

erinn harris, mje  
[eharris1@fcps.edu](mailto:eharris1@fcps.edu)  
@TJHSST\_Yearbook

more than  
a label

**find your  
words**

# WHAT IS A HEADLINE?

- Phrase that draws the reader into the spread
- Five words or less
- Action verbs, NEVER labels
- Present Tense
- Written in your own language



# WHY DO WE NEED HEADLINES?

- Identify spread content
  - Attract the reader's attentions
  - Reflect the mood of the spread
  - Tie action into the dominant photo.

# HOW DO WE WRITE HEADLINES?

- Pick your dominant photo
- Write your copy; keep your angle in mind
- Read the copy: as you read, write out a list of key words and phrases
- Describe the action in your dominant photo: does it match any of the words in your key word list?
- From your list, write a first draft of your headline. Use literary techniques you learn in English class – alliteration, assonance, onomatopoeia, pun and rhyme – whenever possible.

# STUCK?

- Idiom dictionaries
- Wikipedia
- Rhyming dictionaries
- Thesaurus
- Brainstorm - two heads are better than one!

**COME SHREK US OUT**  
BY KELLY CHEN

**WHO DOESN'T LOVE SURPRISES?**  
Every year, drama adviser Ms. Magonia surprises him with a unique theme for each play.

"Ms. Mago played the beginning of the year and I was actually the one to guess it. I was shocked at it because it was a secret musical," said junior John Reed.

**Chargin' it Up**  
"I play a pig, and I'm also a Duloc dancer. For my first

**Practice Makes Perfect**  
"I'm a dragon singer, a Duloc dancer, a rot and Little Red

**GETTING INTO CHARACTER**  
"I play Puss in Boots and a knight. You really have to put

**READY FOR THE STAGE**  
Actors aren't just singing and dancing. They also have to know and change their lines. "We do narrative theater. That's when we take a personal story and turn it into a play. It's a good way to express what we know and change our lines for the play," said Mimoso.

"We go into different genres and do different monologues. I like to play different roles. There's emotion, and you can go over the top with it," Taylor said.

**TRYING IT ON**  
To be a good actor, you have to dress to impress. Drama students use costumes and makeup to enhance their show.

**DRAMA 101**

# AVOIDING THE CLICHÉ

A cliché is an expression that has lost its impact because of overuse. All clichés should be avoided!

## EXAMPLES

- Swimming: **Just Keep Swimming**
- Volleyball: **Bump, Set, Spike**
- Band: **One Time at Band Camp**

# VISUAL-VERBAL CONNECTION

026 SPORTS

## taking the THE SEASON HEAD ON

**Team United in its  
effort to find success on  
and off the field**

STORY BY MIKIELA JACKSON

Before the boys had even started their season, they called themselves champions. The JV boys soccer team had smiles on their faces as they posed for a photo after winning a pre-season game at Turlock Sports Complex, hoping to start off their season in the same way. Flash forward four games, and they were already on track to dominate the league.

"Our goal was to go undefeated this season that way our coach Victor would be able to train us next year for varsity," sophomore Isaac Urias said.

"To keep our undefeated streak going, we needed to keep working hard at practice and not give up. The two games we tied, we were down one-zero most of the game until we came back to tie, we wanted to give up at one point. Especially when we're losing in the second half, it's hard to keep going and give it your all even though you know you're down," sophomore Caleb Whorton said. "Our motivation was telling everyone at school that we were winning, and it gave us more confidence to tell people that we beat Beyer, 10-0, or yeah we beat Modesto High, who's the best team out there."

"I thought it'd be awesome if we went undefeated this year because it would've been the first time Enochs JV soccer would do that," sophomore Cole Snyder said. "To achieve that goal, I helped out by managing our defensive line and midfielders. We also tried to work on keeping the other team from touching our side of the field with the ball."

Staying confident and the team's urge to continue being at the top was the key to success. Keeping the two things in mind, the boys held their heads high and their attitudes toward the game even higher.

"When we won the tournament during pre-season, that was the first time I've seen Enochs win a tournament in soccer. So for us to be able to do that, with the new freshman, it lifted everyone up and gave people more confidence and hope as we moved through the season. This year we definitely as a whole team, on and off the field. Everyone was so much more positive compared to last year, and we had better attitudes towards each other," Whorton said. "As a team captain, I try to be as positive as I can with each person and tell those people who tend to be more negative to try to be more positive even if it might be hard for them."

The biggest strength the boys held throughout their season was their ability to get along so well and understand where their teammates were coming from.

"Soccer is more than a sport to us. We all consider it our life because we have been playing it since we were young. The team knows each other very well. I've known several of the players for a while now. Jesus Gonzales since seventh grade and both Caleb Whorton and Marcello Montoya for ten years," Urias said. "Knowing someone better and knowing how they play works with the chemistry of the team, kind of like a relationship."

## MAKE YOURSELF GAME ON FOR JV SOCCER a team player AS THEY KICK OFF THE SEASON WITH AN APPETITE TO WIN

"Mo High was the school to beat. Though they are the hardest school we faced, I believed we could win. Based on our first game against them, I would've said that we were up to their level. In fact we could've won that game against Modesto High, all we had to do was finish strong. We had more chances to score than they did, but we missed every time. We just needed to work on finishing."

ISAAC FLORES, 9

"Modesto High was the team to beat throughout the season because they were number one and they're really competitive. They had a lot of ball control and a lot of good shooters. We needed to communicate on the field in order to beat them. The team always says that the freshman is to blame, so we needed to stop yelling and work together. We wanted to do better this year and finish strong."

JULIAN ARROYO, 9



1. **HEAT IN THE GAME** Jumping in the air, Isaac Flores, 9, achieves a header during the game.

PHOTO BY MATT BICK  
1. **BUST A MOVE** Preparing to get the ball in the right position for an advantage, Isaac Flores begins to perform a pull-back. "The footwork is the key to the move," he determined. "The best move is to do a pull-back, just pushing and pulling. Sending long balls, short balls or through balls. Through balls are the most effective because you get used to controlling the ball to your advantage."

PHOTO BY MATT BICK



To maintain ball control I practice juggling and try to beat my record every time. You just need to do your best and hope for some luck.

-ISAAC FLORES, 9

JV BOYS SOCCER 027

2. **JUST KEEP RUNNING** Jesus Gonzales is determined to maneuver the ball to his destination on the field as he defends against his Great opponent. "If you make a pass, and it doesn't lead the player to scoring position, then you know it's not a good pass." PHOTO BY MATT BICK

3. **THE POWER OF FOCUS** Eyes concentrated on the ball, sophomore Cole Snyder goes one on one with one of the competitors to win the ball. "I just had to focus on the ball we were playing and when we had about 2 minutes left in the game and we were down 1-0. We got a free kick and I took it and scored, tying the game." PHOTO BY MATT BICK



4. **RUNNING FROM THE ENEMY** As he tries to keep a good distance ahead of one of his opponents, freshman Salvador Mata-Cotes raced ahead with the ball. "When I have the ball in my position, I try to take a few steps back to give myself time to create space because I don't want to lose any opportunities to score. If it does get it taken away, I try to put my all to it and trying to recover it."

