It's in the accomplishment of an undefeated football season of 50 years ago, in volunteering this fall as a waterboy for a seventh-grade team.

It's in the 10 minutes we spend giving a chapel talk to lower schoolers and in the 21 years we serve to guide the community.

Our mark is in these actions – it is in these connections that guide us, these links that unite us, these impressions that inspire us.

It is what remains behind.

2 | 1 OPENING



After rushing for a first down, junior running back **Justin Jones** (far left) catches his breath before the next play. At the end of Thanksgiving break, senior **Ben Wilson** (left) joins his classmates to decorate the campus for the upcoming holidays. At the Habitat for Humanity home building project, senior **Daniel Salls** (right) carries a piece of plywood which will be used in framing.

ST. MARK'S SCHOOL

THEN WE FINALLY CAUGHT ON.

**yeah,
I LIKE
TO RIDE
ALL THE
TIME,
OK?**

By Ian Marynowski

"WHEN I DON'T HAVE SCHOOL, NOTHING GETS IN THE WAY OF CYCLING. IF I CAN'T RIDE, THEN I'M NOT HAPPY."

RACING THROUGH A career, CHASE KLEG knows his focus is cycling. After finishing his first racing season, Kleg says, "I like to ride at everything. If I want to race, the importance of cycling is probably 10 out of 10. If I can't ride, then I'm not happy."

When Kleg goes to school, it's pretty number one, it's his number one priority. "When I don't have school, that's in the way of cycling. My riding is probably as far as it's gone and other things are put around it," he said.

With the addition of school racing, Kleg has done 22 races this year, but Kleg knows that number would be more impressive. "Keep healthy on a diet, exercise, eat well, and I have a refresher with water every 10 minutes."

Even though his coach tells him he thinks too much, Kleg does think about cycling all the time. "I think about when I might go about putting it in a good position, how I should respond to when other people are doing and how I will respond and perceive my energy throughout the race," he said. "I usually just let other people make mistakes. I know I'm a better cyclist, so it's best if let others do the attacking and chasing so I can have the energy to win the sprint at the end."

At the moment, Kleg's focus is just on getting better. "I'd like to eventually go pro if I can but there is a lot of building up to that right now. I'm just focused on building up. The only way you get better is by riding with people better than you," he said. Cycling is a way of life for Chase Kleg. "It's something I take pride in doing," he said.

For Chase Kleg, "It's something I take pride in doing," he said.

IT'S NOT JUST of the tendency for cyclists to obsess with their bikes. "I do whatever I have to keep my bikes running. I always clean them the night before a race and try to do other repairs and maintenance myself because it saves money and I enjoy it. It's something I take pride in doing, but it's certainly not something all cyclists care about," CHASE KLEG said as he fixed his bike.

CRUSHING DOWN A street on his bike that's blue, the focus is on speed. CHASE KLEG is part of the Colorado Rockies cycling team and is always trying to improve. "There's only one way you get better is by riding with people better than you," Kleg said. "I started this month and I have improved a lot this year." He was ranked 4 in the state for the season of 2013. **WHEN RACING,** KLEG usually lets people make their own mistakes. "I know I'm a better cyclist than most of my friends, so it's best if let others do the attacking and chasing so I can have the energy to win the sprint at the end," Kleg said. If Kleg can't ride his bike, he will. Kleg keeps it simple and hopes to go pro one day.

BUT IN 2014, NO ONE DID IT BETTER THAN

Singing
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mig
Today made me proud to be a Falcon. If

FOR THE WIN After days of drilling their dance routine, junior Alex Jones, Graham Galloway, Marshall Beatty and Sam Polisina nail their choreography to the Bruno Mars song "Treasure" for the junior class skit. The juniors surprised the student body by winning the annual homecoming skit competition. (photo by Steven Grapen)



AMERICAN SPIRIT

JUNIOR CLASS SURPRISES SCHOOL BY WINNING SKIT COMPETITION

— By Taylor Faulkner

Student body president Chandler Danielson walked to the center of the gym with a folded piece of paper in one hand and the spirit stick in the other.

Boos broke out in the senior section, and the juniors cheered to show their approval. In disbelief, the seniors stormed out of the gym.

The homecoming pep rally at the end of Spirit Week was about to end with her announcement of the winners of the class skit competition.

"I was expecting the seniors to win because they always have," senior Austin Learo said. "Although we lost, I'm actually kind of glad they did it the way they did. It was fair to have the skit that deserves to win win."

"And the winner of the class skit competition is..." Danielson said and then paused. "The juniors."

The junior's skit was a choreographed dance of the song "Treasure" by Bruno Mars.

"That didn't mean that the seniors wouldn't win the competition just to prove a point, but it did mean a win was possible for any grade," Danielson said.

"The junior guys did a great job," junior Tori Cole said. "Next year, if the rising juniors' skit is better than ours as seniors, then they deserve to win."

58 WITH ACTIONS

"What inspired your outfit for Spirit Week?"
— Legally blonde — my friend and I wanted an outfit we thought no one else would pick.

— Mica McBrick, 9



#throwbackthursday

SENIORS THROW IT WAY BACK FOR SPIRIT WEEK DRESS-UP DAY

— By Taylor Faulkner

"I got my outfit from my church basement. My church used the Roman soldier costume for our Easter pageant. I chose my outfit because I didn't think anyone else would think to go way back to the height of the Roman Empire. I knew it would be unique and really commented. It worked out perfectly without having to spend hours. I had decided I wanted to go all out my senior year and just have a blast while doing it. I was excited to see how many people participated."

— Blake Hill, 12

"I wanted to branch out and be different. This year was the first time I went all out because I wanted to make the most of my senior year. My best friend Lara (Bennicier) and I went the night before to Michaels and got all the supplies for our outfit. The night turned into crafts night quickly. We figured most people would do recent throwbacks, and we thought it would be fun to throw it way back. We were going for the Greek goddess look, so we turned sheets into togas. Our head pieces were made from fake ivy and gold twine. It was interesting to see how creative the school got for Spirit Week."

— Molly Evans, 12

MOMENT OF SURPRISE

A three-way tie in the senior class vote for homecoming court meant eight senior girls made the ballot for queen rather than one. They included Seavanna Austin, Cortyn Carl, Chandler Bremner, Vicki Kuzmenko, Grace Lass, Mica McBrick, Hayley Morris and Samantha Trujillo. (PHOTO COURTESY OF THE WEST HENDERSON HIGH SCHOOL) After the court's introduction at halftime of the homecoming game, Chandler and her escort, senior Madi Rice, react to the announcement that Danielson was elected queen. "I was in complete and utter shock," she said. "That night was unforgettable. It will definitely be something I will remember for the rest of my life." (PHOTO BY PATRICK JAHNKE/TIMES-JOURNAL) MAKE AN ENTRANCE As seniors Mica White and Payton Cole read the batonette script, sophomore Morgan Caudle and her escort Diana Padias look for their friends and family in the stands. "I felt amazing and honored. I wouldn't have never spent it with anyone else," Lindsey said. (photo by Sarah Lefebvre)

(PHOTO COURTESY OF THE WEST HENDERSON HIGH SCHOOL) PAYTON COLE, right, and her escort, senior Madi Rice, present a bouquet of flowers to freshman representative Mandi Ayers. Ayers was escorted by James Bennett. The other members of the junior homecoming court were Patrick Baker, son of assistant principal Shannon Baker, Sawyer Manuel, daughter of assistant principal Luke Manuel, and Roman Penner, son of social studies teacher Ben Penner. (photo by Ralph Koeneman)



SPIRIT WEEK 59

"Physical therapy was great. My outfit came from Forever 21 and shoes from Target."
— Mica McBrick, 9

WEST HENDERSON HIGH SCHOOL

**WHAT CAN
YOU DO
RIGHT NOW?**

BASICS

MEANS what is ME

to

"It's a big deal. I always look forward to the season—except making weight."

—Sara Ellington

SARAH'S OWN WORDS Trying to get the pin, sophomore Sarah Ellington forces her opponent's head into the ground without resorting to the atomic edge of violence. "When all else fails, I like smacking. This says 'Because I am god and I like smacking.'



PINNING AND PINS At these losses in the weight class, ready pin-off adjuster David Nguyen is able to take down his opponent. "I usually am in the weight class, so as to do well working out, David has to do that."

ARMED AND DANGEROUS Trying to get back leverage in his match, senior Keith Potters uses his powerful arms and strong techniques to do just that. "We improved a lot," Keith says. "Referee Coach Nguyen stepped up, he worked with me, he went from not knowing what to do, to being ranked in state."

Count To Three You Are Pinned

There's right, the wrestling squad came back this season improved and ready to take on any opponent. With much of last year's team returning, they were poised for another winning season under the guidance of coach Nguyen. As the coach, on and off for 10 years, Nguyen knew how to motivate his wrestlers. "This year is definitely showing improvements over last year," he said. "There are a lot of younggars on the team, but we are definitely doing better." Seniors with Wilson, Alex Khoa, and Marcella Ahmer all returned for their final year of wrestling. Each member of the team had one goal in mind: the state championship. In the season's come, other formidable competitors on the team were seniors Sarah Geraschi, David Nguyen, and Trevor Sathers-Brown. This year the record showed that the team improved even more than last year. Coach Nguyen said, "The past years were all about improving, and we are no longer in the improving mode, we are actually winning." After winning three of the four first matches, the team had already broken their record of the previous two years,

which was 1-8. There were some rare mishaps added to the team's list last year, too, including nose injuries, with Khoa, David Geraschi, and Harris, and rayon Smith. The returns were a bit worried about the freshman at the start of the season. However, these freshman quickly proved their worth. "I feel great, because I am a freshman," said Jack Harris. The freshman could feel the same pressure of wrestling people older than them, but they did feel the pain. "It just makes me tough," rayon Smith commented. There were many seniors on the team that had been wrestling for Wilson since freshman or sophomore year, some of whom wished to continue wrestling in college. Wilson in particular was planning to wrestle for state titles. The wrestling team also had a string of two about dramatic finishes. In perhaps the most exciting match in Wilson history, the team beat Olympia High School 33 to 35. It all came to the last match of the day. Trevor Sathers-Brown's name was called and he answered the call down by himself. He had to not only win, but win by pin. In

very dramatic fashion, Trevor got the olympic wrestler in a head and arm, winning the match for Wilson. Mohamed Ali also won the rewards for the winning attitude that the wrestlers adopted this year. It was a year of redemption and progress. The team showed the resiliency and drive necessary to move them to the next level with all the time and commitment each individual put into giving their best, the team were poised to make a run at the state wrestling championships, and they seemed to be accomplishing this. The team deserved to have a feel of their wrestlers qualify for state, which proved that all their hard work really paid off. The wrestling team didn't let their opponents' division, claim, they never lowered in the face of the competitor. They managed to keep their spirits high during each match, there was always improvement to be made, but the team took it in stride and proved that they were able to overcome many obstacles. Anything was possible with hard work, and this was the year to step back onto the mat with power and pride. Do you still want to look?



ARMED AND DANGEROUS In an exciting finish, junior Trevor Sathers-Brown pins down the determined pinning his way to the win. Trevor says that, "The hardest part of wrestling is to never, because no one likes any wrestler for losing. It's all on you."

ARMED AND DANGEROUS As a freshman, Nathan Carlson had a long road to go to reach the top of the game. "It's a lot harder in wrestling," Carlson admits. "You just go and take them by the biggest guy. There is no style in my own game."

BASICS

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making connections



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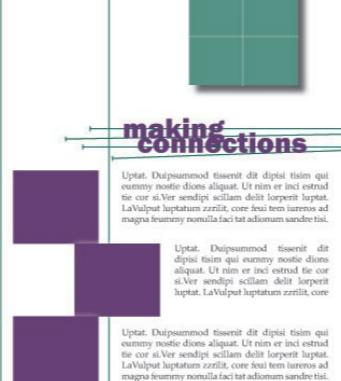
MOVE FROM COLUMNS TO GRIDS

BASICS

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making connections



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MOVE FROM COLUMNS TO GRIDS

BASICS



SPECTATORS The fire is already burning as students are still making their way to surround the warmth from the flames. "I didn't go last year, so I thought it was pretty cool to see, and it was also cool to see the Jeffco team get ready for their game," junior Zaynara (11) and junior Luke Hellington (11) and Rosalyne Barnes (11) were just a few of the student body in attendance due to a power outage.

BONFIRE The fire blazes as the football team speaks to the crowd about the upcoming game against Chatfield. "I think it pumps us up, gets us ready," Traen Thornton (11) said. Thornton and Allen Martin (11) stood and watched as a fellow teammate spoke.

MENTAL ATTITUDE **FERRY CHAOS** Kenneth Leary (11) was the first team member to give his speech. "The coolest part was the togetherness of the community around the circle," Mrs. Bachelder said. Spectators interqually as the team relayed their anticipation for the homecoming game. Photo by Leah White. **THE PROFESSIONALS** Staff and students gathered nearby to see the Arvada Fire Department light the fire. "When the fire first started it was excited to see how big it would get," Sophie Penz (10) said. "The fire started up quick as more and more people piled in, many arms were.

WHAT THIS BONFIRE IS ON FIRE The cheer team was ready spectating along the edge of the crowd, their bows. "Each team gets different bows, so it gives like our team its own personality," McKinley Campbell (11) said. Photo by Leah White. **ATTENTION** Mr. Anderson stood in the front of the crowd letting off the upcoming games. "It was inspiring and pumped everyone up for the game," Blair Bachelder (11) said. Students and staff listened, trying to figure out who their favorite teams were playing.





Since its debut in 2009, the bonfire has established its significance in Arvada history.

spirit ON FIRE

There was a chill in the air before the firemen lit the blazing spectacle for the crowd of awaiting staff and students. In the fourth year of the tradition, the bonfire received many positive remarks.

"It's really cool, you know, it's a big part of the homecoming tradition, gets you ready for the game on Friday," Keeran Leary (12) said.

The standard was set in 2009, by being the first school in Jeffco to be approved for a bonfire. Since then, many other Jeffco schools have followed suit.

"I do like anything that promotes positivity and brings people together for school spirit," Mr. Moore said.

The Arvada Fire

Department plays a huge role in the creation of the bonfire from year to year. However, the bonfire this year was different. The firemen only used one ring instead of three; a change no one was used to. Despite the changes from previous years, the bonfire is a tradition.

"It was cool to see because I had never experienced that before," Sarah Hendrix (9) said.

The night is all about recognizing athletic achievements for past wins, cheering on the volleyball team that always plays in the gym during the bonfire, and getting inspired for the football game the next night.

The senior class attended the first bonfire their

evolving matters

The football uniforms are one symbol of change in the schools history.



The football team was greeted this year with brand new uniforms, though it came at a cost. Through much of the summer, the team had to fundraise in order to get the money to buy the jerseys. Claude Neloma (12) runs the ball against Chatfield, highlighting the uniform's key features.



Marcus Culhane (12) and Garren Feliciano (12) made onto the field in a 2012 game displaying last year's jersey. "We worked hard for them, so I thought that was cool, they're fantastic," Feliciano said. There was a big change between this year's and last year's jerseys; for example, the stripes on



John Oney (12) poses in a 1935 jersey before practice, to show the big changes that have accumulated since then. "I feel like it is a change in the football program, it won't look start it," Tyler Lewis (12) said. The team has had many different uniforms but the shiny purple has always remained the same.

THIS IS THE BIRTHDAY PARTY

A special birthday surprise awaited students at this year's homecoming assembly.

Special guest, Scott Shaley, cut the ceremonial first piece of the cake, provided by Johnson and Wales University, after Savannah Wimber (12), Matthew Spencer (11), Tyler Yanechko (11), and Katherine Guenther (10) blew out the candles. "It represents 50 years of history and tradition and excellence at Arvada West," Wimber said. "We're celebrating a monumental year and it's something cool for the students," Guenther said. Outside during Food Court, students enjoyed their own piece of cake, in celebration of 50 years.





"I think it's cool to learn about history because it can tell you a lot about significant and cool events that have happened."

History matters to
Koco Dueno (11)

16 Indians
Yearbook

Homecoming
Yearbook
2012
Yearbook
Yearbook
Yearbook

17

TEXT FRAME OPTIONS: COLUMNS

BASICS

SWEETS AND SIXTEENS

With no school, juniors decide to throw sweet sixteen parties with their friends and family in attendance.



