

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!



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 unites in it's 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 tied 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 mid-fielders. 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 opportunities to score than they did, but we missed every time. We just needed to work on finishing."

ISAAC FLORES, 9

"Mo High was our biggest rival. They know how to play the sport better than other schools do. Throughout the season, our games had been fairly easy, but playing Modesto High was really tough. We frustrated each other when we tried to place blame instead of take responsibility. In order to beat teams like Mo High, we need to stay positive, share the ball and communicate with one another."

JULIAN ARROYO, 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 have beat them. The team always yells at the freshman to do better, so we needed to stop yelling and work together. We wanted to do better this year and finish strong."

IAN WHORTON, 9



HEAD IN THE GAME Jumping in the air, Isaac Flores achieves a header during the game.

PHOTO BY MARIY BUCK

1. BUST A MOVE Preparing to get the ball in the right position for an advantage, Isaac Urias begins to perform a pull-back. "The footwork is the key to the game. I determine what the best move is during a play by just practicing and passing. 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 MARIY BUCK

To maintain ball control I practice juggling and try to beat my record every time. You just need to do be 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 Gregori 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 MARIY BUCK

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. "My favorite moment was when 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 MARIY BUCK



4. RUNNING FROM THE ENEMY As he tries to keep a good distance ahead of one of his opponents, Freshman Salvador Mora-Cortes raced ahead with the ball. "When I have the ball in my position, I try to take people out. I also try to move off the ball 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 MARIY BUCK

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 begging the snow plows reach us soon
#uckettspobs



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

of like a snow day photos

10. SNOW BU

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

PHOTOGRAPHS BY SARINA HOSKINS, TRE MORRELL, ASHLYNN SOMI, TUCKER STUNTZ, CARDER DANIELLA ROBERGE, LAYNE HUNTER, KATHERINE STANKARD, AND NORMAN K. STYER/LOUDOUN NOW STORY BY EMILY BUSBEE, BRITANY DOWD, ABIGAIL FLETCHER, AND SAMANTHA ETHERIDGE

more teachers

SNOW

more books

שעשוע

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. He's family like all the other coaches this year."

COLE YOUNG

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 cannot 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 to 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 fell, 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 Dragan 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," Hooda said. Photo by Alexa Styers

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 Homer, defensive end Cale Harbour yells on the sideline during the first home game of the season. The Cougars lost to Blue Valley, 27-62. "We played tough," Harbour said. "At the end of the day though, we came up short." Photo by Chandler Bado | 3. Junior Xavier 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.



HELMET
Riddell Speedflex helmets in matte black were purchased for Northwest. Each football team in the district received similar helmets.

JERSEY
New Nike Elite Jerseys with a throw collar were purchased for each player. They were worn only for home games.

PANTS
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. **Glass Slams** While talking to Coach Tim Ball, junior Sophie Hertrampf sports sunglasses and buns 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," Hertrampf said. *photo • Kyla Rie* 2. **Classy on the Court** Dressed in her uniform and her signature visor, sophomore Madeline Wozniak plays with her partner, senior Bridget Collins, during their match against the Horseheads Raiders. "I like wearing my Vineyards Vines visor because it adds an accessory and some color to my tennis outfit," Wozniak said. *photo • Kyla Rie* 3. **New Confidence** Getting ready to start her match, sophomore Megan Pesansky sports a new hat in her game against the Notre Dame Crusaders on Friday, 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 for a match the next day hoping for better luck," Pesansky 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 • Kyla Rie*

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

Sectionals Loss: "Losing sectionals sucked a lot, but I don't think I would've had it any other way 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 it sucked because of the freezing cold, but we made some memories as a team that were unforgettable. Getting the hot chocolate helped the team bond." *Jenna Stark • 10*

Team Pep Talks: "Before all the matches we liked to have a double pep talk and we would pretty much just talk about how we knew that we could beat the other team." *Holly Boersen • 10*

Summer Camp: "I'd say my experience was probably a nine 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 Pesansky • 10*

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

THE PERFECT MATCH

reporting • Ashlyn Arnsden

"My favorite match was Senior Night. I got to play with one of my best friends and we won, the team decorated the courts and then we all got cake—it was just great!" *Victoria Price • 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*