PHOTO BY MATT BICK

# PUNS

Leesburg got a total of 34 inches of snow by Saturday 01.23  
second largest snow in Dulles history

Everyone's out driving around I'm over here  
beggining the snow plow race so soon  
- freshman Joe



day shoveling snow. "We were shoveling out to our driveway, since everything was covered in about 4 feet of snow. It took us around 2 hours in total to finish," said Renee.

## 8. HAVING FUN IN THE SNOW

Seniors Tyler Wahl and Aaron Hjermstad keep things competitive on their days off. "We're playing a makeshift game in the snow, where you try and get the ball in a goal, but you have to sack the other players before you can score," 9. ALL

**SNOW AND SMILES** Seniors Hope Kircher and Sarina Hoskins spent their day modeling. "We went out and took a bunch of pictures in the snow, kind

## 10. SNOW BU

Senior Ashlynn Sommers spent day with her pups. "I have huskies, they absolutely love the snow, and they actually cleared a path for us to lay on and burie

nos in the s

SARINA HOSKINS, TRE MORRELL, ASHLYNN SOMI

TUCKER STUNTZ, CARDER

DANIELLA ROBERGE, LAYNE HU

KATHERINE STANKARD, AND

NORMAN K. STYER/LOUDOUN NOW

STORY BY EMILY BUSBEY, BRITANY

DOWD, ABBIGAIL FLETCHER, AND

SAMANTHA ETHERIDGE

# SNOW

## more teachers

# SNOW

## more books



Students made the best of their 6 snow days by skiing, snowboarding and playing games in the snow

# ALLITERATION



## Boys 'n Black

Despite the 1-8 record, the season was meaningful for the seniors, as they drowned out their regrets, welcomed a new coach who kept them motivated

### RON KOPP

"I can feel it coming in the air tonight, oh Lord.  
And I've been waiting for this moment for all my life, Oh Lord."

"Can you feel it coming in the air tonight, oh Lord, oh Lord?"

"In the Air Tonight" by Phil Collins echoed throughout the locker room, pumping the team up before game time.

"My favorite tradition was listening to the same songs before we took the field," quarterback Ron Kopp said. "The songs were "Lose Yourself" by Eminem and "In The Air Tonight" by Phil Collins."

Silent, seated and with his team, Kopp forced himself to focus on all things football in the pitch black locker room.

"When the songs were playing, we just sat in the dark and listened," Kopp said. "It was our way of zoning in."

The team brought home a win against S.M. North. The team rushed back into the locker room after the game.

My favorite memory was the celebration in the locker room after the win against North," Kopp said. "It was really rowdy and a lot of fun for us."

Despite this game being the team's only win, there was an unspoken bond between the seniors and other members of the team.

"I've been with this group of seniors all of high school," Kopp said. "I love all my senior teammates and wouldn't want to spend my last season of football with any other group." Kopp said.

### TYLER HOLLAND

Middle linebacker Tyler Holland grew up with a love for football.

"Football has been my life since I was a kid," Holland said. "From the summer until the end of the season, it was on my mind 24/7."

His passion propelled him to give his all, despite the results, because he knew the end was near.

"I stayed motivated throughout the season because it was the last one I'd ever play," Holland said. "My team needed me and I needed each

one of them. I was there doing my best every chance I got because everyone else was doing the same. The thing I'm going to miss the most is running out onto the field with the band playing and everyone yelling before kickoff. It was like orchestrated chaos."

Holland and other seniors were motivated throughout the season by their coach, Bo Black.

"Coach Black is the best football coach that I have ever had. He loved each player on the team like we were one of his own," Holland said. "He has a lot to offer for our school's football program. I have nothing but the utmost respect for him. His family like all the other coaches this year."

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The Blue Valley defense came blitzing after Kopp. The offensive line gave him just enough time to complete the 90-yard touchdown pass to wide receiver Brian Morelan. On the offensive line, guard Cole Young shifted to the left, back a little and then right again working with his linemen to protect their quarterback.

"The only time the offensive line is mentioned is when we miss a block or something goes wrong," Young said. "A quarterback can't have over 100 pass completions without a good O-line protecting him."

These players did the dirty work, the precursor to a great play. Although it may not have stood out to the fans, the rest of the team not only understood their importance, but also that they were the closest bunch on the team.

"Our coach told us at the beginning of the year that he loved us, and that we needed to love each other, because that is the only love we are going to get. Nobody outside of the team appreciates what we do," Young said. "The reason we are so close is because we work out together, we rely on each other and that is all we have. I am going to miss my linemen. They were there through all the pain and struggle. The people I consider 'My Boys'."

STORY BY BRADEN POMERANTZ



4. Wide receiver Robert Strain receives a handoff from the outside on Sept. 18 against East. Strain had just entered the game during the fourth quarter after sitting out due to muscle cramps. "I felt a lot of pressure and made one cut inside one defender fall, then it was a clear path to the end zone," Strain said. Photo by Bryce Rex | 5. Standing on the side lines, sophomores Tristan Hood and Zach Dugan raised their helmets in the air before kickoff during a game against Lawrence. The Cougars lost 6-41. "It was really awesome to be able to get under the lights and even get in a few plays," Hood said. Photo by Alexa Styers

1

1. Wide receiver Gerrit Prince jumps into the air with inside line backer Tyler Holland after scoring a touchdown late into the first quarter against Olathe East at College Boulevard Athletic Complex on Oct. 1. The Cougars lost the game, 14-25. "I always want to play to the best of my ability in order to help my team win," Prince said. "I guess it just wasn't enough that night." Photo by Chandler Bado | 2. Getting in the face of cornerback Jake Hiner, defensive end Cal Harbour yells on the sideline during the first home game of the season. The Cougars lost to Olathe North, 42-42. "We played tough," Harbour said. "It was a great day. I mean, we came short." Photo by Chandler Bado | 3. Junior Xavie Perry runs the ball against the Olathe Northwest defense on Oct. 9 at North District Stadium. The Cougars lost their Homecoming game, 29-50. "It was cool to become close to all my friends on the football and have a new coach," Perry said. "It was a lot better this season. He knew a lot more." Photo by Bryce Rex



### Side Note

New home uniforms were purchased this year for the varsity football team. Older uniforms were worn for away games.



### OUTFIT

New Nike Elite Jerseys with a flywire collar were purchased for each player.

### OUTFIT

They were worn only for home games.



### OUTFIT

The new pants were worn for both home and away games. They had vents on the sides for breathability.