WHILE LOOKING AT THE LYRICS, Juniors Joo Kang, Anugya Mittal and Bridget Park sing to a popular tune at junior Savani Korupolu's party. "The best part was definitely having all of my friends from T3, my base school and family friends all in one place and being able to be with all of my favorite people at the same exact time," Korupolu said. Photo courtesy of S. Korupolu

58 pounds of candy

The most popular food was candy at junior Anugya Mittal's party. "I served four appetizers, five entrees, three sides and three desserts for the 70 people that attended," Mittal said.

SET UP AND SERVE

What's a day of playing volleyball on the Youth High Performance USA National Team like?

7 a.m. 1:30 p.m. 3 p.m. 7 p.m.
"All 30 players trained together as a unit and then split into teams later. We woke up around 7 a.m., ate breakfast and went to the gym." "Every day it was provided by the USA volleyball program." "We went back to the gym and practiced more. As co-captain, I learned to not settle for any less than my best performance no matter who was on the court." "We ended with a scrimmage against the other USA teams. Overall, the schedule was very intense, but I would do this program again in a heartbeat."



SIDE BY SIDE, the Youth Performance USA National Team stands showing off their medals. Velicu's team won silver. Velicu started volleyball six years ago and since then has bounded through three national championships, one international, 30 club tournaments and more. "For me, volleyball has gone from a sport to a lifestyle. Going through this program, training and competing with players from all over the world, has given me a different grasp of reality. Being a competitive player is one thing, but keeping my place on a national team is another," said Velicu. Photo courtesy of M. Velicu

1. AS PART OF HER SUMMER ON AN ELEPHANT FARM IN THAILAND, sophomore Katie Prutt prepares to feed an elephant. From scuba diving to hiking, she found the experience enjoyable even without knowing Thai. "I would recommend staying in tourist areas; otherwise it's easy to get lost. No one in my family speaks Thai, so there were a few issues, but most people speak good English," Prutt said. Photo courtesy of K. Prutt

2. NEAR A CORAL REEF, sophomore Ella Deeken explores the Virgin Islands underwater. Deeken got her diving certification three years earlier in Hawaii. "I learned a lot about checking your [diving] buddy, and identifying aquatic creatures," Deeken said. Photo courtesy of E. Deeken

3. HOLDING UP A DOLL, senior

Nikhil Garg displays his craft of banana leaves. Garg's trip to Indonesia involved both leaders and children, none of whom spoke much English. "The language they spoke is one of the easiest languages to learn, so it wasn't that big of a problem. All of the students were treated like celebrities in Indonesia. It's actually quite shocking. We go to school with 2,000 Americans, and these people have never seen one," Garg said. Photo courtesy of N. Garg

4. ABOUT TO SHOOT A BASKET, junior Quintin Freerichs takes time off from tutoring children. Freerichs' trip to the Dominican Republic was led by the Spanish department. "It was a service trip, but it was kind of a vacation too," Freerichs said. Photo courtesy of A. Johns



TEXTS AND KINECTS

Working to find a solution to texting and driving, sophomores Matthew Sun, Raghav Ramaj, Valerie Chen and Jasper Treakle compete in eCybermission Nationals.



AT NATIONALS, TEAM "TXT U L8R" presents their eCybermission project. Most of the team had worked together before, with sophomore Valerie Chen being the new addition. "We programmed a Kinect to test whether or not a driver was distracted based on their head movement in space. For example, if a driver turned away from the road, our program would detect that. The coolest part was making something that I had no experience in doing before. It was really exciting for me," sophomore Matthew Sun said. Photo courtesy of K. Sanford

Summer ended all too soon for these students who agree that traveling across the world is an eye-opening experience.

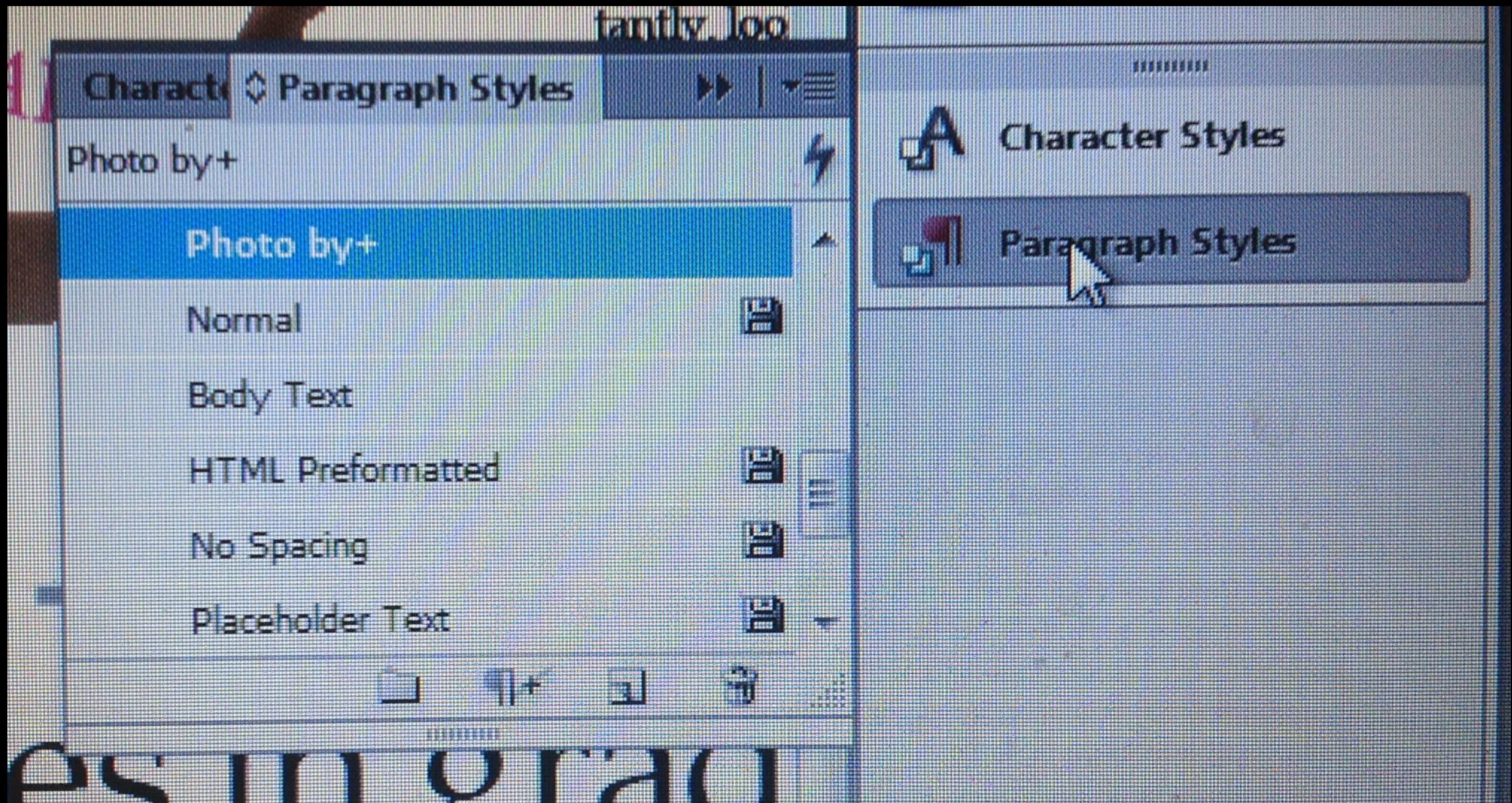
AROUND THE WORLD IN ONE MONTH

the trip was environmental research but the group also met Indonesian leaders and spent time in rural Indonesia. More than 5,000 miles away, junior Mehmet Aslan also spent a summer with less privileged families.

"At the refugee camp [I volunteered at] I got to meet and help a lot of people affected by the current situation in Syria. I saw that the people in the area didn't really care for families so close to them that were suffering more than they were," Aslan said.

While many students spend summer in labs, others travel abroad to foreign countries, spending summer experiencing what the world around them has to offer.

BASICS



CHARACTER/PARAGRAPH STYLES

INTERMEDIATE

give back

SHS helps for the holidays

Millions of people around the world are unable to have a fulfilling Thanksgiving due to a lack of money. Luckily the Spanish Honor Society was there to help out. Students from the society gathered their sympathy and helping hands to give back to a family in need for Thanksgiving.

Through selfless acts, junior Lucyman Chaudhry realized the unfortunate reality of local families. "It felt really good to deliver a Thanksgiving dinner to a family needing help because we also made a donation more giving," Lucyman said. By going out of his way, Lucyman and the other members displayed the true meaning of giving during a traditional holiday.

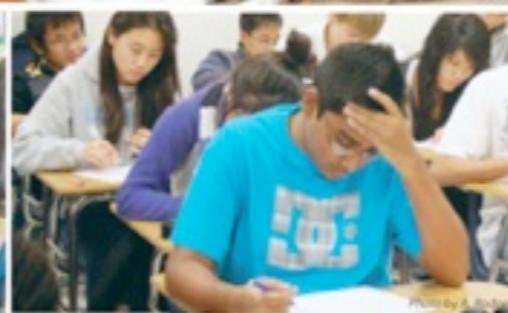
Knowing that one Thanksgiving dinner could provide a family happiness put a different perspective of life for the SHS officers. Junior Armit Pal learned that helping one family needing help is an amazing deed;

but there are still thousands of people around who are in the same situation, but may not show it. "It's shocking to know that this stuff happens all around, but it makes me want to help out more families," Armit said. From this lesson learned, the SHS members ended this experience feeling accomplished, but they were still aware of others who need help.

It takes a lot to satisfy one family in need; imagine all the other families around the world who beg for a miracle. It's a great relief to know that students don't take things such as Thanksgiving for granted, and that they care for the underprivileged. "It's difficult to change and impact the world, but starting with one family in the local area is a start.

Every act of kindness goes a long way," senior Juliana Kim said. SHS officer Juliana lays down the truth about the conflicting issues around the world, and what it takes to improve them.

Spread by Julie Billingsley



1. While preparing a delivery for a family, senior Angel Mondal puts together a basket with a full Thanksgiving dinner. "We bought the food for the meal to cook because it gives her a chance to enjoy making the dinner her way," Angel said. The SHS officers hand-delivered a Thanksgiving dinner to a family in need. 2. Taking the time to help one another, juniors Taylor Hollister and Megan Chilton stay after their tutoring session. "It feels great to help friends out and then see that they're improving," Taylor said. Being part of the Science National Honor Society, Taylor tutored students who needed the extra help in science classes. 3. As students from the Math Honor Society participate in contests, sophomores Kapitan Ravindra and junior Christine Chen and Lihm Dwing concentrate on their work. "It's challenging because I have to really think about each problem," Kapitan said. The MHS students attend at least three contests throughout the year to qualify for the society. 4. At the National Honor Society help out for the holidays, seniors Anne Rowden and Vivian Zhang put together Thanksgiving baskets. "It was hard putting all the food in the baskets because there was so much to pack in one basket," Vivian said. The NHS members gave donations to the BCHO organization. 5. While working hard on their masterpiece, seniors Hyun-Jung Oh and Kathy Ong and junior Lihm Dwing from the National Art Honor Society make their banner for the homecoming parade. "It's hard work but I'm proud of what we created," Kathy said. Taking first place, the NAHS won the banner competition.

they said

what does it take to be in an honor society?



He Said "A person must be dedicated and of course interested in the society they are representing. It's also important to maintain good grades," junior Hanna Ijaz said.

She Said "It takes responsibility and a lot of time to be on an honor society. One must keep up with school work, plus do all the requirements for the society," junior Mariam Yakubew said.

Photos by J. Billingsley

INTERMEDIATE



**he first rule
of mascot
is obvious:
Don't take
off your head in public
(kids will freak out).**

The second rule doesn't hit me until I'm sitting beside a 6'2" anthropomorphic seal on public transit. Don't forget people expect him, lots of it, at all times.

Today I'm escorting Lou Seal, a fuzzy gray mammal in king-size sunglasses and a San Francisco Giants jersey, to a charity drive, and we're running late—our train is stalled underground near AT&T Park. As commuters grumble, Lou does the Running Man, pops 'n' locks, and knocks out a few pull-ups on the train's overhead bar. When an off-duty Muni driver approaches holding up his cell phone like Lloyd Dobler and blasting "Gangnam Style," Lou puts one fist over the other, rocks his shoulders, and hops on each leg, mimicking Psy's signature move.

"Thank you for making my day!" the train's female driver squeals over the loudspeaker before we exit and scurry up an escalator onto the street. In the span of three blocks, Lou gives no fewer than 16 high-fives, five fist bumps, and one hug.

I'm already convinced this guy wearing 30 pounds of carpet has the best job in baseball. He rubs elbows with Hall of Famers, qualifies for the MLB pension plan, and earns a diamond-studded ring whenever the Giants take the pennant. In 2010 and '12, Lou rode on the lead car in the Giants' World Series victory parades.

Nevertheless the guy inside the Seal is mostly anonymous. Few fans know his name, let alone what he looks like.

Such is the nature of the beast. Most clubs like it that way—except the Yankees, Angels, and Dodgers, who don't have mascots. Many teams won't even let you talk to their performers out of costume.



OU SEAL DOESN'T have a locker. Zimei dresses in an unmarked utility closet at AT&T Park that's crammed with a menagerie of Seal gear: Four spare heads sit on a shelf beside a rack of assorted 5XL jerseys, T-shirts, and one oversize orange wet suit. There are props galore, including a four-foot wooden bat and a two-foot

Everything changed one day in 1997

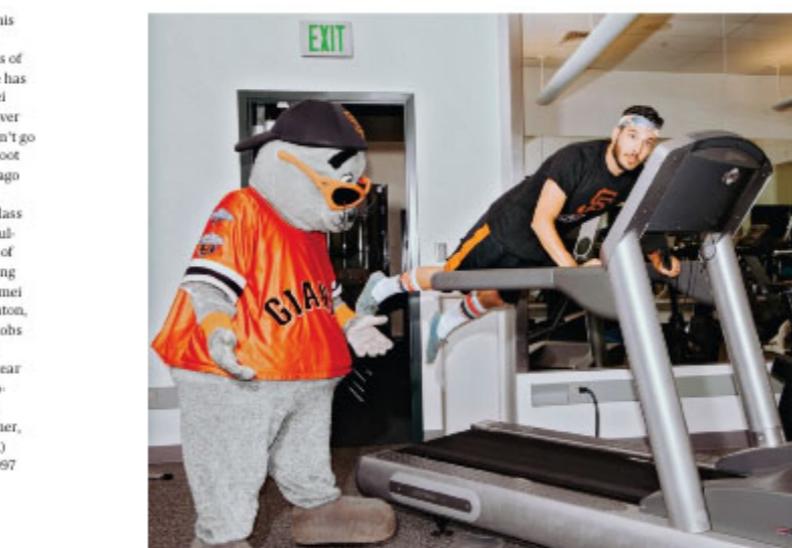
pink ice cream cone. Lou even has his own Darth Vader helmet and cape.

"I never planned for this," Zimei says of his career. "It's just the way my life has unfolded." Unlike many pros, Zimei wasn't a high school mascot. He never attended clown school. And he didn't go through Dave Raymond's Mascot Boot Camp, which was created 21 years ago by the original Phillie Phanatic.

"I've gotta think about it," explained Zimei. "Just because I'm doing something that looks fun to you doesn't mean it's not a lot of work. A lot of fans will treat you like you're a wild animal. If something goes wrong..."

As a kid Zimei was a redheaded class clown. While his Uncle Manny, a mulleted disco DJ, fed Zimei VHS tapes of *The Three Stooges*, his dad kept urging him to become a lawyer. By 1993 Zimei had dropped out of college in Scranton, Pennsylvania, getting by with odd jobs like telemarketing and assembling pool tables. At night, though, he'd tear up dance floors performing in a hip-hop troupe. (Watching MTV helped him perfect the moves of MC Hammer, Bobby Brown, and Big Daddy Kane.)

Everything changed one day in 1997



at a Scranton-Wilkes Barre Red Barons minor-league game. Zimei spent all nine innings armchair-quarterbacking the club's lackluster mascot, an Oscar the Grouch lookalike named the Grump.

"He's not dancing! He's not doing anything!" Zimei groaned to his friend. "How does that guy get this job?"

After the game Zimei's friend introduced him to the Red Barons' GM, who gave him a shot at manning the Grump. "I didn't realize how physical the job was," Zimei says of his first time performing while wearing the Grump's 30-pound head. "Your body needs to adjust."