"It's more fun to play tennis with friends good time **WIN** with. I like playing with the same partner all season." *Lindsey Webb • 12*

"I really like to work with someone that knows my strengths and weaknesses and is willing to help me and tell me when I'm doing something right or wrong, someone that encourages me to do your best!" *Brooke Smith • 10*



1. **Order on the Court** In the middle of their match, senior Anne Spisak gives her partner, senior Bridget Collins, a pep talk. 2. **Costly Connection** Supporting their team, sophomores Olivia Colonna, Holly Boersen and Nicole Dunlap pay attention to a sectional match to show their support. "We are a very close team and we all feel it's important to support one another," Colonna said. "When one of us wins, we all win." 3. **Kiss My Ace** On Thursday, Oct. 16 at Ithaca High School, junior Aimee Spisak serves the ball to her opponents from Binghamton during her first sectional game with her doubles partner, sophomore Madeline Wozniak. Spisak and Wozniak beat Elmira in their first stage of sectionals 2-0 with straight sets. "Going to sectionals with my partner for my first year was a lot of fun," Spisak said. "I think we exceeded the expectations we had set for us, and I think we as a team will go further next year." 4. **Swinging a Slam** With a look of determination, junior Marie-Laure Gollier competes on Thursday, Oct. 16 in her first sectional game 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," Gollier said. Gollier ended her time at sectionals with two wins and one loss. *photo • Kyla Rie*

it's more THAN LOVE

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



Baby Got Backhand With her mind on the game, senior Anne Wozniak competes in her last sectional game. "I loved having my whole team there to cheer me on," Wozniak said. "I wouldn't have changed a thing!" *photo • Kyla Rie*

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 that 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-Laure Gollier • 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*



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 supporter, survivor, or lost a loved one, but it was nice to see people come together."

WHERE in the WORLD?

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



Juniors Anshika Dora and Salmabella Zulfikar

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.



4.

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." || 2. **SIDEWALK CHALK ART** | S101 | Senior Dianne Khlok | SEPT. 29 | Khlok and a friend draw the Earth as a heart to emphasize their love for it. "People of the Planet makes me feel connected to the our environment by cleaning it up, and because members care; I am in good company." || 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." || 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." ||



2.



3.

GSA'S TITAN TAKEOVER

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



Sophomore Michael McCracken

"I definitely love feeling accepted and 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 than 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 Sara Bergeron

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



Junior Trey Talbert

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



Sophomore Selina Lightfoot

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

ALLUSION

MAY THE COURSE BE WITH YOU

injuries affected season outcome

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 FHSA 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 Lions 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.



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 Aidan 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.



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.

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.

[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



YOU TRY

Eaton's Physics class race handmade cardboard boats

and we bonded a
lot throughout the

actually goes in the
water," Aishaer said.



1 WILEY WALLER

In only three class periods, Kaylee Vining, along with her partners Nareen Aishaer and Leandro Mauro de Jesus, built a boat with cardboard and duct tape. "We made it pretty stable," Vining said. "Some people almost fell in, but ours was good." Ending Reinwald explained how it could have been done better. "I think that I would have rather done it individually than in a group because I feel like if I did all the work and stuff like this, it would have turned out better," Reinwald says. "I would have made sure it actually floats." Dressed up in their boat, Alex Gammie and Kaylee Vining cruised across the pool. "We were kind of doing the thing of Noah's Ark, so we decided to dress up with the togs and as close to Noah as we can because of that boat project. I think that was our idea behind our thing," Gammie said. "The animal hats basically represented the animals that they saved on Noah's ark."



YOU TRY

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 off, 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.

WHAT EVER FLOATS YOUR BOAT

TODAY WE WIN

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



1: Following the preparation he had during his off season, Jayson Page wins the beginning sophomore game. "I was still a little nervous, but after the game, I was feeling fine and ready to win even more," said Page.
2: After preparing to play all summer, Eric Williams plays his first game of the season. "A lot of us were just nervous but ready to get our first win of the season which we did and we were just really excited to play finally as a team after playing in open gyms for the past 6 months," said Williams. "We were all ready for the time to come."

