

Young Frankenstein acts as comedic spin-off, is brought to life onstage

by eve grill

The drama department began their spring endeavors with the production of the modern comedy *Young Frankenstein*.

The cast and crew began working on March 17, which created a smaller than usual timeframe to prepare for the production.

"We [had] a very short amount of time to put up the show. It's about two weeks less than our last show, which is huge in the theater world," junior Taylor Lane said.

Despite the quick turnaround, the cast and crew brought optimism and passion to the stage during the show.

"It's a time-consuming show, but if you truly love something and you put all your heart into it, it will inevitably be time-consuming," junior Josh Blake said.

The play was not based on Mary Shelley's original novel *Frankenstein*, but rather acted as a comedic sequel riddled with

sexual innuendos and sarcasm.

"Every member of the cast brought something unique to the table and we were extremely nice and welcoming towards each other," sophomore Stephen Underwood said. "We had a talented cast, an amazing stage crew, a great director, a high-quality pit accompanying us and some superb audiences."

Such factors contributed to an overall positive reaction from the audience.

"I know that some of the content in the show was a little shocking to watch high schoolers display, but I think overall it was a funny show that people enjoyed," sophomore Laura Goldberg said.

The actors brought their passion and Marshall spirit to life onstage.

"We are constantly pushing ourselves to do better art that not only we will be passionate about, but that will engage our peers and our community as a whole," Lane said.

Right: Inga, played by senior Kaylee Sibley, tries to convince Fredrick Frankenstein, played by senior Ethan Schaefer, to stop overthinking the complicated relationship between the two and to follow his heart during the musical number "Listen to Your Heart".

PHOTO COURTESY OF HELEN SCHAEFER



newsflash

FCPS board passes new gender anti-discrimination policy

In a contentious school board meeting on May 7, the phrase "gender identity" was added to FCPS's non-discrimination policy, which already included age, race, national origin, disability and religion.

The board voted in favor of the new policy despite some opposition from the stand-only crowd.

A statement from School Board chair Tamara Derenak Kaufax said the decision's purpose is to "provide an environment which promotes equality where every student and employee is treated with dignity and respect."

Passing this policy allows the renewal of federal funding for FCPS, which will now be compliant with a Title IX law from 2014 that addresses sex discrimination.

It states that schools must "protect students who do not conform to sex stereotypes."

According to Deputy Superintendent Steven Lockard, the Office of Civil Rights, a branch of the Department of Education, would have had "the right to recommend the termination of federal funding to FCPS" if the school board hadn't amended its policy.

—kristen ziccarelli

DECA members place first in the world

by paulina farley-kuzmina and stephan roupe

DECA history was made when sophomores Claire Heiden, Logan Murtha and Kevin Fogarty were the first Marshall team to place first at the International Career Development Conference in the Advertising Campaign event.

The conference took place from April 25 to 29 in Orlando, Florida.

Seniors Kate Bock, Morgan Stahl and Owen Crizer placed in the top ten as a team in the Sports and Entertainment Promotion event, while freshman Noah Daniel also placed in the top ten in the Principles of Business Management event.

Over 18,000 people came to the conference, where 10,000 students competed.

"Being surrounded by 10,000 other students from around the

world that are equally as passionate as I am about this program is so thrilling," Murtha said. "One of my favorite parts of ICDC is asking people where they're from and networking with them; no matter how far apart we live, we have a lot in common."

The categories that Heiden, Murtha, Fogarty, Bock, Stahl and Crizer competed in consisted of an 11-page paper, a 15-minute presentation and a 100-question exam, while Daniel's event consisted of a roleplay exercise and a 100-question exam.

"The competition is always difficult when you're at an international competition," Stahl said. "But it was our third year there so we were more comfortable than other teams, which I think helped us out."

Marshall DECA has consistently performed well at ICDC.

Last year the club had five

members place top ten in their respective events, and surpassed their own achievements this year with seven members placing in the top ten.

"Winning was validation that every hour of blood, sweat and tears that Claire, Kevin, and I put into this project was worth it," Murtha said. "Honestly, it doesn't even feel real; I keep thinking that someone is going to wake me up from a dream."

Thirty club members qualified for ICDC, and Marshall DECA was awarded with the Blue Chip, which is the highest honor any chapter of Virginia DECA can receive.

"I'm really proud of what we've done this year," said Bock. "It was at the same time a huge relief, but a big surprise, and it just gave me so much pride and joy that it made everything we had done that year, and the past three years, was worth it."