Zimei spent the season earning \$50 a game, stuffing his face with free hot dogs, and eventually performing alongside the Phillie Phanatic, who offered Zimei a job. The following season, after running the Phillies' pep squad, Zimei wrote letters to every other MLB team inquiring about their mascot positions.

He was invited to audition in San Francisco by the Giants, who'd whittled their list of 100 applicants down to 10.

At Candlestick Park, Zimei waited his turn with a hoodie pulled low, headphones blaring his routine music, and his head bobbing like Eminem's in *8 Mile*. "Mentally," he recalls, "I was like, This is mine."

Zimei nailed his 45-minute interview and 15-minute set in front of a panel of judges including S.J. Sharkie from the San Jose Sharks, Sourdough Sam from the 49ers, and Stomper from the Oakland A's.

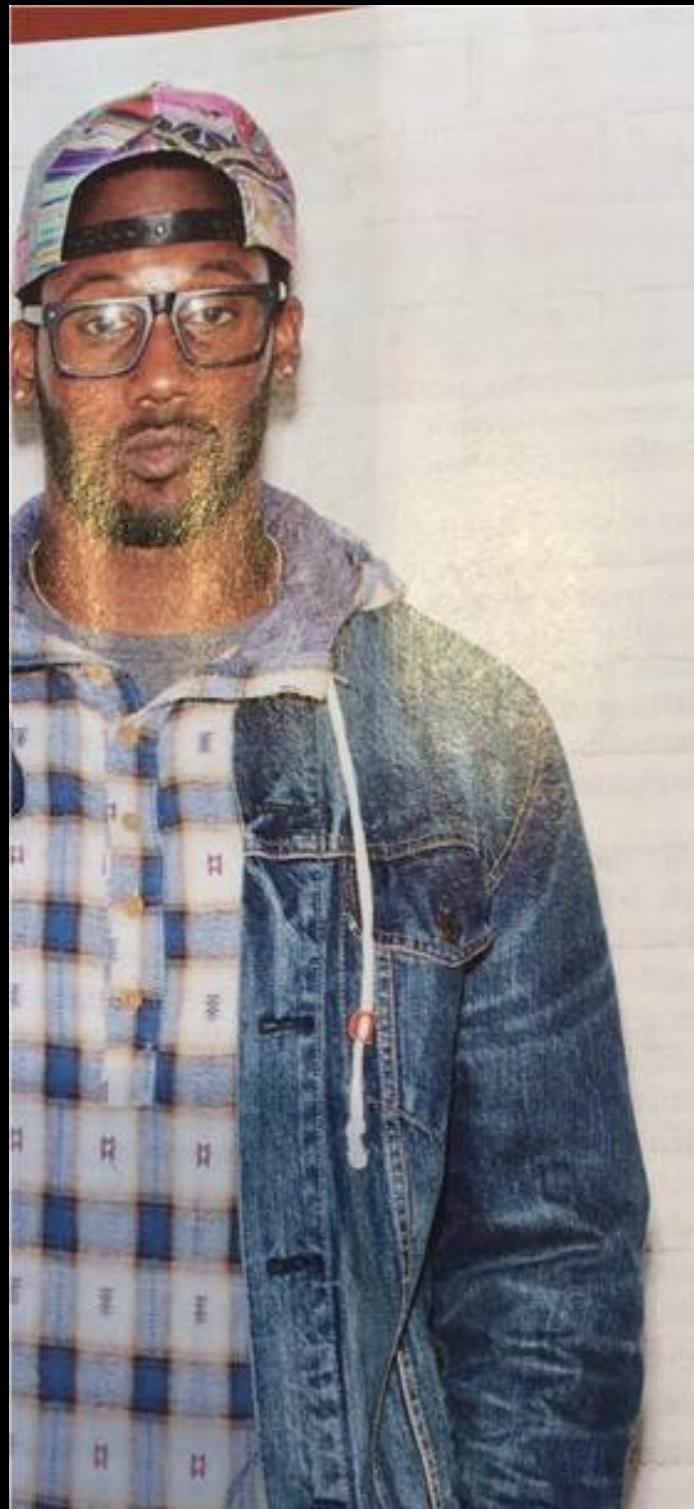
Two weeks later Zimei got the call. He was going to the Show.

BEING A MASCOT CAN be physically brutal. In a widely publicized survey conducted in 2001 at Johns Hopkins University, researchers polled 48 pro mascots, who reported a litany of injuries to their knees, ankles, wrists, fingers, and ribs. Forty-four percent of the mascots had experienced chronic lower back pain. The most common ailment? "Heat-related illness." Half the mascots had been treated with intravenous fluids, including one who was hospitalized for dehydration.

A mascot costume is basically a fuzzy portable sauna. Inside, the heat can

READER ENTRY POINTS

INTERMEDIATE



JARICK WALKER

Age: 26

Occupation: TEACHER

When Kors asked teacher and onetime reality-show contestant Jarick where he saw himself in ten years, Jarick said, "I want to be president of my own company—or be president." The swagger is there, but first he's gonna quit hiding under soggy layers and chasing trends. To reform him, Kors swapped out Jarick's "before" clothes for minimal versions in neutral colors. "With white jeans are notorious, like you're thumbing your nose at the elements," Kors says. "And this is just a hoodie—but it's a heavy, luxurious knit. We made Jarick look powerful without giving up comfort."

JARICK WALKER

Age: 26

Occupation: TEACHER

When Kors asked teacher and onetime reality-show contestant Jarick

READER ENTRY POINTS

INTERMEDIATE



EATING IN MEXICO CITY LIBERATES YOU.

The sheer force of food, in its dizzying ubiquity and variety, frees visitors from the tyranny of "the list" that afflicts smaller, more provincial cities—you know, like Copenhagen, Paris, and New York. To locate, say, the top taco, you'd first have to decide which taco you mean—*al pastor*? *barbacoa*? *cajete*? *cuyverdanas*? *camarones*? *carne*?—and then eat about a thousand versions from every last guy with a folding table and a griddle. Even if you were to pinpoint some marginally superior quesadilla, you'd be led to traverse the vast city to eat it. There's never not traffic. And there's surely a quesadilla that's almost as great nearby. The question, then, isn't where to eat so much as where to start.

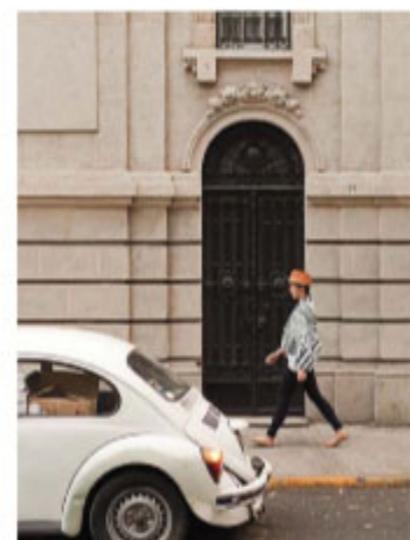
For me, that's in the *mercados* located in nearly every major neighborhood. These markets offer more than just a memorable lunch. By combining in one place all manner of vendors, they provide a sweeping look at the country's remarkable culinary culture.

I owe my affection for the city to native Roberto Santibáñez, whom I've helped write two cookbooks and who has taken me on several whirlwind tours of D.F. (the local acronym for the city's official designation: Ciudad de México, Distrito Federal). He has a theory, borne out by decades of eating here, that finding "properly



seasoned" (read: spicy) food is harder than it has ever been. To blame is the culinary homogenization that besets any cosmopolitan city, and the persistent notion that spicy food is low class. His grandfather, a third-generation Mexican, always wore a suit and died without ever having eaten a chili. "Markets are one place where heat and pungency are alive and well," Roberto says. "They each tell their own story about the city."

They also tell a story about the people who favor them. I highlight here just three of dozens of brick-and-mortar markets (not to mention *tianguis*, the open-air culinary bazaars that pop up one day a week in nearly all of the city's scores of neighborhoods). They're the three I return to most often, because they represent three aspects of the city I particularly love: its connection to the past, its pockets of idyllic beauty, and its gritty urban reality.



Shop for produce and eat an octopus tostada, left, in the *mercado* Xochimilco.

HOW TO GET THERE
Situated slightly south of central Mexico City, the Xochimilco neighborhood can be reached on public transportation. Take the Metro Line 2 (blue line) to Tlaxco, switch there (with a separate ticket) to the Tren Ligero (light rail), and ride to the last station on the line.

WHAT TO EAT
Representative fare includes *acazules*, tiny crayfish with lime and chili; and *chilateole*, a hot green drink made with masa and spiced with epazote and fresh chili. The *Oaxacan* cheese quesadillas at Puesto No. 200 are not to be missed.



THE PAST IS STILL PRESENT at the *mercado* in Xochimilco (so-chee-MEEL-koh). I went for the first time with Ruth Alegria, who leads Mexico Soul and Essence tours to the city's markets and possesses an encyclopedic knowledge of the country's foods. As we reached the makeshift outdoor stalls encircling the market's two main structures, we caught snatches of a language I didn't recognize, "Náhuatl," she said, the language of the Aztecs.

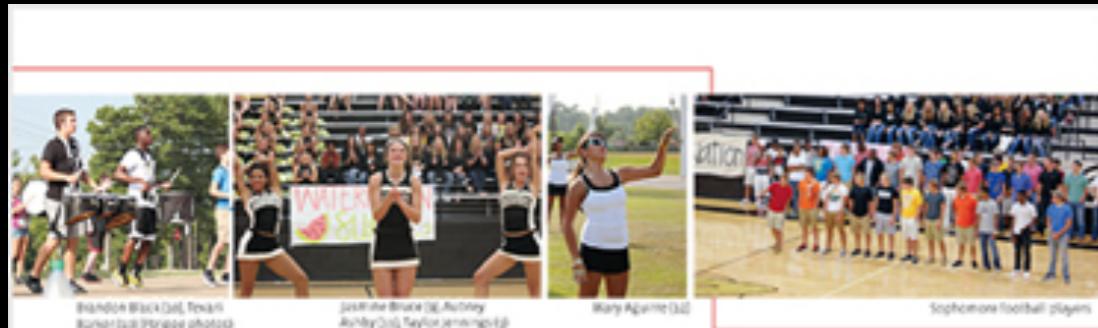
Before the Spanish came in the 16th century, most of what is now the sprawling landmass of the city was underneath Lake Texcoco. The Aztec capital of Tenochtitlán was on an island city-state cut through by canals. Xochimilco was a separate town. The people there grew food on chinampas (floating gardens) built in the lagoons and took them by boat along the waterways to the markets of Tenochtitlán. The Spanish ultimately sacked the capital and drained the massive lake, but even today Xochimilco reflects the old culture. The chinampas still operate in the remaining lagoons, some supplying D.F.'s fine-dining establishments. Tourists flock to Xochimilco to ride colorful boats called trajineras on the canals, but the market is even more compelling.

Inside, narrow aisles hold foodstuffs reflecting the former lake cuisine—acociles, crayfish the size of Good & Plenty candies, seasoned with lime and chili; charred corn-husk parcels that resemble typical tamales but contain many dozens of tiny fish packed together; and fish rice cakes that look like otherworldly wheels of cheese.

As you navigate the distinct sections common to most markets, a swath of produce yields to stalls devoted to dried ingredients—chilies, piloncillo (unrefined cane sugar), and just-add-water mole pastes. There is nondible stuff like colorful plasticware, live birds, kids' costumes, and piñatas. Revelations strike even hard-bitten travelers to Mexico. At the southeastern edge of the main building, a woman ladies a vivid pea-green liquid, spicy from fresh chili and pungent from the herb epazote, into Styrofoam cups. This is *chilateole*, a savory version of *atole*, the hot pre-Colombian drink made from masa (dough made from

PULL COLORS

INTERMEDIATE



a slice of summer

STUDENTS CHECKED OFF THEIR SUMMER TO-DO LISTS ONE BY ONE AS THE SCHOOL YEAR APPROACHED

Homework? What? It's Summer

Even in the summer, students were not completely free from the stress of school work. "I waited until the week before school began to start my summer reading for English so I didn't get to finish all of the work," sophomore Collins Donnelly said. "I wish I wouldn't have waited so late."

Deep Fried

Whether it meant working outside, or strategically planning which hour of the day had the best UV rays, girls and boys both changed one shade darker during the summer. "I worked at the water park over the summer and I got really tan," junior Tyler Fultz said. "It was a huge perk of my job."

Get out of Town

All year long, students planned their summer trips.

Whether it was family vacations, mission trips, or get-aways with friends, students did everything they could to escape Texarkana.

"I went to New York and it was amazing to go sightseeing and even though it was crowded and smelled bad, I loved the city," freshman Madison Howell said.

Sophomore Megan Stanfill went on a mission trip with her church to England. "It was really amazing to meet the kids there and it was so beautiful. I would love to go back," she said.

FUNDS IN THE SUN

BURGERS MADE, GETTIN' PAID

Junior Sam Hyatt got his first job over the summer working at the new burger place in town, Moo-Mats. "I got to pick most of the hours I worked so I still got to enjoy my summer," Sam said. "Now that I'm back in school and I'm not working, I do miss getting paid. I really liked having a summer job there."

Sophomore Megan Stanfill went on a mission trip with her church to England. "It was really amazing to meet the kids there and it was so beautiful. I would love to go back," she said.

Two a day Torture

While some students had two-plus months for doing whatever they wanted, others' freedom ended the first week of August. When two a days started, volleyball, football, drill team, and band members struggled to find time for anything but intense practice and sleep. "Just the word two-a-days irks me," senior Breanna Hallye said. "We were on the floor crying, before, during, and after."

Page by Hannah Rainer



for crying out loud

PRACTICE started for drill team, band, football and volleyball before July even ended. The Showstoppers learned the dances for the year, the band practiced their marching routes, and football and volleyball had two-a-days. For these students, summer ended with hard work and blazing

SPITTING SEEDS took a little talent, but it

wasn't one of the talents featured in the Miss PGHS PAGEANT. To see real talent, go to page

17

8/31

Departments



1. Breanna Hallye Slices of watermelon after the kick-off pep rally on Aug. 20. **2. Caylor Wease and Audrey Achly (10), junior Nikki and senior Harley Wilmeth** take a slice of the annual Watermelon Supper. **3. Freshman** Korie Superintendent Dr. Todd Williams greets students and teachers at his first Watermelon Supper. **4. The pep rally** Senior Harley Hallye enjoys a slice of watermelon after being introduced as a member of the varsity volleyball team at the pep rally. (All Krispie photos)

The football team is already in Spring Hill when the caravan of band and drill team busses comes to a halt. The band bus has just broken down in the middle

of nowhere. Showstopper Alex Miller squeezes in with another drill team member while Jessie Gorse and other band members load the bus.

011

Styrene R.

PLEASANT GROVE HIGH SCHOOL

INTERMEDIATE



CAPTION STARTERS

INTERMEDIATE

RETURN OF A LADY EVE IS BACK IN THE KITCHEN: ARE YOU HUNGRY?

WORDS: SAFRA DUCREAY
PHOTOGRAPHY: BELLA HOWARD
FASHION: MADELEINE OSTLIE

EVE JIHAN JEFFERS is famously referred to as a 'pit bull in a skirt,' an epithet that suited her just fine years ago, but doesn't match up with the pristine megastar she is now. At nineteen, with her platinum blond S-curl and instantly recognisable paw prints, Eve was cute, particularly when she barked, "Let's talk about who I am / Blond bee, find me in the hood with my peoples" on the first track of her debut, 'Let There Be Eve...Ruff Ryders' First Lady'. But at thirty-four, she's is full-on gorgeous: manicured from head-to-toe heel with a silky-smooth finish, her presence emits the kind of perfection attributed to going 'Hollywood': "I'm a bossy, glossy mogul and worldwide my name is known," she spits on her recent single, 'E-V-E'.

If the person Eve is parlaying with is - let's say, hypothetically, the interviewer - is another female, she'll inject common nouns like 'girl' into her vocabulary, lending a homegirl appeal to the conversation. Today, however, over the phone, her intonation, while convivial, is demure. She's guarded, rightfully so, especially since she's paid her dues to be on some next level shit.

With just under ten million albums sold, and a reach spanning Africa, Australia and further still, there's probably not a single question she hasn't already been asked. Considering hip-hop's lugubrious nature, it's not uncommon for rappers to wear their hearts on their sleeves.