# SPORTS TERMINOLOGY

## all decked out

reporting • Abigail Krol



If you're taking the court, you accessorize where you can

1 • **Glam Slam:** While talking to Coach Tim Ball, junior Sophie Wozniak shows off her new hat and band during the pre-season tournament in Canada. "Tennis is super chill so you could do and wear whatever you want and no one would care," Wozniak said. **2 • Court Dressed:** Dressed in her uniform and her signature visor, sophomore Madeline Wozniak plays with her partner, senior Anne Wozniak, during their match against the Horseheads Raiders. "I like wearing my Vineyard Vines visor because it adds an accessory and some color to my tennis outfit," Wozniak said. **3 • Tennis Confident:** Getting ready to start her match, sophomore Megan Peasantsky wears a new hat in memory of her late mother, Connie Peasantsky, Oct. 16. "After having a bad week I wanted to make a fresh start, so I decided to go out and buy a new hat to start the year off right," Peasantsky said. "I wore it to the match the next day and we won, and my season just went uphill from there! I guess it brought a bit of good luck!" *photo • Kayla Kline*

## the good, the bad AND EVERYTHING IN BETWEEN

On and off the court, these teammates know that it's the little things that count reporting • Kelsey Taylor



### THE BAD

**Sections Loss:** "Losing sections sucked a lot, but I don't think I ever have had it any other year now. Being able to speak to my friend from Horseheads was an awesome opportunity I didn't think I'd have." **Connie Hou • 10**

### Cold Matches:

"In the moment, I was sucked because of the freezing cold. We've had it many other years now. Being able to speak to my friend from Horseheads was an awesome opportunity I didn't think I'd have." **Jenna Stark • 10**

### Team Pep Talks:

"Before all the matches we liked to have a different pep talk and we would always just talk about how we knew that we could beat the other team." **Holly Boerssen • 10**

### Summer Camp:

"I say my experience was probably a mix out of 10. It was just so much fun. I loved working with the kids and teaching them. You could just tell they were having so much fun!" **Megan Peasantsky • 10**

It's more fun to play tennis with friends **but WIN** with.

I like playing with the same partner all season." **Lindsey Webb • 12**

"It was definitely a very stressful match because the entire team was watching me and I was playing a fairly tough opponent but once the match was over I felt really relieved because I knew I had to win the match to get the win for the team." **Erin Vargo • 11**

*Brooke Smith • 10*

From an ideal partner to a game where everything "just clicked," the squad gives their take on

## THE PERFECT MATCH

reporting • Ashlyn Amsden



1 • **Order on the Court:** In the middle of their match, senior Anne Wozniak gives her partner, senior Bridget Collins, a pep talk. **2 • Come on:** Supporting their team, sophomores Olivia Coloma, Holly Boerssen and Nicole Dunlap pay attention to a sectionals match to cheer on their team. "We're a very close team and we all feel it's important to support one another," Coloma said. "When one of us wins, we all win." **3 • Baby Get Back:** On Thursday, Oct. 15 at Ithaca High School, junior Aimee Spisak serves the ball to her opponents from Binghamton during her first sectional game with her partner, senior sophomore Madeline Wozniak. Spisak and Wozniak beat Emma in their first stage of sectionals 2-0 with straight sets. "Going to sectionals with my best friend was so much fun. It was a lot of fun," Spisak said. "I think we exceeded the expectations we had for us and I think we as a team will go further." **4 • Baby Got Back:** With a look of determination, junior Marie-Luise Goller competes on Thursday, Oct. 15, at Ithaca High School against Binghamton. "Only being my second year on the team, it was awesome to play singles while my team was supporting me on the court," Goller said. Goller ended her time at sectionals with two wins and one loss. *photo • Kayla Kline*

## it's more THAN LOVE

reporting • Ashlyn Amsden  
For the girls tennis team, going on the road to sectionals meant taking team support to a new level



**What was your experience like at sectionals?** "The buildup and anticipation before sectionals really made it an exciting event. I placed fourth overall for singles, playing three total matches. During my match, I was sick and having trouble breathing and thinking. For the previous two years, I had made it to states. Making it to states was my goal again this year, which I unfortunately did not reach." **Connie Hou • 10** **What is like having your whole team coming and supporting you?** "It's great because it helps to push you and when you're feeling down or you just lost a point because of a stupid mistake or something they make you feel better and it's just really nice to see everyone support you. Some people feel a lot of pressure but I think it's fun and cool." **Marie-Luise Goller • 11** **Did you make it as far as you wanted to?** "My doubles partner, [senior Anne] Wozniak, and I definitely did not go as far as we were hoping at the Section IV Tennis Sectionals in Ithaca. We had a bye the first round and were the third seed, giving us confidence going into our game—but just a little too much. We played Ithaca's third and fourth singles, came out strong in the first set and then things took off on a downward spiral after. Because Ithaca's courts are located next to a busy highway, there was extra wind and noises. She and I both weren't used to the change in court setting, causing us both to make unnecessary mistakes and not play our usual way. We ended up losing 1-2, ending our tennis career. It was awesome to be able to play with her, yet devastating because they were a very beatable team." **Bridget Collins • 12** **What would you have done differently?** "One thing I would change about sectionals is I would have liked to have been more prepared personally and with my partner. Our first match at sectionals was the first time we've played with each other ever. For being our first time with each other, I think we played well but if we had more practice with each other I think we could have performed a lot better and have gone a lot further." **Aimee Spisak • 11** **Why do you go and support your teammates?** "I like to cheer for my teammates and support them whether they win or lose because I know they would do the same for me." **Gina Landry • 10** **What's your favorite part of going to Ithaca?** "My favorite part is being able to hang out with my team and cheer everyone on. It's a really fun day because we go out to eat and get to miss school for something fun with the whole team." **Nicole Dunlap • 10**

EVERYTHING girls tennis  
fashion on the court | sectionals  
season highlights | perfect partners  
IR AC SP SL CO PR 18-19

# RHYME

## POLLUTION SOLUTION

Members of the People of the Planet club did their best to spread awareness about pollution of the Earth and they didn't just do it in one area. They spread it all around campus

STORY AND PHOTOS BY JANE MILLER

Every Tuesday, People of the Planet club met to discuss ways that they could better improve the environment or prevent pollution from occurring. They always started off with a fun game that involved current needs around the globe or some pressing issue in the environment such as the game of Sardines, polar ice cap, or drawing the process of pollution using sidewalk chalk by the Antelope Garden.

"The games made problems seem more realistic, and that as environmentalists we were not necessarily exaggerating," said senior Katelynn Krycia.

They also picked up the recycling including paper products, cans, and bottles reusing the same plastic trash bags to decrease the amount of waste they contributed to landfills. In short, they were always working to do their part.

"This is all of our Earth, so why don't we all do our part to take care of it to preserve future generations?" said Krycia. "As People of the Planet our main goal was to help students feel the same way we do."

They often took the time to advertise the surrounding environmental problems within campus by placing recycling bins in each classroom and all around school encouraging teachers and students to recycle paper, cans, and bottles just as they had chosen to do.

"Everyone could do their own part by recycling, not wasting water, and being cautious of everything they do such as watching what they poured down the drain and not using harmful chemicals or fertilizers," Krycia said.

In the end, though, it all went back to Krycia and her career. She joined People of the Planet becoming the treasurer as a way to feed her passion of becoming an oceanographer or marine biologist. There was no place that she would rather be than protecting the environment and keeping animals in their habitats safe.

"When I went to the beach, I saw how common trash affected animals and it hurt them," Krycia said. "My true passion started when the BP Oil spill occurred and it was killing animals."

Katelynn Krycia was going to save the animals and was gathering a band of followers to help her do it.