YESTERDAY'S CANADIAN MONUMENTS

Brittany Lewis travels across the Northwest



Posing in front of the Lions Gate Bridge, Brittany Lewis tours around Canada with her family. "Vancouver is always packed with a lot of people and you rarely ever drive down there since there is so many people and buildings and activities to do. There's a lot of tourists down there too since there's so many things to see," Lewis said. "Since the world cup was there, there was a lot of things to do and see and a lot of people were there."



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



1. NILEY WALLER

1: In only three class periods, Niley Waller, along with her partners Narmeen Alshaer and Liandro Mauro de Jesus, built a boat with cardboard and duct tape. "We made it pretty stable," Waller said. "Some people almost fell in, but ours was good." Ending up soaked, Waller explained how it could have been done better. "I think that I would have rather done it individually than in a group because I feel like if I did all the work and stuff like this, it would have turned out better," Reinwald says. "I would have made sure it actually floats." Dressed up in their boat, Alex Gamme and Narmeen Alshaer cruised across the pool. "We were kind of doing the thing of Noah's Ark, so we decided to dress up with the totes and as close to Noah as we can because of that boat project. I think that was our idea behind our thing," Gamme said. "The animal hats basically represented the animals that they saved on Noah's ark."



YOU TRY

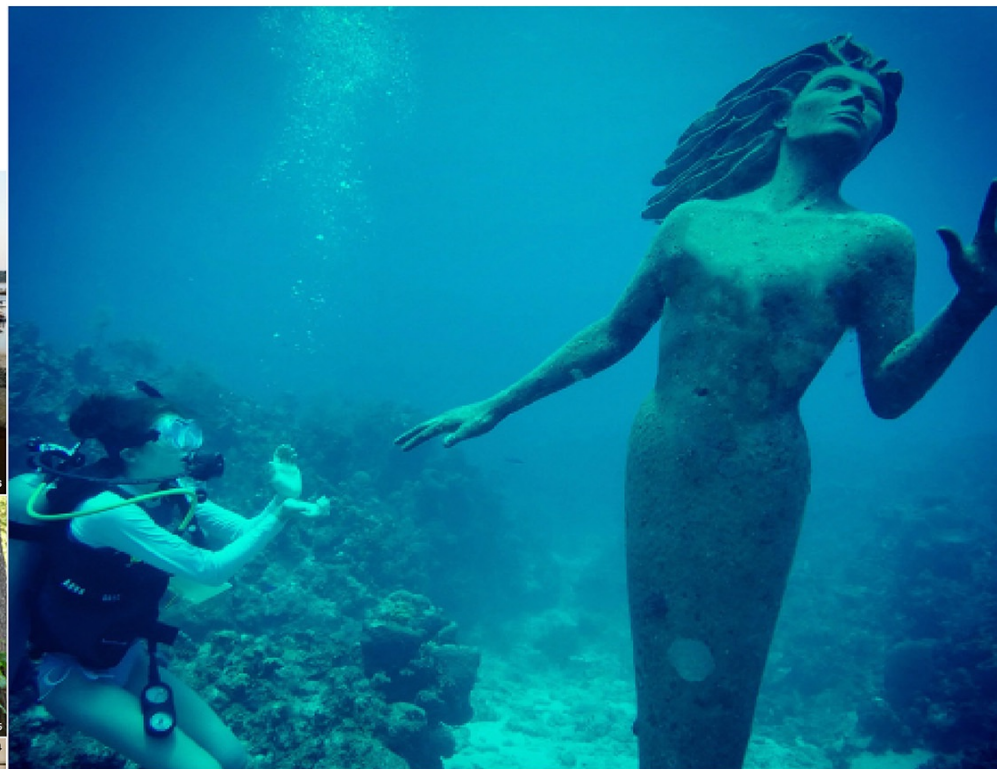
freshman
Genevieve
Deeken
describes her
scuba diving trip
to the Cayman
Islands



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."
Rehmana Feroz, 11	"Catching up on all my favorite TV shows on Netflix."
Maddie McAurthur, 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."