Guide

Opinion: 4,5



Teachers are infringing on Learn in order to complete unfinished lessons, taking away time from students in need of extra help.

LAUREN HANAPOLE

Features: 6,7



HEATHER DUNBAR/RANK&FILE

Can you learn how to ride a bike in just one week? One senior surpasses this childhood milestone before she leaves for college.

Arts & Style: 10,11



ALIYAH HOCHSTADT

Modern cartoons rightfully expose younger audiences to larger issues such as sexuality and non-traditional family dynamics.

Sports: 13,15



CARA BARAZIA

Junior Alex Haight and sophomore Patrick Lynch run in the 1600m race during the track & field conference championships on Wednesday.



RANA ATTIA/RANK&FILE



Academy honors students of the year

Students from across Fairfax County gathered on May 1 at the Academy Awards to recognize those who have gone above and beyond in their Marshall Academy studies. Students received various awards for their work in the array of classes that the Academy offers.

Top Left: A group of award winners poses on stage after being recognized for their achievements. “It made feel very good to win the award because I always try my best in my classes and sometimes I feel it does not always get recognized,” junior Garret Brothers said.

Top Right: Senior Andrea Garverick accepts an award and a certificate for her work in Entrepreneurship 2. “I think that I am always enthusiastic during class and ready to learn,” Garverick said.

Bottom Left: Senior Stephen Tapia accepts an award and a certificate for his academic efforts and achievements in Culinary 1.

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COURTESY OF KATRINA UHER

Senior and IB Film student Ellen Rank, right, bears the winter cold along with her actors (sophomore John Laszakovitz, left, and senior Tommy Neidecker) as she shoots her film *Icarus* for the film festival. The filmmaker tried to use the winter setting to her advantage in the making of their film.

Lights ... camera ... action: third annual festival showcases young filmmakers

by johann young

Fairfax County will be holding its third annual Student Film Festival at the Angelica Theater on May 26.

Initially created as a way for prospective students to learn about what the members of the IB Film Studies course do, the festival has since expanded to showcase the creativity of students from various FCPS high schools.

“For IB film kids that’s the highest achievement of their artistic expression, to show these films they spent hours working on,” IB Film Studies teacher Pierce Bello said.

Seniors Hannah De Lucia, Katrina Uher and Ellen Rank will have films shown among the many featured at the festival.

Icarus is an adventure coming of age film by Uher and Rank that tells the story of a boy named Danny who is left on the side

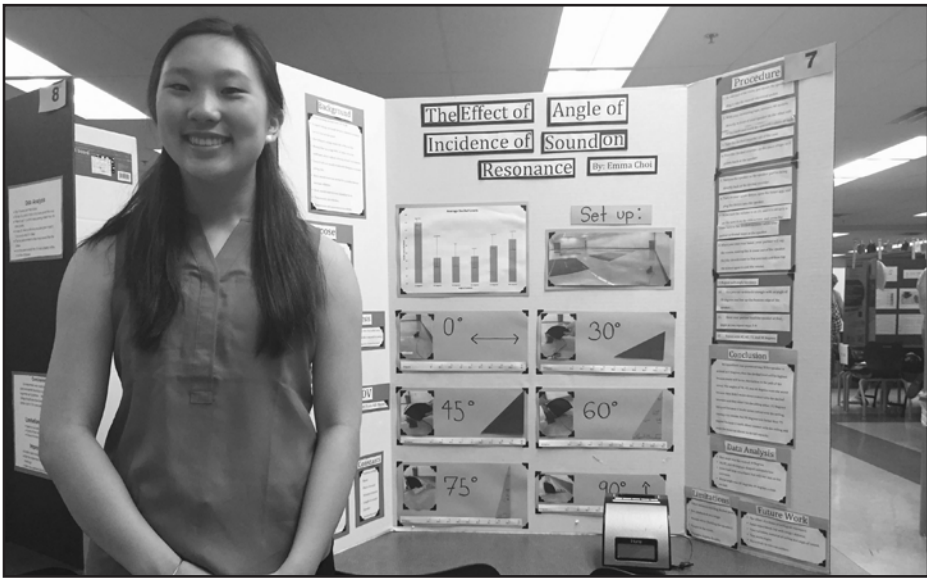
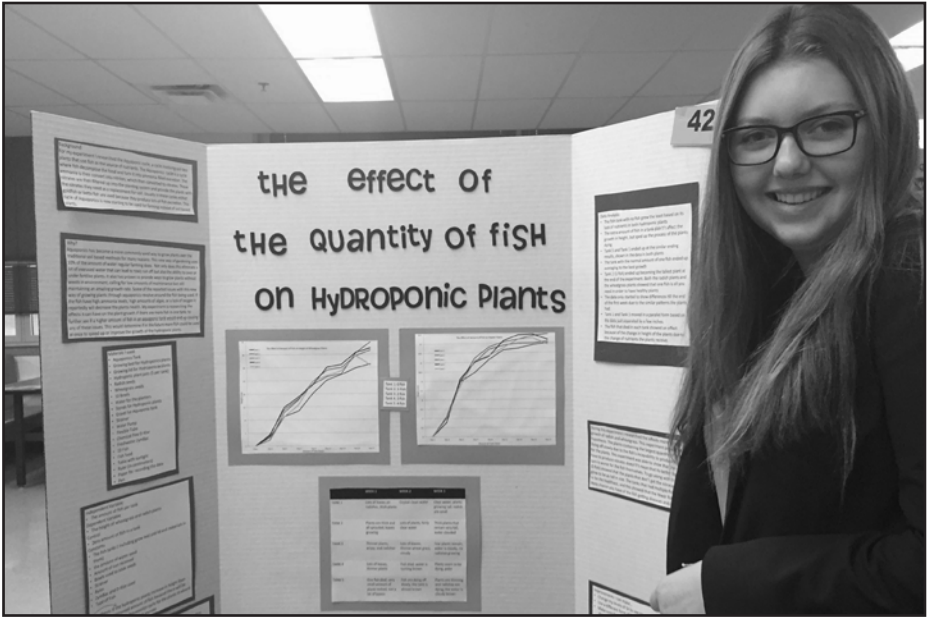
of the road by his mother after an argument in the car.