### Going Somewhere?

Biomed was going somewhere.. literally! They did the Light the Night WALK

Biomed club was up to a lot of business. Senior Adrianna Huynh volunteered at the walk with other Biomed members on November 7 to help benefit the Leukemia and Lymphoma Society. "We helped serve the refreshments, but the night walk was cool," Huynh said. "There were different colored lanterns representing who you were whether a survivor, survivor, or lost a loved one, but it was nice to see people come together."



1. DR. ENVIRONMENT | GARDEN | Freshman Logan Fowler | SEPT. 29 | Fowler expresses what a clean Earth would look like using only sidewalk chalk. "I liked how the activity was creative, and we were using imagination. Then we used everyone's creative side to make one piece of art." II 2. SIDEWALK CHALK ART | S101 | Senior Diane Khok | SEPT. 29 | Khok and a friend drew the Earth and the ocean to emphasize their love for the planet. "I think the planet means more connected to the our environment by cleaning it up because members care; I am in good company." II 3. REDUCE, REUSE, RECYCLE | S-BUILDING | Senior Katelynn Krycia | NOV. 3 | Krycia sorts through cans and bottles for People of the Planet to recycle. "Being green and recycling will lead to a better and clean place." II 4. HERE COMES THE SUN | GARDEN | Freshman Mateo Gallegos | SEPT. 29 | Gallegos draws the sun for all those who pass by to enjoy. "It felt good to help the school, and it gave me a positive feeling." II



Unicef Club fund raises for kids around the globe who need help, but the trick is guessing which country will receive these

A simple class competition to raise the most money for children in need in third world countries put on by UNICEF Club went a long way. In the end though, the money, went to support the Eliminate Project, which strived to protect the lives of babies and mothers

all over the globe and aimed to help put an end to cruel, centuries-old diseases. Other necessary services such as water, vaccines, and nutrition were provided as well. Where did the money go? It went to the Eliminate Project in all countries.



## GSA'S TITAN TAKEOVER

Students take LGBT issues into a club setting and talk about where society is going



Sophomore Michael McClellan  
"I definitely feel better. I feel like GSA is a safe place. I believe that the club will expand and eventually become one of the larger clubs on campus."



Senior Charlie Wheeler  
"The club is going in a different direction. I had imagined I really wanted to get out on campus, educate some people, and bring awareness, but instead it's turned more into a safe haven."



Junior Sam Bergeron  
"It's such a big crowd of people that all have similar experiences and there's a lot of mutual understanding that helps with dealing with personal problems."



Junior Mateo Gallegos  
"There is a family feeling here and the people are accepting and it is just really nice."



Sophomore Selma Lightfoot  
"GSA does a lot more of helping the community and not just the club itself which is good."

# ALLUSION

MAY THE COURSES BE WITH YOU

injuries affected season outcome

**KEEP THAT PACE.** While running at Lake Nona's Lion's Prowl, senior Clayton Partlow keeps up his pace. "In the race I usually focus on running and I tell myself to catch up to people," Partlow said. **KEEP IT UP.** On Sept. 12, at The Lake Nona Lion's Prowl meet, senior Aiden Teel tries to stay ahead of a runner from Lake Brantley High School. "My favorite part of running is the healthy lifestyle that it sets you up for," Teel said. Teel had a season best of 17:27.47.



One hundred meters in front of the finish line at the Mountain Dew Invitational, sophomore Michael Collins collapsed on the course. He attempted to regain his steps, but lost control of his muscles and dropped to the ground once again. A University of Florida sports medicine trainer caught Collins as he fell again and carried the disoriented Collins to the finish line.

"[After the injury], I took a few weeks off, but after that I did not maintain my fitness well. I never got back to the shape I was in before," Collins said.

Since the team consisted of 14 people, the smallest team since 2010, injuries impacted the boys more so than in previous years.

"[When you have a small team] just one person getting sick or getting an injury would affect our team more," Collins said.

A small team roster also had its advantages. The team's understanding of each other's strengths and weaknesses allowed the boys to race better than in previous seasons.

"You get to know the people around you and you get connected with them and have a better bond. All of us knew each other [and] we hang out [with] each other," senior Jose Fuentes said.

On Oct. 14, the team arrived late to the metro conference championship. The group worked together and despite the brief 20-minute warm up, the boys had their best race of the season. The team finished third overall with an average time of 18:12.03.

"[The team had] a great display of resilience. They just went out and ran without thinking about it," coach John Hines said.

The team didn't make it to the state championship, but they placed third at the metro conference meet and earned a fifth place in the FHSAA District meet.

"I believe that we all did our best even though we had to go through a lot of obstacles during the season," Fuentes said. "We had a small team and people were getting injured, and others had to step up to varsity."

CONTENT BY SLOAN WARANCH, DESIGN BY MATT CASLER



**RACE FACE.** As freshman Jake Colvin reaches the finish line, he increases his speed.

"Towards the end [of the race] I started running out of gas, but I push through," Colvin said. Colvin had a personal record of 19:22.77.

**END STRONG.** Junior Jose Vasquez-Dickson picks up the pace as he approaches the finish line at The Lake Nona Lion's Prowl. "My favorite part of running is the last 200 meters of the race because it's almost the end and I like sprinting and passing people," Vasquez-Dickson said.



**SET THE RECORD.** At the Mountain Dew Invitational on Sept. 19, junior Spencer Blake maintains a steady pace after passing the first mile marker. "[The hardest part about running is] keeping a consistent pace when you're in pain," Blake said. Blake placed 66th, 17:39.16, out of 511 runners at the meet.

**THE HARDEST PART ABOUT RACING IS WHEN YOU ARE IN SO MUCH PAIN, BUT YOU HAVE TO GO FASTER, NO MATTER HOW MUCH YOUR LUNGS BURN.**

**EMANUEL CRUZ-PABON**  
**JUNIOR**

**TALK IT OUT.** After the Class 4A regional meet on Oct. 31, senior Anthony Turner discusses his performance with coach John Hines. "[When I reach the finish line], I feel exhausted but accomplished at the same time," Turner said. Turner ran 17:43.28 in the 5,000 meter run, placing 63rd out of 127.



# YOU TRY

## Eaton's Physics class race handmade cardboard boats

"...and we bonded a lot throughout the

actually goes in the water," Alshaer said.



1 RILEY WALLER

"In only three periods we worked along with her partners Namreen Alshaer and Mauro de Jesus, but a lot with cardboard and duct tape. "We made it pretty stable, but it was so heavy people almost fell in, but ours was good." Ending up soaked, Riley explained how it could have been done better. "I think we should have made sure it actually floats!"



2 RILEY WALLER



# YOU TRY

# WHAT EVER FLOATS YOUR BOAT

Eaton's Physics class race handmade cardboard boats

The month-long boat project is not only an opportunity to learn but a chance to try something new and for Narmeen Alshaer it was also a chance to connect with her classmates. "It was actually pretty fun. I feel like it brought me and some of my classmates closer together because it does take a lot of time and if you fall behind you have to stay after school and come in on your offs, and it really brought me and my teammates closer together and we bonded a lot throughout the

whole process," Alshaer said.