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, which is super hard underwater. We couldn't find it 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 Schaumburg and sophomore Lauren Palombi 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," Palombi said, *photo courtesy of Dana Schaumburg* **3. HAIR, HAIR** Enjoying the end of summer, senior Danielle Walker, sophomore Sina Naeemi and junior Kaia Johnson joke around while sitting outside. "Kaia, Sina and I were in Barkley Springs. We usually stay at Cacapon 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 with her brother, 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 grandpa 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 Palombi 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," Palombi said, *photo courtesy of Matt Palombi* **6. CHILLIN' BY THE BAY** On her yearly trip to her home country of Croatia, freshman Inaya Hunic 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," Hunic said, *photo courtesy*

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
Erica Dervishi, 9

Rayban sunglasses
Libby Ulrich, 11

laptop
Yiyoung 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

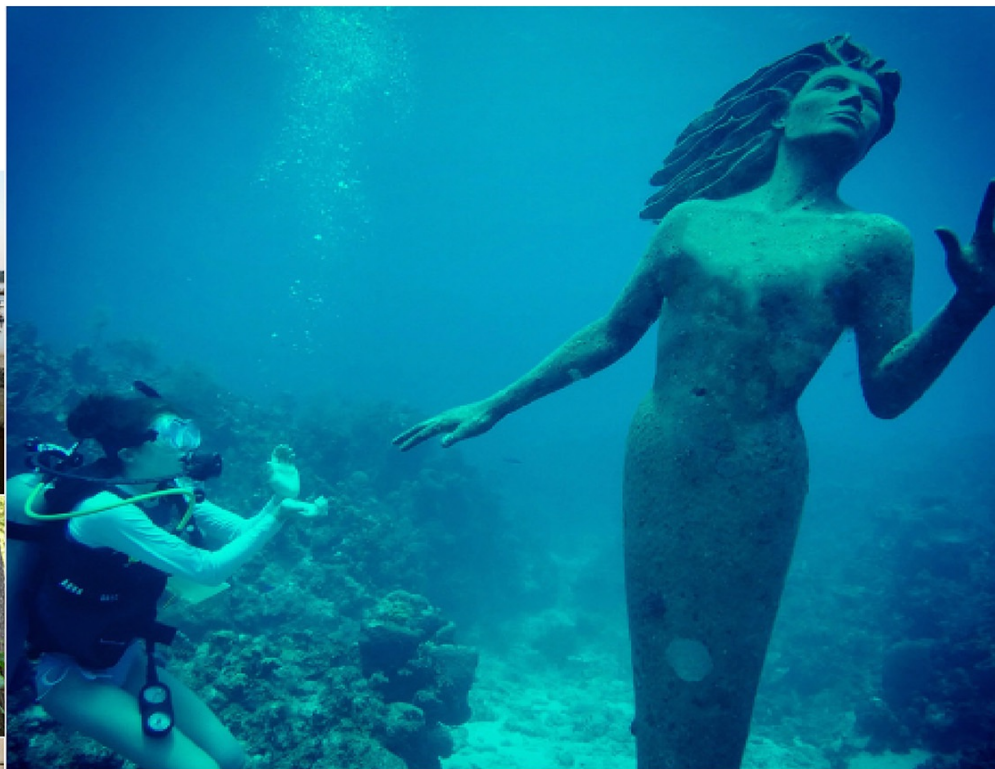
WHY?
My entire family is certified in scuba diving, and the Cayman Islands have great diving. My favorite part about it was going to the Tarpon Caves. Tarpon are super big, scary fish that swim right at your face. I also loved seeing all of the lionfish and the mermaid statue. My other favorite part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