But Eve, though cordial, is tight-lipped. So, it's no coincidence that her new album is called

'Lip Lock'. In such cases, the easiest icebreaker is, of course, to talk about the weather. It's late April, and in contrast to London's habitually murky skies, today's golden sunrays and mild spring breeze from the Philly-born MC's view, is divine. "Oh my God, it's perfect," she says wistfully. "I don't want it to go away." She lives here with her boyfriend, Gumball 3000 founder Maximillion Cooper, and life is good.

The music video for the aforementioned single is a grainy portrayal of her return to rap after a ten-year hiatus, and features the East London landmark Boxpark, a pop-up mall minutes away from Shoreditch High Street. An American hip-hop chick in London, she'll usually hang out on the über-cool east side. "[This place] has inspired me for sure," she says. "Anything you do, whether you write, paint, or make music, I tell people it's easy to disappear here. It's easier to go on a long walk somewhere and pop in some place." Sounds nice. But with all her artistic incarnations, she's yet to venture into the hub of London's real gritty music scene. "Brixton is actually a place I need to hang out more. I was telling someone that, too."

Growing up in Germantown, a place on the north west part of Philadelphia, the Haitian-



R&B/rap group] Another Bad Creation came out, we started thinking about rapping because we had never seen that before. I think that's when we changed over," she recalls. "Egypt was my group when I was in high school - me and this other chick, Jennifer. Then she decided she wanted to go to college and I wanted to keep rapping. So we broke up." Once out of school, she took a detour through the vocation of stripping, until Pastor Mason Betha, AKA Badboy Ma\$e, with his wise words encouraged her to leave the fast money and do better, as explained in a documentary about her life: "He was like, 'You're really talented, you know you're not supposed to be here.' It just woke me up."

With the help of music exec Mike Lynn, she landed an audition for legendary beat maker Dr. Dre who, transfixed by her brand of smooth street poetry, signed her to Aftermath. The young novice left Philly to set up shop in Los Angeles, with the intent of honing her craft under the veteran's wing. The result was 'Eve Of Destruction', an underrated single that appeared on a soundtrack for the Warren Beatty flop, Bulworth, and the beginnings of an album. But it wasn't to be. "Budget cuts" sent Eve packing. Down but not desolate, she inked a deal with Ruff Ryders/Interscope and appeared on the seminal Swizz Beatz-produced 'Ryde Or Die Vol. 1' compilation. The single, 'What Y'all Want', had Radio DJs frothing. A salsa-tinged record, the

American lyricist used to crash basement parties held at her grandmother's yard, where her biological father would spin tunes from hip-hop's fresh stack of vinyl. "My intro to rap was between him and my aunt, who was kinda like a big sister," she explains. "My aunt always played LL [Cool J] - that was her favourite. Salt-N-Pepa, Queen Latifah - she introduced me to that. I guess that would be my first encounter." She was part of the Dope Girl Posse, a wannabe R&B group with an aim of becoming the new En Vogue, but it was at Martin Luther King High School that her calling came into fruition. The early-'90s saw hip-hop become a free-for-all platform and a budding experimental ground for which she couldn't help but partake. "When [Atlanta

Text

SEPARATE TEXT BOXES

INTERMEDIATE



Ready to conquer the universe by disrupting an industry? TrueCar's Scott Painter was too. A nation of car dealers decided to disrupt him back

By Paul Keegan

Photograph by LeAnn Mueller

MAKING IT TO THE OTHER SIDE

RICH KIDS

SUCCESS IN TOW
WHEEL A FORTUNE INTO YOUR ACCOUNT

OVER 60% OF ENTREPRENEURS HAVE CITED NOT WANTING A BOSS AS THEIR KEY MOTIVATOR

What kind of person do you have to be to succeed?

Edwin You have to be a doer. You need to get things done because you're going to have loads of ideas and if you stay in the 'thinking stage' of a business idea then you just won't get started.

Henry You need adaptability, creativity...

Nick And grit. Being the kind of person who enjoys when something goes wrong, to an extent. If you can enjoy it when it's going wrong then fear will never stop you.

How do you stay productive?

Nicko Careful time management. Not giving too much of your day to things that aren't worthwhile. So many people want to talk and you have to be quite brutal about what you give your time to.

Ross I'm not sure you can stay productive all of the time. Choose two or three core things that you need to do in a day and make sure that by the end of the day those things are done. Then if you get on to anything else, fine. Email control is a big one. I typically have no more than three sessions a day of checking emails.

Is age actually important?

Nick I don't think it's age – it's mindset. Psychologically it's good to feel young because you are constantly adapting, changing and failing. It gives you an advantage over people who want things to remain the same.

Nicko The key thing is that you can take big risks. I was 22 when I started and you don't have a family or a mortgage, you don't have any of the things that would put somebody off starting a business.

Edwin You're fearless. You know that if it doesn't work out you can find a job or try something else.

Henry When you're a child you've got the desire to question everything, and as people get older they tend to lose that inquisitiveness.

Entrepreneurs take an average 9 days off work during their first year

What other resources can an entrepreneur get for free?

Nick YouTube is amazing for learning. And the lectures on iTunes university are a bit more formal, but you can get pretty much anything you want for free.

Henry For inspiration, I watch TED talks.

ALIGNMENT OPTIONS

INTERMEDIATE

about the AUTHORS

1. Everyone has a different and unique writing process, so find what works best for you.
2. Use word counts to motivate yourself to write a certain amount every day.
3. Don't worry about how bad your first draft is, even if it's horrible. All a first draft has to do is exist.

BACK AT HER ALMA MATER, after author Meagan Spooner answers questions about her books, publishing, and the writing process with her friend and fellow author Cristin Terrill, these science fiction and fantasy writers visited a special Writing Center meeting during eighth period on Friday. "I think some of the advice they gave was really helpful. Not so much in terms of the publishing process, because I think most of us are really far from that, but just in terms of writing your story," junior Isabel Ho said.



no fear, SHAKESPEARE

1. SEATED ON THE STAGE AFTER THEIR FINAL SCENE, actors return to the Folger's critique. On Friday, March 20th, Shakespeare Troupe travelled to D.C. to perform an abridged version of Othello at the Folger. "It was my first time, so it was a little bit stressful, but honestly, it could've been a lot worse. It was pretty great," freshman John Cummings said. **2. ACTING MURDEROUS WITH KAGE**, senior Ben Andre confronts senior Gied Ziegler onstage. The pair played Othello and Desdemona in the classic Shakespearean tragedy at the Folger on Friday. "It was interesting because I'm not black, so I became a lot less about racial tension and a lot more about just the sexual jealousy. It was a great experience," Andre said. Photo courtesy of A. Rose



From Biotech to French, lab coats are common apparel in many different classes.

looking FAB in the lab

WHITE LAB COATS and closed toe shoes are part of every lab day in Dr. Burnett's DNA 1 and 2 classes. The upkeep and maintenance of the lab coats are so important that Dr. Burnett uses a "lab coat lottery" as an incentive, giving prizes to lab coats that are correctly hung upon the right order. "The lab coat system is awesome! Except I've never, ever won," said junior Pranav Balan.

Similarly, in the Biotechnology and Chemical Analysis seniors also wear lab coats in the lab environment. Lab coats are just part of safety measures to keep students from harm, another rule is no eating in lab room, and some students also must also wear gloves depending on their experiments. "Not wearing a coat in the Biotech lab would be like Kanye not

wearing his shades - it just wouldn't feel right," senior J.C. Panigles said.

However, lab coats aren't always used for safety purposes in science labs. Dr. Osborne is frequently seen adorning his blue lab coat at school. "It creates an air of professionalism that encapsulates the atmosphere of the whole class. As soon as the lab coat is on, you know it's about to go down. It may be just a lab coat, but it elevates everyone's focus in the class so we can experience a whole new level of math," senior Irene Huang said.

Madame Geneviève

Defosse is another teacher who wears a lab coat, but she is not part of the math or science department. "Madame Van de Kamp bought these and it's a fun way to show that we're a team," said Defosse.



2



downgrade or UPGRADE?

Students have mixed reviews on the changes made to the SAT by Collegeboard.

1. I THINK THE NEW SAT IS KIND OF USELESS. The SAT is meant to test students on three different subjects that are supposed to cover the essence of what kids are supposed to learn. Taking out one whole section just seems like a bad decision to me. Although I think it's worse, I still find it unfair that it's implemented after my time. Not having to study for one whole section means you can focus on the others and that makes things easier." - junior Michelle Namkung

2. I DON'T THINK IT'S UNFAIR especially now that there's no penalty for getting an answer wrong, this greatly diminishes the point difference in getting a question right and getting a question wrong. Plus no one omitted answers anyway so I think this was a necessary change. I also think it's better because the new SAT will be geared to have more focus on science and social studies, which are two subjects that weren't reflected sufficiently in the old SAT." - senior James Wang

3. I LIKE IT BETTER because it seems easier and the writing section always seemed subjective to me. Also, it's hard to really grade everyone's writing styles on one rubric. The ACT has the writing as optional and a lot of people take that test rather than the SAT anyways and get into good colleges." - senior Amy Kim

ADVANCED

IKNOWWHATWORKS

» Freshman football players need to know the plays in order to do their job on the field.

WHAT WORKS FOR ANGELO COLE, 9

"When I do a 'Rocket,' I get into my receiver stance by standing to the right of the ball, while putting my left foot forward. I wait for the quarterback to call 'hike,' then I run by the bubble, prepared for the quarterback to throw the ball to me."

WHAT WORKS FOR MATTHEW JOHNSON, 9

"When I execute the play, 'Oakland,' I begin by taking two steps backward then sticking my arms out as far as I can. Next, the running-back sprints past, taking the ball from my arms, confusing the defense on who they should tackle."



PHOTO BY BETHIE MAE

» 1. Inderkum's outside running-back attempts to gain yardage, but is blocked by sophomore Jacob Padilla on September 13. » 2. Sophomores Danyel Rich and Trevor Madrid stand attentively to the national anthem before the Inderkum game. » 3. Sophomores Mark Holcomb, Derek Bell and Danyel Rich complete a tackle to prevent Golden Sierra from scoring.

» 4. Derek Bell and Trevor Madrid high-five after tackling Golden Sierra's wide receiver.



» 5. Ripping away from the Broncos' defensive line, on October 13, sophomore Aaron Davis attempts to score a touchdown.

» 6. Quarterback Curtis Boortz goes over a play with Coach Satchwell on October 18. » 7. After an injury, defensive end Ryan Rofferty rests with teammates Jonathan Chapman and Michael Hamilton.

PHOTO BY STEPHANIE SMITH AND REBECCA ROSCA

TALK TO THE HAND

DEL CAMPO Oct. 11

3 • 1 • 148 • 9

3 Touchdowns. Sophomore Aaron Davis received the ball for the first kick return. Davis faked right but broke left to the far outside and out-ran the defense for the first of three touchdowns.

1 Recovery. On the 33 yard line, Del Campo's quarterback fumbled the ball, letting Justin Holland recover it. Mark Holcomb rushed 38 yards to the five yard line for another touchdown.

148 Passing Yards. For third down and 10 to go, sophomore Charles Hubbard lobbed a pass to sophomore Jonathan Chapman for the longest run of the game, 47 yards.

» equals a 9 point loss to Del Campo.

BELLA VISTA Oct. 18

28 • 3 • 6 • 1

28 Tackles. Bella Vista's center snapped the ball to their quarterback, who opened the defensive line, leaving Erik Garrett to sack the quarterback for the 13th tackle of 28.

3 Kick Returns. For the second kick return, Bella Vista returned the ball to Jonathan Chapman on the 25 yard line. He received it, and sprinted down the field for a 39 yard kick return.

6 Blocks. As BV's quarterback struggled to find a player, he tossed the ball into the endzone. Danyel Rich leaped in the air and slapped it to the ground for the last block of the game.

» equals 1 league win for the Rams.

CHRISTIAN BROTHERS Nov. 1

1 • 37 • 12 • 16

1 Field Goal. In field goal range, Charles Hubbard received the snap and quickly set the ball up for kicker Luis Reyes, resulting in a 3 point lead and the only field goal of the game.

37 Seconds. The Falcons' kicker, Jacob French, launched the ball to Danyel Rich, who ran it, dodging the defense. Rich broke down the field for a 69 yard touchdown in 37 seconds.

12 Carries. Curtis Boortz handed the ball to Mark Holcomb who ran down the field, while getting tackled on the 32 yard line, for 30 yards. This was the first of 12 carries.

» equals a 16 to 35 loss against CB.

ADVANCED

THIS MAY BE A LONG GAME, BUT MICROSOFT NEEDS CHANGE QUICKLY.

And that recent rise in UK sales suggests price remains perhaps the biggest determining factor in a console's early success. Taking Kinect out of the box would certainly mean a more appealing price point for Xbox One, but it would be Microsoft's biggest admission of failure yet in a marketing campaign full of them. As such, it's little surprise to see the PR training kick in when we ask Spencer if a Kinect-free Xbox One is on the cards.

"We're always trying to match what consumers are asking for," he says. "I always want to make sure that we're in line with what current or potential customers are asking for us. Right now, taking Kinect is not the number one request from people. Usually it's, 'Where are the great games?' That's where it usually starts. 'When am I going to get *Shenmue*?' I get a lot of people wanting old franchises to come back. But we'll always listen. I think we need to stay in line with who our customers are, and react."

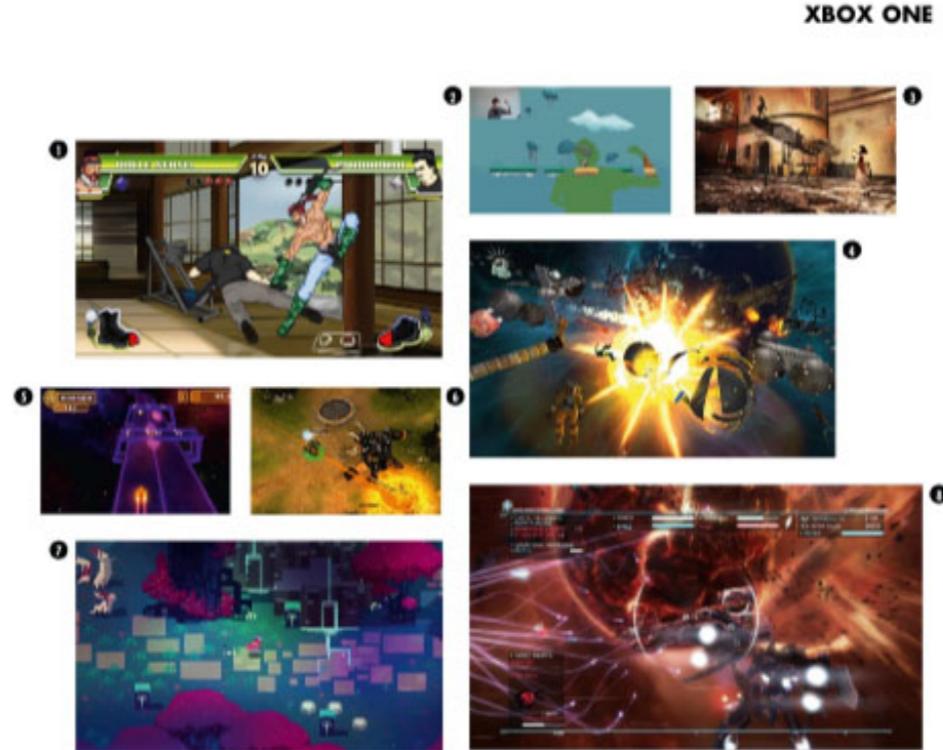
There was a time when **Peter Molyneux** would also have tried to get the marketing department's line, but these days, two of Microsoft's watchful eyes at his indie studio 22 Cans, his tongue is rather looser. "I actually wish Kinect wasn't a requirement," he says. "It feels like an unnecessary add-on to me. *Myst* it's because we're in England, and it doesn't really use the TV stuff, but it feels more and more like a joke. My son and I sit there saying random things at it, and it doesn't work."

Xbox One's problems in the UK aren't limited to its underwhelming voice recognition: at launch, its TV functions didn't support the 50Hz standard. That, like so many other things, has been addressed now, but for Molyneux the removal of that underdesigned camera is a no-brainer. "They could compromise it [by removing Kinect]. I'm sure they're going to release on Xbox One without Kinect. It would be unthinkable that they wouldn't."