But after the strenuous process of completing the boat, the feeling of seeing it actually in the water without sinking made it all worth it. "Honestly, I was actually really looking forward to when we actually had the whole boat complete, to see it after all our hard work and effort and see if it actually works... there was still a possibility of it sinking and I was just looking forward to seeing how it actually goes in the water," Alshaer said.



## TODAY WE WIN

Sophomore basketball athletes apply the skills learned from the coach in their game



1. Following the preparation he had during the off season, Ryan Page wins the beginning of the game. "I was feeling fine and ready," Page said.  
2. After preparing to play basketball, Riley Waller plays his first game of the season. "A lot of us were a bit nervous but ready to put our best into it," Waller said. "It was a team effort after playing in open gyms for the past month," said Williams. "We were all ready for the time to come."

## YESTERDAY'S CANADIAN MONUMENTS



I've been there a lot of times because I have family there and there's a lot of scenic views and everything and there's a lot of forestry. The drive is like six dollars to Lake because it views the city and the view of the ocean and Stanley Park.



1. In only three class periods, along with her partners Narmeen Alshaer and Mauro de Jesus, built a boat with cardboard and duct tape. "We made it pretty stable and it didn't let people almost fall in, but ours was good," Alshaer said. "It ended up soaked." Alshaer explained how it could have been done better. "I think we should have made sure it actually floats!"  
2. Dressed up in their costumes and on a cruise, the Villa Lakes cruise, the team members were kind of having the thing of Noah's Ark, so we decided to dress up as Noah's Ark as close to Noah as we can because of that boat project. "I think that was a good idea behind our thing," Gammel said. "The animal hats really represented the animals that Noah had," Gammel said on Noah's arc.

# YOU TRY

88

**freshman Genevieve Deeken describes her scuba diving trip to the Cayman Islands**



## FUN IN THE SUN

students share their favorite summer traditions

Sydney Grose, 10

"My uncle's pig roast. The entire family gets together and my dad's band plays. It is really fun."

Rehmania Feroz, 11

"Catching up on all my favorite TV shows on Netflix."

Maddie McArthur, 10

"Chesterbrook Swim Team"

Max Brooks, 10

"Going to camps"

Julia Koehl, 10

"Fourth of July fireworks and spending time with my best friends during the swim team season."



summer traditions summer vacations 97

**1. HIDDEN TREASURE** Freshman Genevieve Deeken scuba dives in the Cayman Islands. "We went to a dive site where there was a statue. We were navigating, when it started under us. We decided to turn and were starting to give up. Then all of the sudden, we saw the top of her head. We went up to it and it was this huge mermaid," Deeken said. *photo courtesy of Genevieve Deeken*

**2. YOUNG LIFE** At a Young Life summer camp, juniors Neeki Souri, Dana Schauburg and Sophie Palombara dressed up for a theme day. "At the camp, each cabin dressed up, and we dressed as hippies. I love Young Life, and it's where I've met some of the best people I know," Palombara said. *photo courtesy of Dana Schauburg*

**3. HAIR**

**HAIR** Enjoying the end of summer, senior Danielle Walker, sophomore Shaina Sina and junior Kaitlyn Johnson take around while sitting outside. "Kait, Sina and I live in Berkley Springs. We usually stay at Capon State Park. We went into town that day and went shopping and had ice cream," Walker said. *photo courtesy of Danielle Walker*

**4. HERE COMES THE BRIDESMAID**

Walking down the aisle, senior Rachel Ho is a bridesmaid for her brother's wedding. "My family is one of those huge Chinese families and my sister-in-law had a big family too, so together it was like a giant Asian party. Everyone had a great time. I even got to see my 90 year old grandma go crazy on the dance floor, which is a once in a lifetime opportunity," Ho said. *photo courtesy of Rachel Ho*

**5. HANGING AROUND**

Senior Matt Palombara swings from a zipline. "It was at Young Life camp on Saranac Lake up in New York. Zip lining was so much fun. I had never done it before so it was definitely a new experience, but I would do it again," Palombara said. *photo courtesy of Matt Palombara*

**6. OH-LILIN' BY THE BAY**

On her yearly trip to her home country of Croatia, freshman Irajan Huric visits an old castle in Dubrovnik. "We went to a five star hotel for cliff jumping. I toured the old castles, saw the Iron Throne from Game of Thrones, and on my way out of the city I caught the sunset," Huric said. *photo courtesy of Irajan Huric*

## it starts with a **SUMMER MUST HAVE**

What is something you need to have for the summer?

bathing suit

Olivia Powell, 11

my favorite book

Shelby Armstrong, 12

Go-Pro camera

Enda Dervish, 9

Bayan sunglasses

Libby Ulrich, 11

laptop

Yitong Sun, 10

my phone

Lorelei Legg, 10

# YOU TRY

96 it starts with an unforgettable TRADITION

## UNDER THE SEA

freshman  
Genevieve  
Deeken  
describes her  
scuba diving trip  
to the Cayman  
Islands

### WHO?

My sister, my brother my parents and I.

### WHAT?

We went scuba diving and found this 10 foot tall mermaid statue.

### WHERE?

We went to the Cayman Island; specifically the island Grand Cayman.

### WHEN?

July, 2015

### WHY?

My entire family is certified in scuba diving, and the Cayman Islands have great diving. My favorite part about it was going to the Tarpon Caves. Tarpon are super big, scary fish that swim right at your face. I also loved seeing all of the lionfish and the mermaid statue. My other favorite part was going to the beach called Starfish Point where there were dozens of starfish.



6



5



**1. HIDDEN TREASURE** Freshman Genevieve Deeken scuba dives in the Cayman Islands. "We went to a dive site where there was a statue. We were navigating, when it was hard under water. We decided to just start swimming up. Then all of the sudden, we saw the top of her head. We went up to it and it was this huge mermaid," Deeken said. photo courtesy of Genevieve Deeken

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**5. HANGING AROUND** Senior Matt Palombe swings from a zipline. "It was at Young Life camp on Saranac Lake up in New York. Zip lining was so much fun. I had never done it before so it was definitely a new experience, but I want to do it again," Palombe said. photo courtesy of Matt Palombe

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3



2

## it starts with a SUMMER MUST HAVE

What is something you need to have for the summer?

### bathing suit

Olivia Powell, 11

### Go-Pro camera

Enda Dervish, 9

### laptop

Yitong Sun, 10

### my phone

Lorelei Legg, 10

### my favorite book

Shelby Armstrong, 12

### Bayan sunglasses

Libby Ulrich, 11

summer traditions summer vacations 97

explain your  
**words**

# THE LOST ART OF THE SUBHEAD

- Used to connect the headline to copy and dominant
  - Explains thematic connections
  - Gives directions for alternative coverage
  - Present Tense
  - Written in your own language

# THE LOST ART OF THE SUBHEAD

MA

- Ad
- co
- pe
- If
- pe
- bo
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- Yo
- th
- ac

BY CHRIS OLIVIERA

Are grades really a necessary part of the high school experience? Photo

by A. Zhao

## PUTTING GRADES TO THE TEST

**"I'M TRYING TO GET AS FAR AWAY FROM GRADES AS POSSIBLE.**

Grades encourage cheating, they damage the relationship between a student and the teacher and even between other students. It's polarizing. I think some students buy into it, I think some students don't."