The film then shows his survival in the woods where his mom left him. However, the filming process had to first overcome some challenges.

“It was 20 degrees, so filming outside was terrible, but our actors were brilliant and they stuck with us. The snow in itself was problematic because we hadn’t planned for it, but it worked well,” senior Uher said.

De Lucia’s film *Placebo* explores how a relationship falls apart.

“I was on a bit of an Ingmar Bergman binge, and his films often deal with what people expect from others, as well as how they actually treat them,” De Lucia said. “I got to thinking a lot about my current relationship and my friends’ relationships, and decided to kind of take one recurrent problem—falsely believing that one person can cure all of our problems—to its extreme.”



Freshmen Courtney Johnson and Emma Choi stand in front of their presentations during the freshman science fair. As opposed to the fair held for upperclassmen in which participants compete for awards and the opportunity to advance to higher levels, the freshman science fair focuses preparing students for the future.

HN Biology gives freshmen a small taste of research projects

by caylin elkins

The second annual honors biology mock science fair took place May 5. The fair is a way for freshmen biology students to prepare and practice for the judged science fair they participate in as sophomores, juniors and seniors.

The Fairfax County science curriculum dictates that all freshmen in honors biology are required to take part in an externally moderated activity.

In past years, biology students met the requirement by participating in an arabidopsis project. The project was done in tandem with researchers at Virginia Tech to study the way altering certain genes would affect a plant's ability to function and its interactions with its surroundings.

"We realized that outgoing freshmen were still ill-prepared for science fair, especially their sophomore year, because they had never experienced something of that magnitude," biology teacher Steve Obringer said. "We decided the best course of action was to re-implement the freshman science

fair to give them some practice and experience to better prepare them."

The freshman science fair requires the students to choose their own question, conduct research, create a procedure, conduct their experiments and then record their results and present their work.

"It's good practice, but I'm not sure if it's necessary for our learning this year," freshman Emma Choi said.

"Our goal is to instill in them the ability to conduct and create a research project independently."

Steve Obringer
biology

Obringer emphasized the freshman science fair's role in promoting independent work habits.

"Our goal is to instill in them the ability to conduct and create a research project creatively and independently," Obringer said.

The only difference between the freshman science fair and the later one is the writing aspect of the project.

Freshmen must write a brief summary introducing their topic, but are not required to turn in a final research paper.

"It's more about the experience in the presentation process rather than the writing process," Obringer said.

Marketing designs spring fashion show

rana attia

This year's fashion show, hosted by the marketing students, has been categorized into four different styles: Country, high fashion/glamour, beach and urban styles.

The theme of the show, which will take place on Wednesday, is summer roadtrip. Within that theme, students are grouped and assigned to a location for inspiration.