Molyneux's feelings likely have closer to the layman's, but Spencer makes a compelling counterpart—beneath the marketing sheen. While in the runup to launch Microsoft needed only to cater to potential

Ex-Microsoft employee Peter Molyneux **forges a Kinect-free Xbox One in the Attics**

Kinect 2.0 is far from the last improvement over the original that was promised



STRIKE FORCE ONE

The first wave of 10@Xbox games is coming. Here are ten of the highest-profile examples



As with some of the other games on this list, two battles fighting game *Destiny's Edge* is also coming to Sony's console. This version includes character stat tweaks and adds blind selection for ranks of matches.

④ Made as part of this year's Global Game Jam, *Through Gaius'* Kinect-based puzzle platformer *Hyper Light Drifter* is set to bring the open-world action RPG to a new audience.

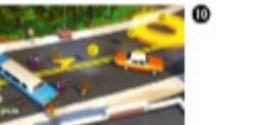
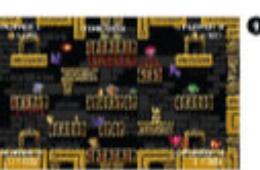
⑤ Another puzzle platformer, though this time one that uses light and shadow to offer an alternative dimension, *Computation Games'* *Concave* is challenging if you can ignore the cracks in its design.

⑥ A strategy game set in space, *Alakat* casts the player as an engineer who must build an orbiting space station for refugees, using junk ejected from an Earth-borne by destructive consciousness.

⑦ *Galactic* is perhaps oddly platformer *3031* Spikes furnishes players with one life per stellar spike to make it through the game. The game's developer, *Black Sheep*, has *Diec* *Dangerous* dialed up to 1,000.

⑧ *Grand Theft Auto V* is working with *Rockstar Games' The Crew*, *Blind Justice*, *AKA Chiptune*, to create *Spinta: Hill Racing*, a procedurally generated racer based on tracks from the latter's albums.

⑨ *Grand Theft Auto V* is bringing its co-op *bruiser*, *Freemode*, over from *Spinta*.



WEIGHT

ADVANCED

IT'S GONNA BE **WORTH IT.** **002** OPENING

IT'S NOT GONNA BE **EXPECTED** What is the most unexpected thing that's happened to you at TJ?

"When I did an **INTERNSHIP AT TORC ROBOTICS** over the summer, because I didn't think that I would actually be able to get in." **ROHAN SURI, 10**
Photo by: S. Suri

Abhishek Ramakrishnan, 11
Andrea Tsai, 11

"I started **DANCING** and playing a few **INSTRUMENTS** again and just started doing some **EDITING** last week." **ABHISHEK RAMAKRISHNAN, 11**
Photo by: S. Agarwal

"I didn't expect the **NEW BUILDING** to be so pretty and open so soon." **CATHERINE IM, 11**
Photo by: A. Agarwal

IT'S GONNA BE **WORTH IT.** **003** dominican republic, homecoming, marching band, robotics, volleyball

IT'S KIND OF A LOVE-HATE RELATIONSHIP.

Sometimes we have to walk from Weyanoke R to Trailer 32 (in the rain). We look forward to seeing "Mockingjay" with our friends for two months, only to find out that there's a Physics Quest on Monday (not to mention TWO WebAssigns). The list goes on. I mean, **the struggle is real**.

Waking up at 5:30 in the morning for an hour-long bus ride (depending on the traffic on the interstate) is tiring, **to say the least**. But hey, we've made our closest friends on the bus.

And then during lunch we make our way through the **ONE** crowded hallway (it's the only one left) to pick a spot to sit on the floor (**we know, it's kinda gross**) and eat.

Gotta pack up early to rush to the biotech lab and start an incubation. We'll make a difference though, if we can find a link between **epigenetics and induced pluripotent stem cells**.

BUT DON'T GET US WRONG, we can't imagine being anywhere else.

Going to MEX practice every JLC for a month isn't easy, but when it all comes together, nothing beats a **homecoming win**.

We get the weirdest looks from the bus driver when we wear **trash bag dresses** during cross country spirit week. **Doesn't matter; we gotta uphold our reputation for QUIRKINESS**.

SO, WHEN PEOPLE ASK US IF WE'RE GLAD TO GO HERE, WE ALWAYS RESPOND: IT'S GONNA BE

WORTH IT.



1. CELEBRATING WITH THEIR CLASS, juniors Abby Peterson and Sydney Parks cheer when Parks wins Best Dressed on Dress Your Best day. In addition to winning Mex, the Class of 2016 placed first in Float and Money Wars. "Other schools have similar things, but at TJ there's more freedom to do whatever you want to. I've heard that there's judgment that takes place when you go all out at other schools, but that doesn't really happen here," Parks said. 2. SPRAYING WATER FROM A WATER BOTTLE, juniors Abhishek Karkar, Akash Raju, Sriraj Kosuri and Sahaj Sharda simulate rain for an asking. Junior Kunal Naik asked junior Christina Wei to homecoming with a "Singing in the Rain" themed asking. 3. SERVING THE BALL, senior Dorothy Wang plays in the Dig Pink volleyball game, which the varsity volleyball team won over Lee High School 3-0. "We were not allowed to sell as many baked goods throughout the day but we had pledge sheets that we started this year and they worked out pretty well," Wang said. 4. INSTALLING A SERVO MOTOR, sophomore Robert Velasco assembles a robot. Velasco had been interested in robotics since middle school and was able to take the class this year. "There are a lot of restrictions at first since we're only given specific parts and a basic instruction book to build that robot. Later in the year we're building one from scratch," Velasco said.

Photos by W. Ryu



TJHSST

ADVANCED



THE GAME PLAN

BY KATHLEEN KIM,
SHWETA MOHANTY
AND ARTEMIS VEIZI

Basketball coaches and players innovate during the game by changing plays as the game progresses.

Dribbling Down The Court, freshman Matt Maribojoc carefully strategizes who to pass the ball to next. The boys on JV have been using plays from 20 years ago and spent lots of time running them. "We practice the play until we are comfortable running it in games," Maribojoc said. *Photo by A. Luckett.*

"Coach usually **MAKES CHANGES** based on the way the other team is playing, like if the offense is **ESPECIALLY STRONG** or if they have one player that we need to **COVER MORE**. It isn't changes to the plays, it's actually **CHANGES TO OUR FORMATIONS.**"

CHASE BROWN, 10

TJHSST

ADVANCED



get to this point with a combination of color and cream shadow. try m.a.c. lacquerline eyeshadow in acid cyan, \$18.00, chromagraphic pencil in acid cyan, \$14, maccosmetics.com

BLUETE
MY
BLUE
HEAVEN

add a splash of water colors to your lids. photographed by kristin vicari. styled by siobhan lyons

TONE

ADVANCED

a world of memories

experiencing the first day of seniority and looking back on the old days

brand new start

"Starting at a new school in a new country, I noticed a lot of differences. The size of the school and number of students made it diverse. I did not know where to go, so I got lost a couple of times. I was also late to almost all of my classes. My school in Germany was much smaller, but now that I have been here for a while, I feel a lot more comfortable."

-Julian Fuchs, 11

It was the day she had been looking forward to for the past four years. The last day with new teachers and new students. The last first day of high school. For Haley Charlton, 12, her last first day was one to remember.

"My first day was very fast. It seemed like the summer had flown by, and the first day of school seemed surreal. I never really felt like a senior until my first day. It was weird not seeing the people who graduated, but it's fun being the top of the school," Charlton said.

Although the first day of school was pretty old news to a senior, there were certain events that would be missed more than others.

"I will miss seeing the people who have been my classmates since elementary school, several of whom are now my best friends. The people here are amazing, and they will definitely be missed. We live in such a small town that everyone living here has basically grown up together, and a lot of us will be leaving in a year," Charlton said.

Remembering those who have been learning along side her for the past several years and those who have already left, Haley Charlton joined the people who have already moved on from Monument.

1. starting with a laugh

Steven Sutton, 9, works with friends in study hall.

"I convinced my study hall classmates that I was really a sophomore. One person was in my Spanish 2 class, so she really did believe me," Sutton said. *photo by kaylee heer*

2. raging against rules

Struggling to pay attention, Ethan Liss, 10, and Cody Leeper, 10, endure the procedure of reading class rules. "Going over class regulations is my least favorite part of starting school," Liss said. *photo by catherine witt*

3. plagued with senioritis Cayla Vitro, 12, stands at the locker she chose.

"I'm happy I got to pick my locker this year because I am closer to my friends and can talk to them between classes," said Vitro. *photo by kaylee heer*

pass to leave

Kaitlyn Clark, 10, and Jericho Sathre, 10, swipe their bus passes and make their exit. "At first, I thought having to use the passes was tedious. But now it's a very routine process," Clark said. *photo by catherine witt*



4. appreciating greatness

Emma Clothier, 10, stops to admire

the school's motto *Expect the Best*.

"To me, this phrase means students should expect greatness in all fields, not just academics," Clothier said. *photo by samantha seffers*

5. early bird

Working on assignments before class begins, Megan Brandes, 9, gets a jump start in school work.

"I would always get to class

early to avoid being late. It was kind of awkward being the

first one in class, but I got a head start on my work," Brandes said. *photo by samantha seffers*

6. a friendly face

Greeting fellow

volleyball player Michaela Moss, 12, in the hallway, Nicole

Montgomery, 10, feels a sense of belonging.

"I enjoyed this

year's first day so much more because last year I didn't know

anyone, and now everything is a bit more familiar. The girls I

play volleyball with always say

hello to me in the halls, and

I feel like I fit in a lot more,"

Montgomery said. *photo by samantha seffers*

7. play

volleyball with always say

hello to me in the halls, and

I feel like I fit in a lot more,"

Montgomery said. *photo by samantha seffers*

8. welcomed with kindness

Andrew Silpasornprast, 10, with friend

Morgan Bailey, 10, enjoy their lunch

time together. "Over the summer I

moved here from California. I really

like it here, and now I am starting to

feel more comfortable. The people are

very friendly, and the school is a nice

environment," Silpasornprast said. *photo by samantha seffers*

9. enjoying locker placement

Being a sophomore in a new school, Emma

Brouillard, 10, collects her things from

her locker before class on the first day.

"I really like where my locker is, and

the layout of the school. I had some great

friends on the first day who helped me

to find my classes and where to sit at

lunch," Brouillard said. *photo by catherine witt*

10. fresh to the driver seat

About to head into school, Trevor Grooms, 10, hops out

of his car. "The first day that I was able to drive,

I just drove myself to school and felt so free.

My friend got his license a few weeks before I

did, so I was happy to say I could drive, too,"

Grooms said. *photo by samantha seffers*

11. late on first day

Emma Thompson, 9, attends the wrong

lunch on the first day of school. "I thought

I had first lunch, but I really had second.

I ended up walking into my third period

class thirty-six minutes late. Mrs. De

understood, but it was still embarrassing,"

Thompson said. *photo by samantha seffers*

moments
back to school
page by kaylee heer samantha seffers and catherine witt

11

LEWIS PALMER HIGH SCHOOL

ADVANCED



**TOYOTA'S
BEST CHANCE YET**

The Japanese firm's latest Le Mans contender has almost 1000bhp and the squad is better prepared than ever before. **GARY WATKINS** talks to the main architects behind the project

Toyota grabbed the headlines with the power figures of its new TS040 HYBRID. Yet the revelation that its new car is knocking on the door of ascendancy when you combine the power of its engine and its hybrid systems isn't the most significant fact to emerge from last week's launch of the Japanese manufacturer's bid for the 2014 World Endurance Championship. More important is that it will be ready when the series kicks off at Silverstone later this month – and ready, perhaps, to win the title and the Le Mans 24 Hours for the first time.

A two-car assault is set in stone – something that wasn't the case last year – and the Toyota Motorsport GmbH squad will begin the eight-race season on April 20 with both configurations of the TS040 ready to go. Again, that wasn't true in 2013, its first full year back at the very pinnacle of sportscar racing.

BETTER PREPARED

"Our mission statement, and it couldn't be more simple," says TMG operations manager Rob Leupen, "is to win the Le Mans 24 Hours and the WEC."

That, combined with a firm two-car entry, suggests that 2014 was always the year set down in the Toyota masterplan to go for twin honours at Le Mans and in the world championship. Leupen insists it's more complicated than that. "We also had some expectations last year," he says. "We would like to have won Le Mans and we were disappointed to only get two wins in the WEC."

Leupen does admit, however, that TMG has greater resources available to it for this, the first year of the new energy-based LMP1 regulations. "We found some extra money and resources to enable us to run two cars for the whole season, which was always planned and is what you need to win," he explains. "Last year, it was one plus two at Le Mans and two for preparation [for the 24 Hours]."

That is confirmation, if any were needed, that

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APRIL 3 2014 AUTOSPORT.COM 29

TONE

ADVANCED



TJHSST

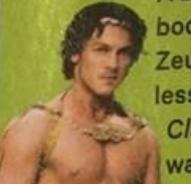
ADVANCED

UNEXPECTED JOURNEY
Evans' pragmatic route to stardom has made him one of the most bankable British leading men

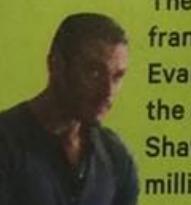
01 2010 CLASH OF THE TITANS
His part as Apollo in the Sam Worthington vehicle was always planned as a stepping stone.



02 2011 IMMORTALS
A beefed-up role and body as Apollo's dad, Zeus. This grossed less than half of what Clash did, but Evans was on the up.



03 2013 FAST & FURIOUS 6
The bafflingly popular franchise added Evans to the cast as the antagonist Owen Shaw. It took \$788 million. Honestly.



04 2013 THE HOBBIT
Playing Bard in modern cinema's most-lucrative licensing deal cemented Evans as a British star.



FOOD



SKEWERED

IN PRAISE OF THE HUMBLE, AFFORDABLE, DEMOCRATIC, DELICIOUS, ANCIENT, MAGNIFICENT ART OF THE KEBAB

BY MICHAEL SMITH

PHOTOGRAPHS BY BENEDICT MORGAN

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GRAPHICS

ADVANCED

A dynamic photograph of a surfer, Julian Wilson, performing a maneuver on a large, curling blue wave. He is leaning into the turn, which generates a significant spray of white water. The background shows the continuation of the wave and the ocean surface.

SURF SPECIAL

The New  **BRAT PACK**

From shaggy-haired stoners to high-performance brands, the aerial-minded stars of surfing's new guard have got their eye on the mainstream. And a sport in transition is hoping they grab America's attention.

Words: Stuart Cornuelle

Australian star surfer Julian Wilson is part of the sport's new breed of professional athletes.

PHOTOGRAPH BY KIRSTIN SCHODA/GETTY IMAGES

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Text

GRAPHICS

ADVANCED



GRAPHICS

ADVANCED



GET A GRIP

NEED TO KNOW

"The Switch." Mira Loma has been known for tricking their opponents by switching their players' positions on a regular basis to keep the other team on their toes.

WHO TO KNOW

Mira Loma's hole set. Angus Martinez is known for his deadly aim and fast shots. He looks different ways to confuse the goalie, then shoots the other.

HOW'D IT GO?

Down 3-8 with three minutes left, Casa was a man up. Seeing the ball poorly guarded, senior Collin Sparks stole it, sprinted to the other side, and scored. With three more steals, Casa made four goals. Senior Steven Hermanson got the ball and took a shot but the ref called it a dead ball, ending with a 7-8 loss.

Players familiarize themselves with opponents to strategize a way to win.

NEED TO KNOW

Left handed. Rio Linda is known for having multiple left handed players who can easily maneuver and trick their opponent, making them "secret weapons."

WHO TO KNOW

Rio Linda's left wing. Junior Westley Jacob can execute precise cross cage shots, which are difficult to block because of the angle at which they are thrown in the goal.

HOW'D IT GO?

At the Rio Linda game, Casa was up 6-3 in the first quarter. Rio Linda's defense was tiring out, giving senior Josh Boughton a chance to swim down. Guarded by two opponents, senior Lucas McLean called for the ball. Boughton lobbed it to McLean, who shot it and scored. Casa was undefeated 22-6.

DID YOU KNOW?

The water polo team performed more feats than you realize.

- Kiernan Oglesby made twenty-one blocks against El Dorado on August 29.
- Josh Holtry scored five goals against Christian Brothers on October 3.
- Kobe Kehler stole the ball against Mira Loma to make the winning goal on September 30.

HOW THEY KNOW IT

THE POOL MAY BE JUST CONCRETE AND WATER BUT TO PLAYERS IT IS WHERE:

- The missing tile marks the center of the pool.
- The concrete deck is used for lunges during the workout "long beachers."
- The diving pool is used for relentless sets of treading water.
- The Gatorade jugs are the break hangout for hard-working players to rehydrate.
- Coach Berries shouts, "Get out of my pool!"