**MR. MICHAEL MILLER**

# THE LOST ART OF THE SUBHEAD

## START WITH A QUESTION

- "Ever feel like..."
- "Do you ever wonder..."

Photo by A. Zhao  
BY GOPIKA RAJANIKANTH What are some ways to celebrate the Hindu holiday, Diwali?

## CELEBRATION OF LIGHTS

**GAMES** "The bingo game, basically they asked questions about Hindu culture and Diwali and you had to know your facts."

**GOPIKA MINI, 9**

**EMBRACING INDIAN CULTURE** "Most people already know about Indian culture but Diwali shows the actual culture of Indian students rather than stereotypes."

**MARIAM KHAN, 10**

**BRING FOOD** "Almost everybody loves food, so we bring in samosas. We also love mutta, so we brought kaju katli."

**SUHITA ROY, 12**

**4 REFLECTING ON DIFFERENT CULTURES** "We're a country of immigrants and we're a melting pot of culture. It's important for us to look back once in a while and remember who we are, where we came from." **DHRUV GUPTA, 12**



**1. ENDING THEIR DANCE WITH A POSE**, senior Andy Charbonneau and juniors Tim Cho and Avinash Tummala dance bhangra. "I think it's great that cultural clubs like Namaste make a big deal out of these holidays, because

it's important to celebrate where you come from," Tummala said. **2. DEMONSTRATING A DANCE**, junior Ria Sonawane smiles as she perfects a move. Born in America, Sonawane celebrates Diwali as a way to connect with her roots. "I love dancing because it always puts a smile to my face when I learn a new move," Sonawane said.

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Diwali an  
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GOPIKA  
EMBRACE  
already inc  
shows th

074 WHAT IF

# THE LOST ART OF THE SUBHEAD

## START WITH A QUESTION

- "Ever feel like..."
- "Do you ever wonder..."



**FIRST PLACE DESIGN** by

Lucia Gomez, 11



**SECOND PLACE DESIGN** by Sherry Xie, 10



**THIRD PLACE DESIGN** by Ish

Sethi, 9

**1. TAKE ON THE TASK.** "Other class councils haven't had time to do it. We weren't doing anything at the moment, so we decided we'd go ahead and try." **BINDU SRINIVASA, 9**

**2. START A DESIGN CONTEST. INEVITABLY, SOME ENTRANTS RAN INTO PROBLEMS.** "Trying to get the perfect size was a bit

of an issue. Originally, my plan was to not have [a red circle], but then I decided that the black text wouldn't show up with the normal picture, which is why I had to restart." **ISH SETHI, 9**

### **3. HAVE THE SCHOOL VOTE.**

"I saw a post on Facebook, and went on ion and saw the poll. Then I chose which designs I thought were pretty and representative of TJ." **CLAIRE FAN, 9**



**COLLABORATING ON IDEAS,** freshmen Laura Gersony, Jennifer Hernandez, Bindu Srinivasa, and Johnathan Huynh work in the library. In addition to the geofilter, they've also worked on other events, including Lock Out. "There was a lot of managing and making sure that we accounted for everything p, but it went smoothly," Srinivasa said. Photo by A. Zhao

## BACK TO SNAP ONE

After a few rough starts, freshman class council shares the steps they took for finally creating some TJ Snapchat geofilters. **BY THEA WANG**

# WHAT SHOULD YOU AVOID?

- Vague words
  - “Students”
  - Repetitive verbs
  - Your school name
  - Your school year

# MOGUL TALK

From spiritual leaders to Olympic Athletes, students discuss their idols.

**find your  
pretty**

draw the reader  
in with design

# IT'S NOT ALL ABOUT THE WORDS

It's how you package them, too.

**1. DEEP IN CONCENTRATION**, senior Ajay Lyre makes a photo sensitive touch screen. Lyre decided to join the microelectronics lab because he enjoys computers and tinkering with electronics. "I was looking around at all the different clubs and I saw microelectronics as photodiodes, meaning that my led screen could theoretically be turned into a touch screen," Lyre said. *Photo by A. Lewis*

**2. AGING PIECES OF WOOD TOGETHER**, senior Abhishek Ramarathnam builds a phone stand. Ramarathnam chose to build a phone stand exactly dimensioned to his phone as a preliminary project. "The idea was to learn the basics of engineering, designing and constructing something before we went into our year long construction," Ramarathnam said. *Photo by A. Lewis*

**3. TO CREATE A TOY FOR A CHILD** as a preliminary project in Prototyping, senior Sophia Martineau paints the pieces for a ring tote. Martineau has always been fascinated by how things work and wishes to study engineering in college. "From the very first lab to foster my interests and passions, the experience has been much more than most high school students about engineering in the form of CAD and prototyping and construction," Martineau said. *Photo by A. Lewis*

**4. IN ORDER TO INCREASE FLIGHT EFFICIENCY**, senior Arthur Tissent builds a ducted fan to snap into a drone. Tissent has been working with drones for more than two years and even has his own drone videography channel. "I think that the most important drones are partly created for the commercial aspect so I tried to come up with a solution that wouldn't hurt flight efficiency," Tissent said. *Photo by A. Lewis*



128 WHAT IF YOU CREATE! BUILD.

BY JENNY OM

From microelectronics to prototyping, seniors give simple step-by-step guides to building projects in various tech labs.

## TECH IT TO THE LIMIT





MICROELECTRONICS

1. Research a lot about how microprocessors work in order to begin a schematic.
2. Learn how to program it correctly, as the whole thing is in hexadecimal instructions.
3. Start wiring.
4. Work on the receiver.

DANIEL RUBIN, 12

PROTOTYPING

1. Make outlines of all shapes on CAD.
2. Use the laser cutter to cut the shapes out of balsa wood.
3. Sand all the individual pieces down and attach part of a dowel rod to each one.
4. Glue another sheet of wood to the back of the cutout.
5. Paint all the pieces and holes with matching colors.

MAAIKE BLINDEBACH, 12

MOBILE AND WEB

1. Take a picture of sheet music.
2. Then pull out any words (such as ritardando or accelerando), tempo markings, and time signature changes.
3. Each word is assigned a segment, which creates a program.
4. All the segments are stitched together and a final metronome program is created for the user to play back and practice with.

KATELYN ETEMAD, 12

## IMPRESSION CONFESSIONS

These close friends describe how their impressions of each other have changed as they built their friendships. *Photo by J. Kim*

BY JENNY OM

PHOTOGRAPH BY J. KIM

**FIRST IMPRESSION**

"He [sophomore Sachin Jain] struck me as a LITTLE SHY but a really nice and fun guy to hang out with."

ALEX LEWIS, 10

"It seemed like she [junior Christina Oh] WAS JUDGING EVERYONE and I felt very intimidated. I was like 'ooo... I'm not gonna get along with her...'"