FUN IN THE SUN

students share their favorite summer traditions

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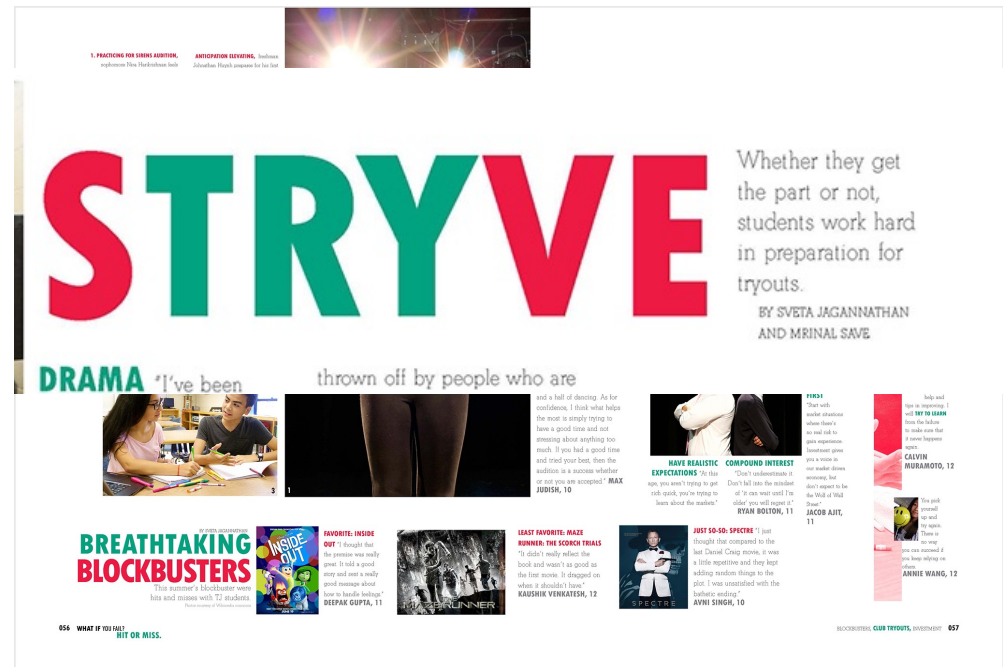
summer traditions summer vacations 97

**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



AM 013

074 WHAT IF

- 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.

THE LOST ART OF THE SUBHEAD

START WITH A QUESTION

- “Ever feel like...”
- “Do you ever wonder...”



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

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



1. TAKE ON THE TASK. “Other class councils haven’t had time to do it. We weren’t doing anything at the



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 it 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*

WHAT SHOULD YOU AVOID?

- Vague words
- "Students"
- Repetitive verbs
- Your school name
- Your school year



find your
draw the reader
in with design **pretty**



IT'S NOT ALL ABOUT THE WORDS

It's how you package them, too.

1. DEEP IN CONCENTRATION, senior *Ajay Iyer* makes a phone stand using tooth sensors. Iyer decided to join the microelectronics lab because he enjoys computers and tinkering with electronics. "I was looking around a bit and I saw that LEDs set in reverse bias can act as photodiodes, meaning that any led sensor could theoretically be turned into a touch sensor," Iyer said. (Photo by A. Jans)

2. GLUING PIECES OF WOOD TOGETHER, senior *Abhishek Ramakrishnan* builds a phone stand. Ramakrishnan chose to build a phone stand exactly dimensioned to his phone as a preliminary project. "The idea was that we would have experience designing and constructing something before we went into our year-long construction," Ramakrishnan said. (Photo by A. Jans)

3. TO CREATE A TOY FOR A CHILD as a preliminary project in Prototyping, senior *Sophia Martinez* paints the phone for a ring tone. Martinez has always been fascinated by how things work and wishes to study engineering in college. "This was the perfect lab to learn my interests and give me the opportunity to learn much more than most high school students about engineering in the form of CAD and prototyping and construction," Martinez said. (Photo by A. Jans)

4. IN ORDER TO INCREASE FLIGHT EFFICIENCY, senior *Arthur Tansent* builds a ducted fan to strap into a drone. Tansent has been working with drones for more than two years and even has his own drone videography business. "I noticed throughout that drones are pretty useful for a lot of commercial uses so I tried to come up with a solution that wouldn't hurt flight efficiency," Tansent said. (Photo by A. Jans)



128 WHAT IF YOU CREATE? BUILD.

BY JERRY KOH
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.

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.

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.
5. 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. (Photos by J. Koh)

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. Koh)



ATTACHING PAPER FLOWERS TO A STRUCTURE, freshmen *Timothy Ding*, *Isabella Hockaday*, and *Kaitlin Phan* build a float. The freshmen's float featured a *Taiko* 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
\$18	SPRAY PAINT
\$20	CHICKEN WIRE
\$40	TISSUE PAPER
\$50	PLYWOOD
\$69	PVC PIPES

KATELYN ETEMAD, 12

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**

HOW DO WE DESIGN HEADLINES?