1. On September 17, sophomore Joshua Jordan holds the ball as he looks for the wet pass into hole set.
2. The team asks Coach Berries how they can stop Oakmont's offense on October 29.
3. Zeroing out his target, junior Joshua Holtry pulls his Oakmont opponent down to make a goal on October 31.
4. Trying to get the ball moving, sophomore Jacob Schultz passes the ball to his teammate on September 26.
5. On November 20, seniors Josh Boughton and Lucas McLean meet with the referee.
6. Senior Joshua Jordan McCain slides away from his Bella Vista defender on September 24.

AKA ALSO KNOWN AS

Players are known for more than their name; each are unique in their own way.

Kiernan Oglesby, 11

AKA the loudest and rowdiest player who earned the title of "Loose Cannon."

Brian Bedford, 10

AKA "Minnie Mouse" named after his older brother Greg Bedford, "Mouse."

Joshua Jordan, 10

AKA "JJ" the only Josh out of the three on the team who was given a nickname.

ADVANCED

IT'S GONNA
BE THE
FUN
064 OBSESSIVE

IT'S GONNA
BE AN
OBSESSION
Students share their favorite things.
Photos courtesy of Wikimedia Commons

I am obsessed with
EATING BANANAS.
JOHN KRAUSE, 9

I love **SUSPENSEFUL TELEVISION SHOWS** and
can easily binge-watch multiple seasons if I have time.
ETHAN LOWMAN, 12

I am obsessed with **SAYING 'OMAR.'**
We created a tutoring company called
'Omar' and it is so fun to say.
CHRIS HOANG, 11

I am obsessed with **DANCING**
because it makes me feel beautiful.
ANNA KLAUSSEN, 11

I'm obsessed with **VIDEO GAMES**
because they're entertaining.
IAN SUTCLIFFE, 9

IT'S GONNA
BE THE
FUN
065

DOWN THE HOBBIT HOLE

BY SVETA JAGANNATHAN

JRR Tolkien Fellowship invites students to explore interests in the Lord of the Rings.

ALEX BOWMAN: It feels like no one's judging you. Many people who go to Tolkien club have an 'obsession' and they find their fellow fanboys and fangirls in the fellowship. They're just able to have fun and enjoy what they enjoy without being judged for it. We're all nerds at TJ. That's the truth.

LIAM NOLAN: Well, some of us are geeks.

ALEX BOWMAN: Yeah, some of us are geeks. It's just really wonderful to be able to enjoy something so much.

LIAM NOLAN: The trivia's fun but there's something with the trivia. I mean, if you're really obsessed with Lord of the Rings (cough cough Alex) you can do really well on the trivia because you know every single fact which is a little creepy.

ALEX BOWMAN: Hey! I don't know everything! Well I know almost everything.

LIAM NOLAN: Would you agree that you're mildly obsessed?

ALEX BOWMAN: You could say that, perhaps.

1. IN A HEATED ARGUMENT,
freshmen Jadon Schuler and Liam Nolan make their points. In JRR Tolkien Fellowship, the fanclub for JRR Tolkien, random debates are a common sight. "It has been a great experience and I felt like I have found my 'hobbit hole'. It's a nice place to meet people who share the same interests while also having fun," Schuler said. **2. GETTING INTO CHARACTER**, senior Sam Veroneau pleads his case as seniors Jack Morris and Sammy Bennett follow on. JRR Tolkien Fellowship does choose-your-own-adventure games like this one often. "It was fun but very different from what we were expecting," Veroneau said.

3. THE WIND IN THEIR DAMP HAIR, freshman Nina Chung and sophomore Dylan Seng play trumpet in the pool. For twenty years, the trumpet section has played their instruments in the pool at camp. "It was really fun because who wouldn't want to play an instrument underwater?" Chung said.

4. CAUGHT IN THE HEAT OF THE MOMENT, seniors Coco Chen and Eduard Danalache reenact a scene from a movie. Senior night is a fancy dance at Orkney made just to connect and have fun with fellow senior friends.

"We're really close. We're like family basically," Chen said.

5. RUSHING TO GET TO PRACTICE, sophomore Saloni Bhavsar unties her shoelaces from the shoe-pile. At Orkney, tying people's shoes together at night was one of the pranks pulled.

"We're always practicing and preparing our show but there's a lot of fun things," Bhavsar said.

"We have traditions at Orkney. There is a day [when] **EVERYBODY IS FORCED TO STAND STILL AND THE SENIORS DUMP WATER ON EVERYBODY**. The next day, they do the same thing except they spray you with silly string and saran wrap and wrap weird things on you. There's also this one day where every time they

perform an action that's completely random," sophomore Sydney Dayani said.

"**[AT ORKNEY] BAND IS PRETTY MUCH ALL YOU DO ALL DAY LONG**. You do this for like five or six days and by the end because you've only been thinking about band and doing band, it pretty much becomes ingrained in you. It's not all work- there are also other fun things that are part of Orkney that make it special," sophomore Sanji Bhavsar said.

"**THEY TIED EVERYBODY'S SHOES TOGETHER**. That was a really bad prank because some of them were really hard to untie for fundamentals in the morning and so everybody got up early in the morning to go find their shoes because **THEY HID THIS GIANTIC NET OF SHOES AND WE HAD TO GO FIND THOSE**," Bhavsar said.

Dayani said.

"It's really physically strenuous but it's really worth it because you learn all these things about what it means to be a team player, having other people depend on you and

TRUELY PUSHING THROUGH WHAT YOU THINK YOU CAN'T DO IN ORDER TO BE PART OF SOMETHING HUGE," Dayani said.

WHEN IN ROME

BY ANKITHA YANAMANDRA

Latin students list the dos and don'ts to achieve success in Latin.

DO: Stay on task.

DO: Study everyday for about 15 minutes.

DO: Participate in class.

DO: Stay on task.

DO: Know the expectations.

DON'T: Just take Latin for the awards.

DON'T: Talk in class.

DON'T: Be unprepared for class.

DON'T: Miss Latin Club events.

PREPARING FOR STATE LATIN CONVENTION, seniors Reem Mohamed and Peter Kim teach the Medieval themed school cheer. Mohamed loves laughing in class. "When it comes to the teachers, be yourself, I love both Ms. Lister and Ms. Conklin. They have great stories to tell and I love spending time with them," Mohamed said. Photo by A. Luckett

MAJOR FUN

Orkney is a one week intensive marching band camp where students gear up for the season, sharing not only music, but also other unique activities. Photos courtesy of A. Rudin.

BY SVETA JAGANNATHAN

FUNCTION

ADVANCED

DOWN THE HOBBIT HOLE

BY SVETA JAGANNATHAN

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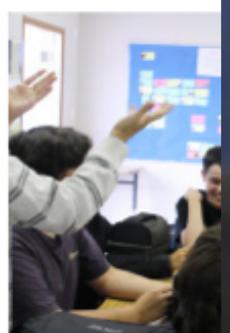
ALEX BOWMAN: Yeah, wonderful to be able to

LIAM NOLAN: I mean, if you (Alex) you can single fact w

ALEX BOWMAN: Hey, everything.

LIAM NOLAN:

ALEX BOWMAN: You



PREPARING FOR STATE LATIN CONVENTION, seniors Reem Mohamed and Peter Kim teach the Medusa-themed school cheer. Mohamed loves laughing in class. "When it comes to the teachers, be yourself, I love both Ms. Lister and Ms. Conklin. They have great stories to tell and I love spending time with them," Mohamed said. *Photo by A. Lockett*

Fellowship does choose-your-own-adventure games like this one often. "It was fun but very different from what we were expecting," Veroneau said.

There is a day [when] **TO STAND STILL** **JUMP WATER ON** the same thing except n wrap and wrap weird where every time they

"One of the senior pranks was that they told everybody [to] leave a pair of shoes outside and then **THEY TIED EVERYBODY'S SHOES TOGETHER**. That was a really bad prank because

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"It's really physically strenuous but it's really worth it because you learn all these things about what it means to be a team player, having other people depend on you and

TRULY PUSHING THROUGH
WHAT YOU
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CAN'T DO
IN ORDER TO
BE PART OF
SOMETHING



Orkney is a one week intensive marching band camp where students gear up for the season, sharing not only music, but also other unique activities. *Photos courtesy of A. Rudin.*

BY SVETA JAGANNATHAN

TJHSST

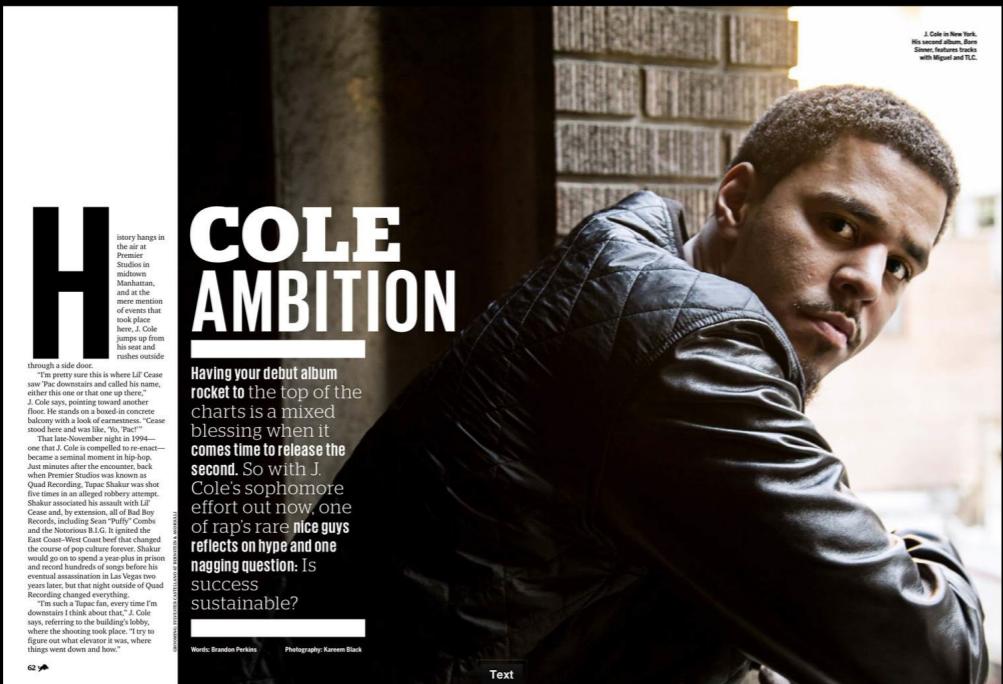
**PRETTY IS
AWESOME.**

**BUT PRETTY
DOESN'T
MATTER...**

**YOUR NUMBER
ONE
CONSIDERATION**

IS READABILITY.

READABILITY CONCERNS



TYPE ON PHOTOS

READABILITY CONCERNS

I FOLLOWED MY OLDER BROTHER. He was in track but then he had a tumor in his leg so right after the surgery, the doctor told him to stop track for a little while and swim. So I joined swim since he was in it as well. We started in the summer team and joined club a year or two after that.

I swim for Nation's Capital; it's in Tysons. I practice 10 times a week, six days that are three hours in the afternoon and three in the mornings

on

STROKE

that are hour and a half. The practices are really hard. There's a huge difference between going to each practice and swimming and going to each practice and pushing yourself in all the sets. So that's something I try to work on, but when it gets to be the middle of training season, when the big meet's so far off, and we're nowhere close to finishing, just keeping up is really hard.

I swam at AT&T Nationals two weeks ago and then we have Junior Nationals in the spring which we'll probably go to. Our big meet this summer will be the US Open and I swam in Junior Worlds in August, in Dubai, which was cool.

[I swam at the Olympic Trials] a couple years ago. It was pretty scary because it was the first meet I went to in a stadium. I did pretty well, I got 10th in [the 200 Individual Medley] but I didn't make semifinals. But, I was pretty satisfied with my swims.

It's definitely hard [to balance TJ and swimming]. I don't take stuff like Neurobics or anything like that but I'm learning how to manage my time a lot better. Studying, I think I got it down to a science now.

The reason I love our high school team is that the team has **such great people** and Coach Ian [Handerhan] is awesome. I like spending time with them and doing all the spirit days which is super fun.

AWARDS WON

Junior Worlds in Dubai: **GOLD MEDAL**
CHAMPIONSHIP RECORD for 200 Butterfly; NATIONAL HIGH SCHOOL RECORD in the

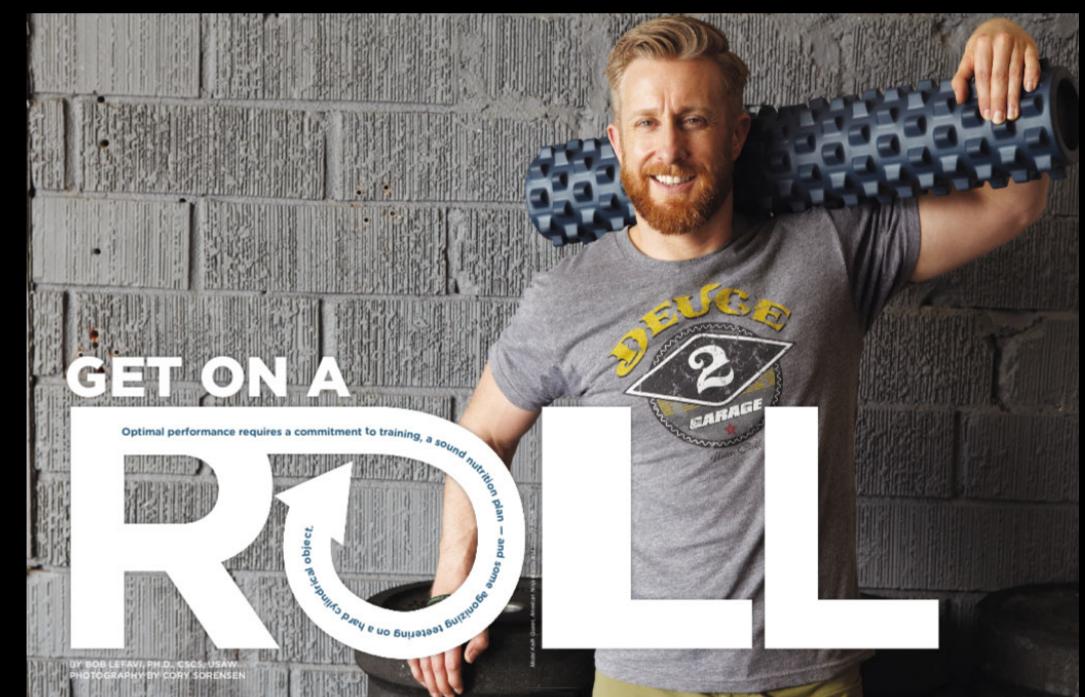
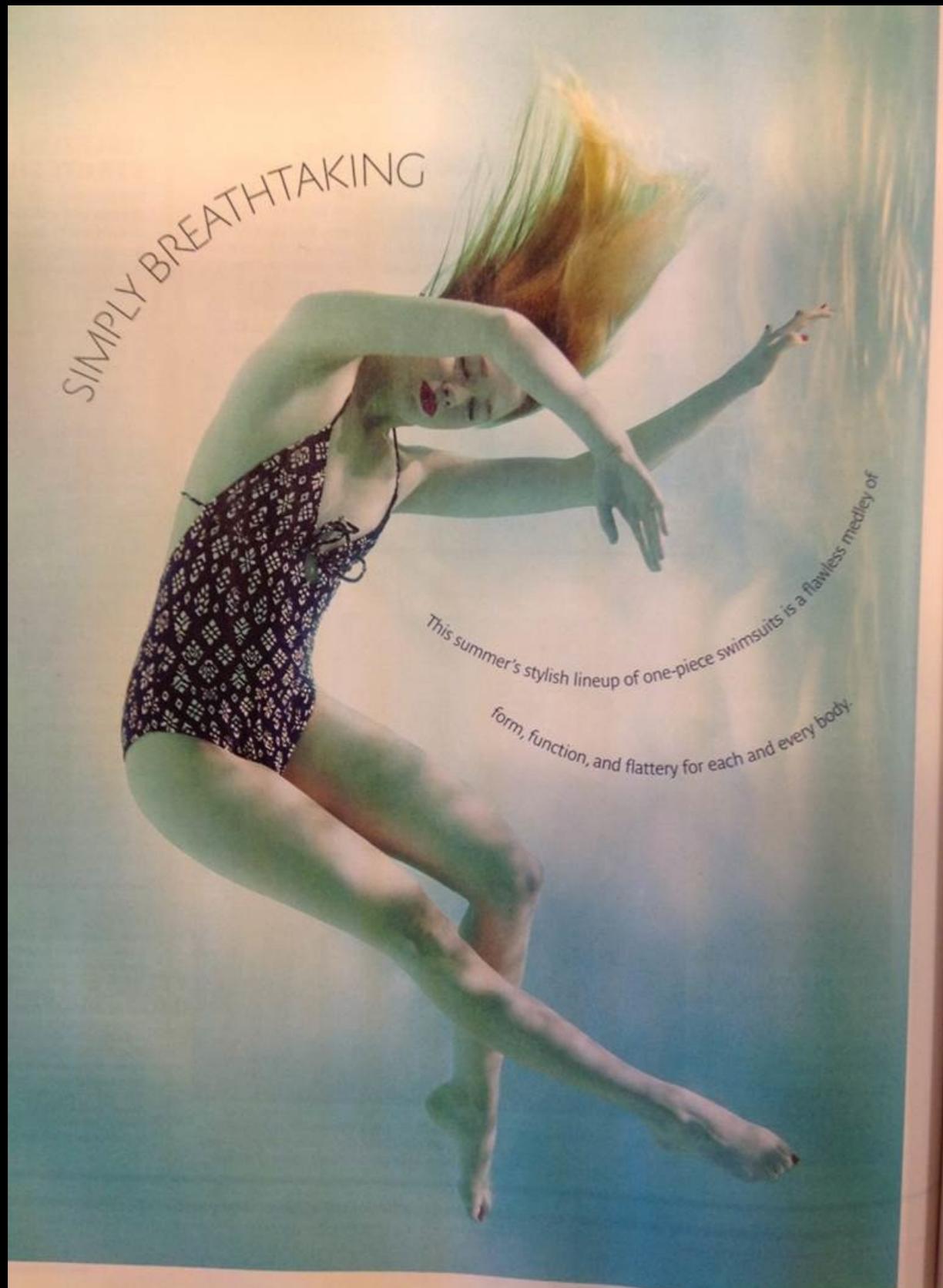
100 Breaststroke; US National Team (all ages) in the 200 Butterfly; National Age Group Records in the 15-16 400m Medley Long Course Relay (butterfly leg); 15-16 200m Individual Medley (formerly held by Michael Phelps); 15-16 100y Breast, 15-16 200y Breast; 15-16 200y Individual Medley