CELINE JEONG, 11

NOW

"I think he is a great friend who I CAN TRUST WITH ANYTHING and is just a great person in general!" ALEX LEWIS, 10

"We have the SAME GOALS so whenever I have a problem or my parents are being super strict, I talk to her because she understands the most!" CELINE JEONG, 11

## ROCKING THE FLOAT

Ever wonder how much it costs to make a homecoming float? Check out the cost breakdown of the Class of 2019's float. *Photo by J. Kim*



ATTACHING PAPER FLOWERS TO A STRUCTURE, freshman Timothy Ding, Isabella Hsieh, and Kaitlin Phan build their float. The freshmen's float featured a Tardis from Dr Who. "It was nice to see the float when it was finished and being a part of the team was great," Ding said.

**\$199** TOTAL  
\$5 SCREWS  
\$15 SPRAY PAINT  
\$20 CHICKEN WIRE  
\$40 PLASTIC TUBES  
\$50 PLYWOOD  
\$69 PVC pipes

## WHAT IF YOU CREATE?

To build something is to literally make your IMAGINATION A REALITY JASHAN MATHAROO, 11



My project partner and I are designing an APPARATUS that allows someone to photograph better in inclement weather conditions.

AUGENE PARK, 12

FLOAT, FRIENDSHIP, TECH LABS 129

# HOW DO WE DESIGN HEADLINES?

## BASIC ELEMENTS

1. Headline
2. Subhead
3. Byline (optional)

The image shows two magazine spreads from TIME magazine, demonstrating how headlines are designed.

**Top Spread (Left):**

- Headline:** 5 MOMENTS IN TIME
- Subhead:** MANY STUDENTS IN AMERICA GATHER FOR THE CHURCH OF LATTER DAY SAINTS' TREK
- Image:** A collage of five small photos showing various scenes of the trek.
- Text:** On the second day of the annual trek, students sleep in tents every four years, everyone lined up for a day hike.
- Text:** 7:30 a.m. After the day hike, 11, kick time to swing dance.
- Text:** Jason Pasciak, 21, of Salt Lake City, and Landen Nutall and Katie Chesnutt, 12, dance.
- Text:** Participating in the annual trek, Katie Kindred, 9, swing dances with his partner.
- Text:** After a 14-mile hike, Katie Kindred, 9, relax in the river.

**Bottom Spread (Right):**

- Headline:** 3 THINGS TO DO NOW
- Image:** A large photo of a smiling woman holding a drink.
- Text:** 7/18: Braving the beach after a church retreat, Katie Foster, 10, holds her nearly frozen sand crab. She and her friends searched for crabs in the sand and she found the biggest one. Photo by Natalie Brana 7/24: Getting soaked, Sarah Foss, 16, is doused with water balloons during the Photo Olympics at the University of Michigan. Photo by Michael S. Lewis 7/25: Katie Kindred, 9, of Salt Lake City, learned different photography techniques. "I was nervous for the shot and to get wet as I'm not a fan of getting my sweaters wet, but I liked being a model and cooling off," Foss said. Photo by Natalie Brana 7/26: Anthony Hutzik-Care, 18, has a great time with his teammates at the Carnegie Mellon football team's pool party. Anthony Hutzik-Care, 18, of the Carnegie Mellon football team's pool party helped the football team bond. Photo by Michael S. Lewis 7/27: In perfect form, Morgan Neill, 10, practices her taekwondo moves at the 2012 U.S. National Taekwondo Championships. She has been in training for four years, starting at 700 grade. Photo by Jennifer Koenig
- Text:** SUMMER | STORIES | SHARE THEIR SUMMER ADVENTURES
- Text:** 1. Dance tales 2. Hiking is a great way to and time but 3. My room and I are the and it's all worth it.
- Text:** Aldenra Camp, 9 Kanda, 11 Alli Staten, 9

**Bottom Content:**

- Headline:** TIME TO COOL OFF
- Text:** 3 YEARS AGO STAFFERS GO ALL OUT FOR THE PERFECT SHOT
- Image:** A large red number 3 above a green horizontal bar.
- Image:** A large red number 2 below the green bar.
- Text:** COURTESY OF MELISSA PARKER
- Text:** 7/27
- Text:** MONTH OF JULY PART 2
- Text:** 11

# HOW DO WE DESIGN HEADLINES?

## BASIC ELEMENTS

1. Headline
2. Subhead
3. Byline (optional)

**NUMBER ONE TIP:**

**CREATE SEPARATE  
TEXT BOXES.**

# HOW DO WE DESIGN HEADLINES?

## ADVANCED TECHNIQUES

Mix up your fonts.

Play with weights.

Reverse type.

Use color.

Use photos.

Use graphics.

OB8 SPORTS SCORE BOARDS & TEAM PHOTOS PAGE 294

BOYS POLO 069

*I've been playing polo since I was in 5th grade. High school polo has a very different dynamic than middle school because the skill level is higher and everyone is stronger.*  
- Ian Esting

**make a go of it**  
**SINK OR SWIM**

POLO BOYS CONTINUED SCORING AS THEY TREAD THE WAVES OF TEAMWORK AND PRACTICE TO BE VICTORIOUS STORY BY ISABELLA AVELAR

**W**ith a third place win, the boys varsity water polo team

**1. AVOID THE COMPETITION** Determined to get the ball, junior Lucas Lobo drives forward. "I prefer home games because we play in our own pool. It's different in other pools and it doesn't feel like home," Lobo said. "I like to play in our own pool because it's more comfortable for me." **2. SWIMMING WITH THE WAVES** As he escapes from the other team, junior Ethan Wang swims with the waves. "I like to swim with the waves because it's more fun," Wang said. "Our coach motivates me to not give up, and as my other teammates help me, I feel more confident in myself."

**OB8 WANG, 11**

"Towards the beginning of the season we were all mentally

OB8 WANG, 11

OB8 WANG, 11

OB8 WANG, 11

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**she'll be comin' DOWN the MOUNTAIN**

students went around the world over break including sophomore Lise Ryan who went to Peru

**she'll be comin' DOWN the MOUNTAIN**

students went around the world over break including sophomore Lise Ryan who went to Peru

**7. IN NEW Hampshire** visiting her grandmother, Molly Devari takes a day trip to Boston. "I love visiting my grandmother because you can get dressed up for the holidays," said Devari. Devari only sees her grandmother once for Christmas. photo submitted by molly

**8. WITH THEIR PARENTS** sophomore Kirk and Devin Condie support the Baltimore Ravens at a game. "It was interesting to see the huge Patriots fan and don't like the Ravens, but surprisingly I still had fun," said Condie. photo submitted by kirk

**oh christmas tree oh CHRISTMAS TREE**

a poll of 100 students showed how many bought a real vs fake tree

**48** people bought a real tree

**52** people bought a fake tree

**11** years in a row senior Anna McGehee walks around the city in the rain. "We're looking forward to seeing a cute outfit and taking photos in Boston, but it's been raining. At least I got to wear my Hunter boots," said Devari

**2 SPENDING WINTER** break in warm weather  
→ Philip Echaneathy goes on a family vacation to Disney World and his mom, Leah, goes to all the parks, but my favorite was Epcot because it had all the rides and attractions. Sophomore Echaneathy and his family visited Magic Kingdom, Epcot, Hollywood Studios, and Animal Kingdom, photo submitted by philip echaneathy

**3. IN THE Bahamas**, sophomore Lise Ryan goes to the beach. "My favorite part about the trip was going places that I've never been before, like swimming with the parrot fish, and Wreckers. We also stayed on the beach for five days with her family. photo submitted by lise ryan

**4. ON A HILL** in Central Park, junior Abigail Lawrence

# HOW DO WE DESIGN HEADLINES?

## ADVANCED TECHNIQUES

Mix up your fonts.