BASIC ELEMENTS

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



HOW DO WE DESIGN HEADLINES?

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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.

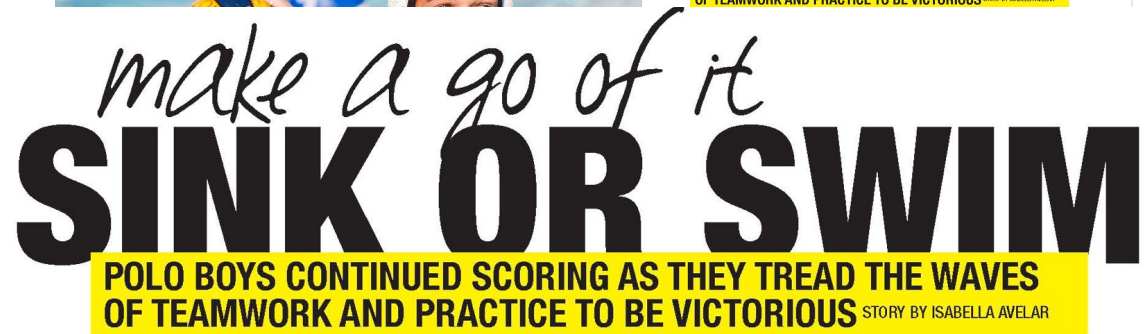
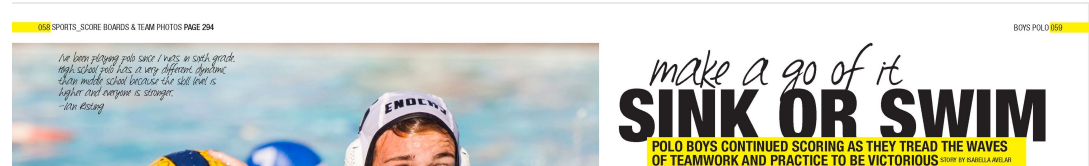
Play with weights.

Reverse type.

Use color.

Use photos.

Use graphics.



HOW DO WE DESIGN HEADLINES?

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"I spent about \$100 on my gifts because I got a lot of gift cards for my family and it was easy to do \$20 for each person to keep it fair and even!"
Jack Taylor, 11

"My mom had been waiting for this bracelet for the longest time. I gave it to her for Christmas and she was really happy. It had me and my brother's names on it!"
Mannah Turner, 11

forget about the **PRICE TAG**
students shared what they bought as presents for the holidays

2. SPENDING WINTER
break in warm weather, junior Philip Eschewalt goes on a family vacation to Disney World in Orlando, Florida. "We went to all the parks, but my favorite was Epcot because it had all the countries in it," said Eschewalt. Eschewalt and his family visited Magic Kingdom, Epcot, Hollywood Studios, and Animal Kingdom. photo submitted by student

3. IN THE Bahamas, sophomore Kathryn Warnick poses for a picture at the beach. "My favorite part about the trip was going places that I've never been before and seeing how the people live there," said Warnick. Warnick stayed on the beach for five days with her family. photo submitted by student

she'll be comin'
DOWN the **MOUNTAIN**
students went around the world over break including sophomore Lisa Ryan who went to peru

1. I WANTED TO CLIMB UP
the mountain because everyone kept telling me it was an experience I wouldn't want to miss. My sister, minutes, but after we had reached the end of that trail, another sign said 90 minutes until the exit. That's when we realized we weren't at the

ON MACHU
Picchu, sophomore Lisa Ryan poses with her sister after taking up the mountain. Ryan spent 10 days in Peru and visited Lima, Cusco, and Machu Picchu. "I don't speak very much Spanish, but I knew a tiny bit, so we were able to get by. A lot of

4. ON A hill in Central Park, junior Abigail Lauenstein

5. WITH THEIR
pompoms, juniors Aarin Kirk and Devin Corrallo support the Baltimore Ravens at a game. "It was interesting when I'm a huge Patriots fan and don't like the Ravens, but surprisingly I still had fun," said Corrallo. photo submitted by student

she'll be comin'
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11 hours in Boston, and junior Molly DeCarli walks around the city in the rain. "I was looking forward to meeting a cute outfit and seeing photos in Boston, but it was raining. At least I got to wear my Hunter boots!" said DeCarli.