ON STROKE
By Jeffrey Koffler, Matthew Phillips and
Photo: Andy O'Brien

andrew seliskar 081

TJHSST

READABILITY CONCERNS



TYPE ON A PATH

READABILITY CONCERNS

11/14 MONEY & HAPPINESS



NUTRITION

P44 AN HOMAGE TO FROMAGE
A health snob's guide to eating cheese with no consequences. Pass the crackers

P51 SCULPT CUBED ABS
From DIY watermelon slushies to iced coffee, this is the coolest new way to lose weight

P77 NOT-SO-DIRTY DOGS
Take home a slice of Oktoberfest with the best brats and the beers to pair them with

MUSCLE

P41 YOUR SIX-PACK SPEC OP
Draft military move The Swoop into your



VERTICAL TYPE

READABILITY CONCERNS

SIMMER DOWN AND STRETCH

Yoga Club provides an environment for students to relieve stress.

What inspired you to sign up for Yoga Club in the first place? "I saw the announcement and I was like, 'Oh, maybe I want to do this,' then two of my friends were really interested, so I [thought] maybe I'll tag along with them, because I don't have any classes with them, so [said], 'Let's all hang out and do yoga.'

What do you like most about Yoga Club? "I think besides the fact that I'm with all my friends, it's very stress-relieving and it's a nice break from T2 and [unlike] a lot of other 8th period clubs which are like another class."

What makes Yoga Club unique and different from other clubs? "Because it's a restricted activity, there's not as many people, so it's more personal and it's like an actual program, we're not just fooling around, we have an actual instructor." Why do you want to attend again? "My back has been bothering me lately and I noticed that stretching helps, so I figured [yoga club] would be a good way to help it."

—senior Hana Chan

AFTER A DAY OF SCHOOL, seniors Hana Chan and Jennifer Du stretch. Yoga Club was created to improve the emotional condition of students. "It's stress-relieving at the end of the day," Chan said.

Photo by S. Kapur and F. Zhang

MARCHING MAN

After four years of marching, senior Caleb Goertel is chosen as one of 125 seniors to perform at the All American Bowl.

ACCOMPANIED BY SEVERAL HIGH-RANKING U.S. ARMY OFFICERS, senior Caleb Goertel recites a short speech at a ceremony commemorating his accomplishment. "Marching started out as just something I did, but quickly evolved into my passion and main extracurricular activity," Goertel said. Photo courtesy of D. Werner

BEING A MARCHING BAND MEMBER entitled a free entry to football games and the chance at an all-expense-paid trip to the All American Bowl in San Antonio. In addition, all 125 chosen members will learn a field show in a week and march. After an extensive audition and selection process, senior Caleb Goertel represented TMC by preparing and marching in the

U.S. Army All American Bowl in January 2016. "I've been marching all four of my years [at T2]. I enjoy the music, the high-octane rush of performance and becoming part of a unit in sync with everyone around me. [Auditioning] wasn't easy but I told myself I wouldn't make it, so it was an incredible surprise when I made it," Goertel said.

SWEET DEAL

WHAT HAPPENS WHEN GIRLS HAVE THE POWER TO CREATE ASKINGS FOR GUYS FOR THE SADIE HAWKINS DANCE? The askings involved props from posters to sumo wrestler costumes as the girls tried to make their Sadie's askings more extravagant than those during Homecoming Week. "It was a fun to try to one up the boys' homecoming askings, and my peanut butter chocolate cupcakes were a big hit. I rapped, which is a hobby of mine, so it was the obvious choice. I changed the lyrics to a song we both liked," junior Maddie Meyers said.

Other girls decided to do more laid back askings for their dates. "I didn't have the guts to do an extravagant asking, but I also thought it should at least do something small like a poem. My friends and I started coming up with some funny acrostic poems, and that combined with the idea of using hashtags. That ended up becoming the idea for my asking," sophomore

Whether girls were into planning large or small askings, they all made it their own. Although the Sadie Hawkins dance wasn't as formal as the Homecoming dance, some girls created askings that were just as big and attention-grabbing.

Joyce Duan said. Askings that happened in classrooms had the potential to be just as creative as large, outdoor group askings. Senior Monica Grover did a creative asking that was different from the others. "My asking was simple. I was trying to come up with ideas throughout the week, and I knew that we had a big Global presentation. So I asked my group members to call on me for a question beforehand, and then I asked him through that. It was cute and I think we both liked it," Grover said.

Askings that happened in classrooms had the potential to be just as creative as large, outdoor group askings. Senior Monica Grover did a creative asking that was different from the others. "My asking was simple. I was trying to come up with ideas throughout the week, and I knew that we had a big Global presentation. So I asked my group members to call on me for a question beforehand, and then I asked him through that. It was cute and I think we both liked it," Grover said.

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The Sadie Hawkins Asking Week sees flowers, chocolate and sumo suits.

Do you think you're volleyball-savvy? If so, can you match the following commonly used volleyball terms with their definitions?

PANCAKES AND SERVES

Photo by S. Kapur

DEFINITIONS

- 1. Pancake
- 2. Quick Play
- 3. Dive
- 4. Spot Serve

TERMS

- A. Choose a spot to serve and try to hit it.
- B. Dive to stop the ball from hitting the ground.
- C. Set a short ball so the hitters can get there quicker.
- D. Lightly tap the ball over the net.

Photo by A. Hernandez

3. WEARING A SUMO WRESTLER COSTUME, junior Julie Luis asks junior Justin Stein. Luis says the sumo wrestler costume online, "I was moderately nervous, but I knew I couldn't back out. Once I started the asking, I saw everyone else laughing along," Luis said. Photo by F. Zhang

4. STANDING IN FRONT OF A POSTER, junior Jenny Kim asks junior Parth Desai with baked goods. Kim's asking was inspired by a prom asking at her home school.

"I really enjoyed asking, especially because I am a huge baking aficionado," Kim said. Photo by F. Zhang

Photo by A. Hernandez
3. Volleyball, yoga club, marching band

051

050 OCTOBER 20-25
By Brittany Cole, senior photo editor, photographer,
James A. McGinn and senior yearbook editor

Photo by S. Kapur

Photo by S. Kapur

Photo by A. Hernandez
1. DANCING ALONG, sophomores Vivian Fang, Cecilia Kiao, Stella Ito, Julianne Bain and Claire Scroggs sing to Austin Butler's "One Time." They choreographed a dance and belted together. "The best part about the asking was that I got to spend time with my friends planning," Kiao said. Photo by A. Hernandez
2. HOLDING THEIR POSTERS, sophomores Sarah Kim asks her date using a basketball theme, which included inside jokes and basketball pickup lines. "I incorporated his interests and our past experiences together so it could be special," Kim said. Photo by F. Zhang

Photo by A. Hernandez

3. WEARING A SUMO WRESTLER COSTUME, junior Julie Luis asks junior Justin Stein. Luis says the sumo wrestler costume online, "I was moderately nervous, but I knew I couldn't back out. Once I started the asking, I saw everyone else laughing along," Luis said. Photo by F. Zhang

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Photo by A. Hernandez
3. Volleyball, yoga club, marching band

051

TJHSST

READABILITY CONCERNS



CROSSING THE GUTTER

READABILITY CONCERNS

IT'S GONNA BE THE BEST YEAR EVER FOR THE **RELATIONSHIPS** 072 DIVIDER

BEING A TWIN IS WORTH IT

Photo courtesy of O. Lu

"Having a twin can be annoying and fun at the same time. We're best friends." **OLIVIA LU, 9**

Olivia and Grace Lu, 9

IT'S GONNA BE THE BEST YEAR EVER FOR THE **RELATIONSHIPS** 073 VARSITY FIELD HOCKEY, HOMECOMING COURT, ASKING WEEK 073

[We met when] I was sad one day and he gave me a fist bump in the hallway.

I [sometimes] buy COOKIES AND JUICEBOXES during lunch, and give them to him. I would eat lunch with him if I could.

I know a lot about his family because we spent an hour [talking once], and we just talked about his family.

Once, [senior] Soobin [Moon] and I bought him SHOES for his birthday.

I just like him. It's a way to get away from the world. He's just open to anything you'll say, so you can tell him anything.

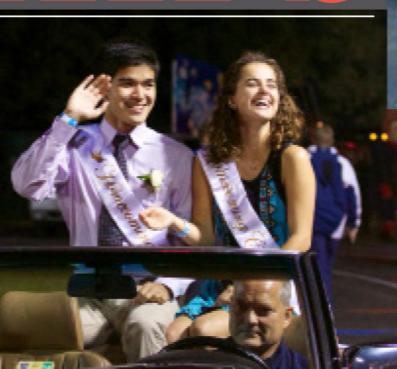
JAVED SHAIK, 12, on his relationship with custodian Mr. Quang Du



THE

RELATIONSHIPS

ARE WORTH IT



1. BEFORE GOING OUT ON THE FIELD IN THE GAME AGAINST LANGLEY, senior Maddie Zug high-fives her field hockey teammates juniors Katie Zechman, Maddie Min, Sola Krusicka, and seniors Rhea Sharma and Carolina Hatapaa. The field hockey team got close to each other by going out to eat together and having team sleepovers. "It's the same way you can get really mad at your siblings or be annoyed with them [but] deep down you love them. Sometimes in the heat of the game you're telling someone 'Hey you gotta get back,' but at the same time you love them," Zug said. Photo courtesy of Lifetouch.

2. AFTER SPRINKLING THE GROUND WITH HERSHEY KISSES, junior Matthew Guo asks junior Kiran Girish to Homecoming. Guo and Girish had been close friends since 5th grade, but the asking was completely unexpected for Girish. "I love it when I'm surprised so all of my good friends didn't tell me what was happening. It was a huge surprise, and I couldn't stop smiling," Girish said. Photo by W. Ryu

3. AS A PART OF THE JUNIOR HOMECOMING COURT, juniors Alex Cintron and Ella Deeken wave to the crowd. Cintron and Deeken had been dating since freshman year. "Being able to do Homecoming Court with her was one of the best experiences, and I am happy we did it because it made her feel like the princess she is," Cintron said. Photo by W. Ryu.

4. COMMITTING TO DIVISION ONE SCHOOLS FOR VOLLEYBALL AND SWIMMING, seniors Maria Velicu and Andrew Seliskar are accompanied by their parents Mrs. Irina Velicu, Mr. Daniel Seliskar, and Mrs. Fontaine Seliskar at the signing ceremony. When Velicu first began playing volleyball six years ago, her mom wanted her to concentrate on school instead of sports. "My sophomore year she saw that when I was stressed out I would go to the volleyball court and she saw how happy that made me. She's pushed for me to strive to achieve my dreams and her seeing me all the way to the finish line meant a lot," Velicu said. Photo by S. Cho.

TJHSST

READABILITY CONCERNS



MALIHA ZAVIN

Henna has always been a passion of mine. When I was thirteen, I started doing henna because I used to work at a salon and people always wanted me to do henna for them so I said to myself, 'why not just start my own business?' My family is proud of me for having my own business, but they always make sure I am still prioritizing school then just having fun and doing henna on the side. I started out practicing a lot, and from there I just kept getting better. I purchase my henna from Bangladesh, so it's difficult to get but it's a good price. Most of the time I do the tattoos at my house. I have people that message me on Facebook, friends of friends, or people at events and birthday parties. Having a business will help me develop as a young entrepreneur and it's a fun job. I am going to continue doing henna tattoos because I love being able to show off my skills and it's a tradition. -emily wise

EXACTLY THE RIGHT OCCUPATION

ALISON SU

Every picture is different depending on the person and how they incorporate their style and personality. I love photography because I'm able to express a concept through photography. I've gotten to photograph several fashion shows hosted by Denver Fashion Week. I love going there and taking the action shots because it gives me inspiration on being creative with my photos. I like working with different people and building that relationship with people. I began photography the summer before high school; my friend and I entered a contest. Ever since that summer I've been doing many senior pictures. I did my sisters senior pictures along with her friend's, I guess the word just got out. I have a Facebook page where I get most of my business from. My biggest accomplishment would be winning two gold key's and an honorable mention in the Scholastics Art and Writing contest.

-taylor gault



PROFILES
PORTFOLIOS - DAVID WESSE

041

SMOKY HILL HIGH SCHOOL

READABILITY CONCERNS



CONTRAST

READABILITY CONCERNS



THEY MAY BE UNDEFEATED. OUR BEST PLAYERS MAY BE INJURED. OUR CHANCES MIGHT BE SLIM. BUT WHEN WE PLAY, WE PLAY FOR KEEPS

178

despite a string of injuries mid-season, the football team rebounds and makes it to playoffs, finishing with a record of six wins and five losses.

PHOTO: SHIELDING THE BALL from the opposing team, senior Reith Lather plays in a scrimmage against Edison High School. As captain, Lather had to especially motivate the team during games where most of their starting players were injured. "We tried to emphasize not focusing on the negative and making sure that the people who were stepping in as substitutes realized that they were just as much a part of the team as the starters were, and they really had to step up for the team," Lather said. Photo courtesy of J. Zeng

FALLS CHURCH Falls Church Senior and captain Patrick O'Gorman rushes to the end zone with the first touchdown of the season. By the end of the game, Falls Church had a 28-12 win.

LANGLEY 28 seconds in, Junior Nathan Kim runs 36 yards for a touchdown. Despite a hold by Langley back, he still makes an extra touchdown and the score is 6-14. Loss.

WAKEFIELD Back to School Bash - the whole school's watching Colonials dominate 45-6, the most points scored in a single game since 2005. Win.

STUART Colonials win on a roll. DeFense shuts down Stuart, and the score is 42-0. The season record is now 3-1, the best starting record since 2005. Win.

STONE BRIDGE First quarter, Junior Devon Kim suffers an injury and is rushed off to the hospital. The rest of the team faces multiple D-Tridents, 7-42 loss.

MARSHALL Three starters out. Seniors Patrick Matoppe and Salim Majeer step in. DeFense limits Madison to 121 yards of total offense, the lowest total of the season. But it's not enough. 3-17. Loss.