Play with weights.

**Reverse type.**

Use color.

Use photos.

Use graphics.

Senior Khemii Leone balances his heavy work load with his passion for football. WORDS BY GRACIE BUMPERS PHOTO BY DAVID VONNIE

From the time that he was a child, Senior Khemii Leone knew that he would be committed to football with all his heart. He has worked hard, and Leone has worked unrelentingly for the skill and agility that he possesses today. Although many have impacted his football career, his dad has had the most influence. "My dad has always inspired me to work hard and to the best of my abilities. It also

LEAVE IT IN THE DUST

Players go through several injuries, conflicts during season

senior JOSH PURTER

"IN OUR GAME against Coeur d'Alene, I had a great performance. I had to sit out for the next two games. I had many ups and downs, but I never gave up. I played the game until I had to sit along the sidelines and watch my teammates play. I learned a lot from the opening experience and it gave me the confidence to return to play with everything in me when I returned."

senior DEVAN WELCH

"DURING THE SUMMER, I did a lot of training. I love my ACU camp because it's my final season of Avalsport. It was difficult to leave my family, but I had to get to the performance level that I had attained, but my teammates and coaches were there for me. I still try to do what I can to stay in shape. I am not the best, but I can do it. I can do it through the motions to whereabouts my ankles."

# ON AND OFF THE FOOTBALL FIELD

STORIES BY GRACIE BUMPERS

PHOTOS BY GRACIE BUMPERS & BEV RATZLAFF

The Varsity Football team makes history, becoming the first AHS team to make it all the way to playoffs third round undefeated

Division II playoff semi-finals COACH JUNIOR SENIOR SENIOR SENIOR

push past Whiteman defenders to get into the endzone.

68 SPORTS

VARSITY FOOTBALL 69

# HOW DO WE DESIGN HEADLINES?

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Play with weights.

Reverse type.

**Use color.**

Use photos.

Use graphics.



is just part of the routine

**N**o one but us knows what it's like to prep for the "Hamlet" mock trial or spend six hours staring at a screen working on student media deadlines to finish a spread or a broadcasting PSA. We go the extra mile to make sure that Homecoming floats are perfect and stay at school until 2 a.m. to run through the rally. We gather in 48 different clubs so everyone can find their place. It's the time we spend planning kindness lessons and the heart we put into every scene at rehearsal that makes us so much **MORE**.



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Use color.

Use photos.

**Use graphics.**



BY JENNY PRUITT AND RHEA SAHAI  
Much like a recipe, a concert needs a specific blend of musicians and instruments to create harmonious sounds

# TRUMPET TREBLE

listened to by their students to make workshops successful

**WHO:** "We tutor girls from Weyanoke Elementary School and pair them up with two T2 buddies." **SANJANA CHALLA, WHAT:** "We do various labs with them like DNA lab, chromatography lab, strawberry extract lab. One time, we did coding!" **HANNAH HAN, 10**

they finally get a problem they start loving the subject and enjoying it more." **MEGAN LIN, 10**

In Mr. Harris' trailer, there is always music playing for Journalism students to enjoy. Take a look at one of their playlists

about our pages. When a song I like comes on, it makes me feel so much better and more relaxed." **CECE BROWER, 11**

"I really like the music because it's always a different type of music, like sometimes it's old music or newer music or remixes. When we have substitutes and THE MUSIC IS NOT ON IT'S JUST WEIRD." **SABRIA KAZMI, 9**

**034 WHAT IF YOU PERFORM LISTEN.**

**035**

find your  
**inspiration**  
never design from a blank page

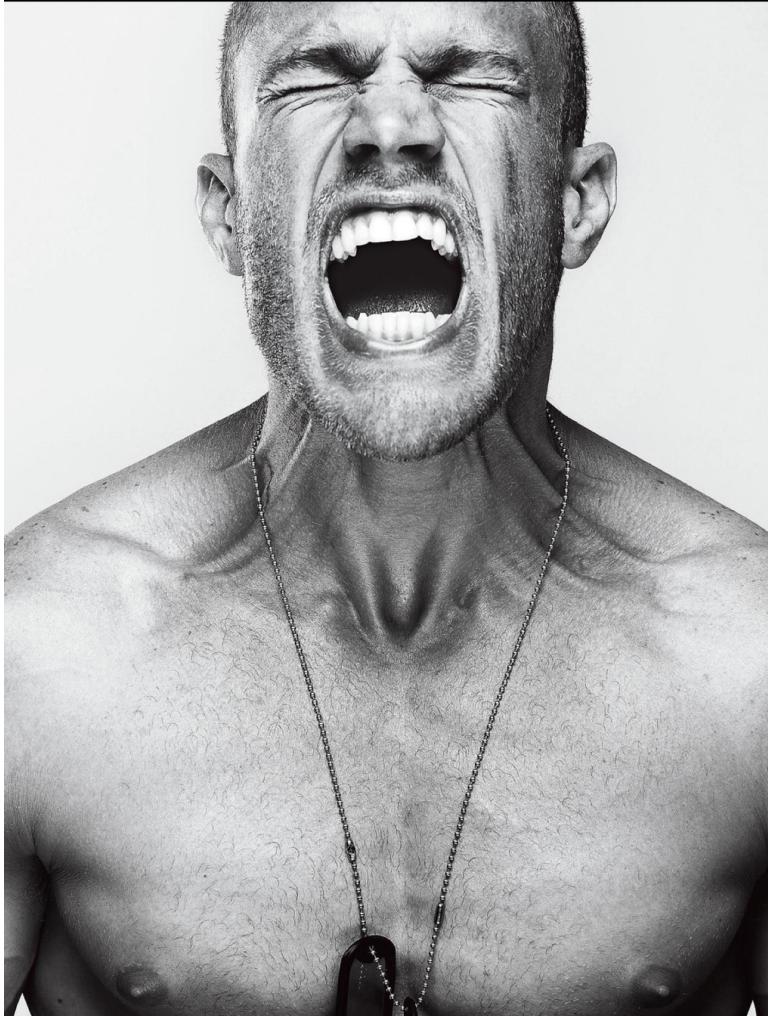




**STATS OF FACT**  
Golden State failed to clinch in Game 5 of the Finals despite Thompson's 37, a performance that matched the 45-point outburst in the GSW's season-saving victory in Game 6 of the Western Conference finals.

Photograph by  
Richie H. Richardson

BY LEE JENKINS



Text



Today's America is one pissed-off place. Thankfully, we've located the world's top rage-fighting therapist—a 240-pound former athlete who specializes in treating NFL stars and death row inmates—for the ultimate crash course on how to keep your cool. (So put down that voodoo doll of Hillary or Donald.)

BY JOSH DEAN  
PHOTOGRAPHS BY MARIUS BUGGE  
STILL LIFE BY JARREN VINK