7. IN NEW Hampshire visiting her grandparents, junior Molly DeCarli takes a day trip to Boston. "I love visiting my grandparents because I can get all dressed up for the holidays," said DeCarli. DeCarli only sees her grandparents once a year for Christmas. photo submitted by student

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

what did LIFE
throw over winter break?

1. I had a school
breakover in Richmond

2. I was in
the snow in

3. I had my
first snow

4. I had my
first snow

HOW DO WE DESIGN HEADLINES?

ADVANCED TECHNIQUES

Mix up your fonts.

Play with weights.

Reverse type.

Use color.

Use photos.

Use graphics.



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■ find your ■
inspiration
never design from a blank page





State Farm

NBA
FINALS

ON THE BRINK

BY LEE JENKINS

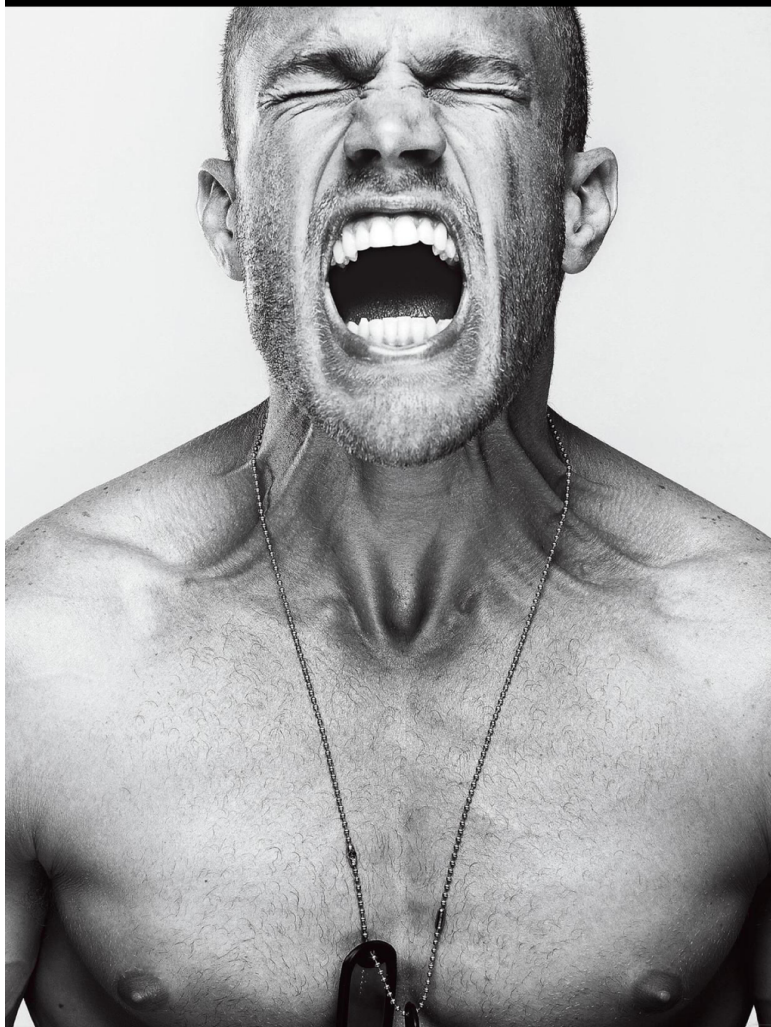
FEATS OF FLAT

Golden State failed to clinch in Game 5 of the Finals despite Thompson's 37, a performance that marked the 40-point outburst in the club's season-saving victory in Game 6 of the Western Conference finals.

Photographed by
John W. McNamee

THE WARRIORS ARE ONE WIN AWAY FROM A SECOND STRAIGHT TITLE, BUT THE MOST SIGNIFICANT GAME OF THEIR SEASON HASN'T OCCURRED IN THE FINALS. IT CAME IN OKLAHOMA CITY, WHEN KLAY THOMPSON SPARKED A COMEBACK IN WHAT ONE TEAMMATE CALLED "THE BEST GAME OF MY LIFE."





Text



Why do I sometimes

feel I'm about

to absolutely f*%&ing

snap?

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