FAIRFAX Eighth starters injured. It's the toughest game yet. 6-28. Loss.

MARSHALL Homecoming game. Coach Michael Ausbach riles up the crowd at the pep rally. Pounding ran doesn't stop the fans from showing up. Colonials back and the Statesmen are out. 42-18. Win.

MCLEAN 26-16 and on to top defense in the playoffs. Win.

SOUTH LAKES Last game - on to the playoffs, the first time since 2008. Win.

YORKTOWN It was going to be tough. They were the #2 seed and undefeated, and we were #7 with an record of 6-4. O'Connor answers Yorktown's first touchdown with one of his own, and junior kicker Ben Campbell adds an extra point. But in the end, Yorktown moves on. 7-27. Loss.

BACK HOME The season's over. The record's 6-5. Back to school in '08. Only the third time Colonials have made playoffs, after DeFense's win.



THE COACH

There were many games that we could dominate teams physically the way other teams had grown accustomed to dominating us. Our ability to run the ball, and other teams not being able to stop us [was a big change]. -Michael Ausbach Photo by M. Khan



THE INJURED PLAYER

I was going to buy pants for the winter, but I didn't know how long I was going to wear a knee brace. So I didn't get any pants because of my knee injuries. [At games] I usually wore three tanks and two pairs of shorts. -Aledon Burrow Photo courtesy of J. Zeng



THE MOM

We are an immigrant family, so we didn't have many relatives around. Coaches, trainers, parents and players were praying and supporting us. I cannot thank them enough. -Hyunhee Lee Photo: Down Kim, 10 and Daniel Kim, 10 Photo courtesy of J. Zeng



THE CAPTAINS

It was an opportunity for the guy that didn't play much to get a chance to earn their spot or prove their worth on the team. -Patrick O'Connor, 12



Concussions are scary. The first game [after recovery] I was kind of nervous before the game, but once the game started going, I felt the best that I had in weeks. -Jack Brown, 12



THE SUPER STAR

We set two goals: one, to have a winning season, and two, to win a playoff game. We met one of the goals. I was just most proud that we gained respect among other teams. -Nathan Kim Photo courtesy of J. Zeng



THE SUBSTITUTE STARTER

[When] there was no one at practice you felt like there was no way we could do anything, but then you realized that [the point of the ball] to just go out there and get it done. -Salim Majeer, 12 Photo courtesy of J. Zeng



THE MANAGER

I remember my freshman year just winning Homecoming was amazing, and that's what was going on every game. We crushed some teams, and some games hadn't gone so well, but it was awesome. -John Blaster, 12 Photo courtesy of J. Zeng



THE ATHLETIC TRAINER

I think we were actually pretty lucky with the number of injuries we had, but that they weren't a lot, and compared to some of the other schools, we really had a pretty easy season as far as keeping our kids healthy. -Ms. Heather Murphy Photo by E. Baker

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PROFILES
Football

TJHSST

**WHEN IN
DOUBT, THINK
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"MORNINGS ARE ALWAYS
SO RUSHED. THERE ARE
SO MANY THINGS TO
DO BEFORE SCHOOL
AND THEY CAN'T BE
FORGOTTEN."
- RAVEN ARMSTEAD

Set seven alarms to get out of bed, pretty sure I'm not ready for Eaton's physics, oh right, that tea's today. Wake up late, looks like tights and a long tee day. Wonder how many tardy passes are left... gotta find something to wear, wait... what day of spirit week is it again? Run to the car and get on the road, when does 1G start? Enough time to stop at Starbucks? The one on Chambers is always so crowded but it's sorta closer than Tower, what about the new drive through at Parker and Quincy... slam on the breaks, almost ran a light, not exactly. I'll stop at Dunkin, they always get my order right. On time, crap, Iaredo traffic jam, shoulda known this was coming, stopped at that stop sign, well sorta, should I park by the buffalo or can I fit by Activities? Sprint toward the door, down the hallway, don't care about security, left, right, burst into class right as the bell rings. I was exactly on time,

ALMOST EXACTLY



PHOTO: DUSTIN ALEXANDER

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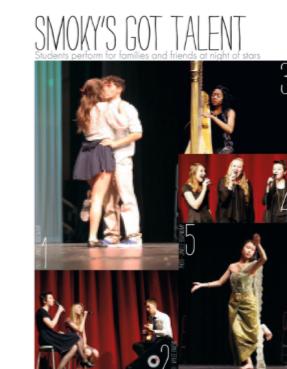
After teeing off on Hole 11, JEAN PAUL CLEVELAND watches his ball go towards the green. Cleveland was the only one from the Boys Golf team that made it to State, he and coach Jim Rieserman walked all 18 holes for both days of the tournament. "I felt extremely confident in my game, but in retrospect I should have taken a more humble approach towards it, I had a wrong sense of confidence and I simplified a very difficult task and overcame the difficulty and the skill set I had, I had reacted to be successful. If I could do it again I have changed my attitude, this was my goal, and how I play, honestly, because I didn't capture enough and I left a lot of opportunities on the table. I could have made my life adjustments and I would have done ten times better. I look forward to improving and having the opportunity next year and hopefully placing," said Cleveland.

EXACTLY NOW:
JEFFCO PROTESTS

what: JeffCo moves to alternative curriculum and students and teachers protest
where: Jefferson County School District
when: October 2, 2013

LIZA DOTTY
shares her view on JeffCo protests

the day before to look at all the things we did, and I am learning more and more understanding on history in both the good and the bad. I am learning more and more about the way we are today. They treat us teachers based on our professionalism and how we are teaching, and I am learning to look at them and tell them that they don't treat us like we are teaching isn't fair."



EXACTLY OUR WORDS

Kayla Fritchel celebrates her 16th birthday

"It was my sweet 16 and it was really fun to get my family and friends up to the roof to see me. It was great to be able to spend my birthday with all my friends."

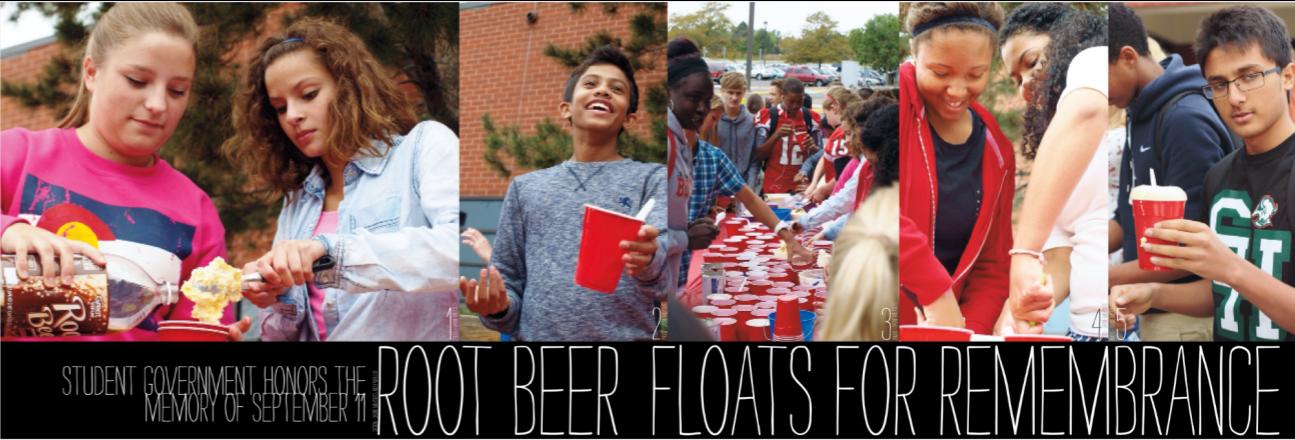


"Alice Weyant and I were getting ready for one of our best friends' 16th birthday. It was a really great memory!"

TAYLOR GALT

THE DOWNTOWN MALL OF STARS: SWEET 16 BIRTHDAY, KAYLA Fritchel

049



STUDENT GOVERNMENT HONORS THE MEMORY OF SEPTEMBER 11 ROOT BEER FLOATS FOR REMEMBRANCE

EXACTLY NOW:
APPLE IOS 8 UPDATE

what: Apple Incorporated
where: United States and Worldwide
when: June 10, 2014

Learn More

Entertaining...

ISAH SANFORD
switched to the new iOS 8 update

"I updated my phone because I was excited for a new update. I like the new features, especially the home screen, that's what I like the most, and I am definitely going to go to the app."

1. DYLAN
2. DYLAN

3. SALMA AL-SALOLOM

4. ALEXANDRA CARA SAN

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CALE

IMPHASIS



WELCOME

THE INSPIRATION CHRONICLES

IN EVERY ISSUE of *Inc.*, we try to serve up a variety of feature articles. Some offer direct, practical how-to advice, like this month's Know How cover story. Others address big issues that affect entrepreneurs, such as crowdfunding. And some are just great yarns. Right now I'd like to call your attention to one of the yarns—senior contributing writer Burt Helm's inspiring piece about Gabriel Bristol (page 98)—because of what it says about entrepreneurship in general. Not to give away too much, but Bristol's life was grim—he was abused

But the built-in drama of entrepreneurship isn't the whole story. What makes Bristol's narrative so inspiring—and so similar to those of other entrepreneurs—is that it's about character triumphing over adversity. Not every entrepreneur is dealt as bad a hand as Bristol was, but no entrepreneur gets to cruise to success. Even this month's cover subject, Jessica Alba—who, it's safe to say, never faced a smoothie moment—had to stare down doubters (some of her friends, she says, were the worst) who refused to take her seriously as a company founder.

The fact is, character does matter in business. It's no accident that *Inc.* 5000 honorees scored

IMPHASIS

Not long ago, she was a virtual unknown outside her native Canada. Now **Tatiana Maslany** is an awards contender with fans worldwide raving about her multiple roles in BBC America's *Orphan Black*.

WELCOME TO HER WORLDS

BY MIKE FLAHERTY

ON A LATE-WINTER'S DAY IN TORONTO'S SPRAWLING CINEVILLAGE,

the cast and crew of BBC America's sci-fi smash *Orphan Black* are just days away from wrapping season two — a couple of those days being makeup time lost when Tatiana Maslany had to fly to L.A. for the Golden Globes, where she was nominated for best performance by an actress in a drama series.

That's what's known in the business as a luxury problem. It's also just the most recent plaudit for a star and a series that have been awash in them since the show's debut last March.

Last summer, Maslany won a prestigious individual achievement award from the Television Critics Association, and while she didn't prevail at the Globes, in her case it truly was an honor just to be nominated. After all, not that long ago Maslany was a virtual unknown outside her native Canada, and historically science fiction has struggled to be recognized by the industry's most prestigious awards.

But in its first ten-episode season, *Orphan Black* became a breakout hit for BBC America and soon was airing in the U.K. on BBC Three. In February its distributor, BBC Worldwide, sold broadcast rights to the show in several European and Latin American countries as well as Australia, New Zealand and Korea. It also became a go-to show for Sipca, its Canadian broadcaster.

Now, as *Orphan Black* approaches its second-season U.S. debut — April 19 on BBC America — it is more than clear that it has joined those relative few sci-fi series — *The X-Files*, *Buffy the Vampire Slayer*, *Lost* — that have aroused significant interest outside genre enthusiasts. Like those shows, *Orphan Black* presents a juicy premise — a young woman caught in a curious conspiracy — but ultimately deals with issues outside its literal plot purview, including the very nature of personal identity.

In the series' unforgettable opening scene, Sarah, a drifter and con artist, sees a woman who looks just like her on a train platform — and seconds later watches that woman leap to her death in front of an arriving train. The suicide victim, a Toronto detective named Beth, has left her wallet behind, and Sarah steals it and assumes her identity. Eventually — and to her horror — Sarah discovers that she and Beth are two of a seemingly ever-expanding cohort of clones being monitored and exploited in a diabolical nature-versus-nurture experiment... or maybe something worse.

PHOTOGRAPHS BY MATTHEW LYN

STYLING BY GLENNA DELFINO
HAIR AND MAKEUP BY KRISTIN MARYNE
TERENCE SHIRT AND LUCILLE PANTS BY PITARQUE
PRODUCTION ASSISTANT AMY MCKEE
PHOTO ASSISTANT SAMUEL ONGKOKING

DRESSRY MARA HOFFMAN AT RAG & BONE;
SHOES BY ALDO

24 EMMY



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IT'S GONNA BE
REPUTATION
124 FOR INNOVATION

Photos by J. Wogalter
IT'S GONNA BE We asked five Intel Science Talent Search semi-finalists to explain their project in ten words or less.



"Analyzed cell cycle anomalies of fission yeast mimicking cancer cells."
SHREYA NANDI, 12



"The benefits of a sintering route to processing transparent ceramics."
RICHARD OH, 12



"Characterized the activity of population of neurons using mathematical equations."
LUCAS LIN, 12



"Developing a new way to diagnose concussions."
POOJA CHANDRASEKAR, 12

IT'S GONNA BE
REPUTATION
basketball FOR INNOVATION 125



CAN WE FIX IT?

How do students deal with the problems they face in the prototyping lab?

BY SARAH CROSSEN



1

PROBLEM: Machines were broken when they were transported to the new room and the fabrication progress was halted.

SOLUTION: Focus more on computer models and planning while trying to make repairs.

"During the moving process a lot of the machines broke or got offset. A lot of the time we actually spent in the lab was spent putting stuff back together to make sure it could work." **JOSHUA CUMMINGS, 10**

2

PROBLEM: Not able to meet goals in the planned time, and possibly not able to complete projects.

SOLUTION: Change goals to make them more reasonable and achievable in the shortened time frame and working very quickly.

"When we finally managed to move into the new lab it was being used as a storage room for all the new furniture that would go throughout the school." **SUMVED RAVI, 12**

3

PROBLEM: Losing time that would be devoted to learning the basics of prototyping.

SOLUTION: The prerequisite class is now a year long so if they work fast for the rest of the year they can learn all the basics.

"The problem we had this year was getting the lab ready in time. We had to start doing things that we would've usually done much later in the year, like using CAD. The biggest thing for us was working quickly and trying to catch up on our projects." **MARC MCDONALD, 11**

4

PROBLEM: The power outlets didn't work and couldn't handle the machinery and a junction box blew up causing sparks to fly.

SOLUTION: Identify problems before they cause more; be aware of them so you can safely continue.

"During the moving process a lot of the machines were broken or offset. A lot of the time we actually spent in the lab was spent putting stuff back together to make sure it could work." **DOUGLAS ANDRE, 11**

PREPARING YOUR PATENT

BY DEEPSHAKA DHANASEKAR

Junior Juliana Bain explains the steps to being granted a patent.



1. Learn about provisional patent applications on YouTube.
2. Write a provisional patent application with claims.
3. Write a heavily

4. If the claims around the invention are unique, non-obvious, and useful, a patent is granted.
5. Get final claims reviewed by a patent attorney.

LITTER

First Robotics explains components of its challenge. **LIFT**
BY ANN MATHEW

THE CHALLENGE: Six weeks to build a robot for the Recycle Rush competition where students have to stack totes and garbage cans and place them in a scoring zone.

ELEVATOR: Lifts the totes and garbage cans

WINCH: Consists of a horizontal mounting plate that will have a cord attached to a motor

ELECTRONIC SYSTEM (ROBORIO):

Contains the processors for the brain of the robot



WORKING ON THE ELEVATOR, which will be added to the robot, are juniors Austin Riopelle and Patrick Ryan. Since this part is intended to lift the totes and cans, multiple methods were tested to have the best way to accomplish the challenge which these students learned from their robotics classes. "Rather than just building small scale interactive based robots we solve much more complex problems that are much more applicable to the real world," Riopelle said.



4

THE GAME PLAN

BY KATHLEEN KIM,
SHWETA MOHANTY
AND ARTEMIS VEZI

Basketball coaches and players innovate during the game by changing plays as the game progresses.

DRIBBLING DOWN THE COURT

freshman Matt Maribojoc carefully strategizes who to pass the ball to next. The boys on JV have been using plays from 20 years ago and spent lots of time running them. "We practice the play until we are comfortable running it in games," Maribojoc said. Photo by A. Luckett.



"Coach usually **MAKES CHANGES** based on the way the other team is playing, like if the offense is **ESPECIALLY STRONG** or if they have one player that we need to **COVER MORE**. It isn't changes to the plays, it's actually **CHANGES TO OUR FORMATIONS.**"

CHASE BROWN, 10

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