The scene director spearheads the vision of the project. Other duties, from design to lighting, even music, are delegated to other group members.

One of the more challenging parts of the assignment is getting stores to sponsor their show by

borrowing clothes for their models.

"Most of the stores we contact are ones that have a big teen market," sophomore Sam Hasset said. "We're also providing publicity for the brands."

The stores that are currently sponsoring the show include Men's Wearhouse, David's Bridal and T.J. Maxx.

Along with having stores sponsoring the show, students are also responsible for creating fully accessorized fashion looks.

"We're looking for props, music and outfits for each scene," Denise Dolphus said.

The project is an exercise in collaboration for all of the students involved.

"We came up with the theme all together, and the general idea for what clothing, set up, and layout we want the show to have," senior Lama Ali said.

But the work didn't stop there.

According to Ali, the class also brainstormed stage plans and construction, even how the models would walk down the runway.

The process was timestaking, but while spending time to plan the fashion show, the fashion marketing has gotten closer.

"The fashion show has been so much fun and I can't wait for everyone to see it," Dolphus said. "My classmates have made this experience a lot of fun for me and I'm glad that I got to work with them."



Sophomore Charlie Dziedzic has his size measured as he prepares to be a model in the spring fashion show, hosted by the marketing students.



Sophomores and club co-presidents Lawry Boyer and Bruce Stewart practice mixing their own music during Learn. The EDM club hopes to grow in the coming years.

EDM club electrifies music passion

by patrick mccabe

On the last possible day to register a club, the school gained a new addition to its array of student-run organizations: the Electronic Dance Music club.

The EDM club, founded by co-presidents Lawry Boyer and Bruce Stewart, was created as a way for people both to create original music and listen to their favorite music.

"We just want to share our love for electronic music with Marshall, and help students grow their interest," Boyer said.

The club began mixing their own music at their first meeting, and while they used Stewart's personal equipment, they were still limited by their lack of the necessary mixing equipment.

"I hope they plan on making music with us soon and teaching us how to DJ," sophomore Andrew Nesterchuk said.

The club is planning various fundraisers,

and is currently using a Go Fund Me page with the goal of ultimately being able to buy their own equipment.

Stewart acknowledges that since the EDM club was one of the last clubs created this year he expects it to face challenges early on, one of the most significant being membership.

"We started late in the year so we don't have very much attention, and people are trying to get their grades up in these last two quarters, so we won't have that many members attending," Stewart said.

Nonetheless, the club is not allowing the challenges they are facing this year to dampen their aspirations for next year, as they have some big events in mind for the future.

"Definitely next year we want to see if we can hold a dance or a student body concert," Boyer said. "We definitely won't be able to mix for any of the actual dances but we can hold our own event."

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staff editorials

Learn must remain student-oriented

Teachers are beginning to use Learn time more frequently as a means to finish lessons they didn't complete in class. Unfortunately, this transformation of the Learn period into even more class time can have a negative impact on students who use the period to manage their schoolwork.

Understandably, teachers are trying their hardest to fit in all of the required curricula for their classes. After all, it's their job as teachers to ensure students are educated on everything they need to know.

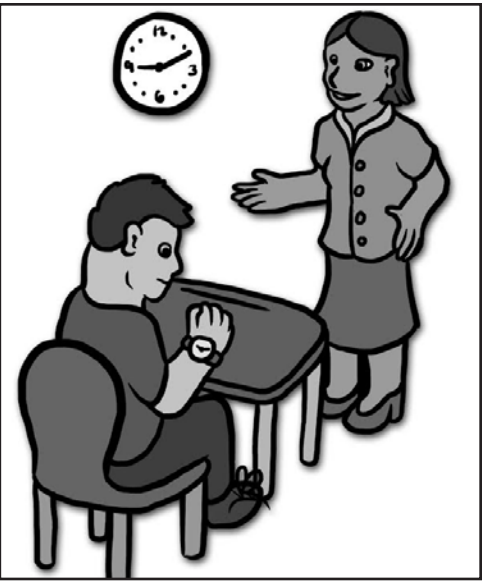
However, using this free time that many students need for the sake of extending classes is not the correct solution. Learn has become a crucial aspect of the average student's academic life. It is used to study for tests, finish homework, or simply relax before continuing on with one's day. As a result, many have come to rely on

Learn as a period of time they can use for whatever purpose they need.

When this time is taken away, those who rely on Learn will suffer as a result. Athletes have even less time to manage their schoolwork, extracurriculars aren't able to have as many meetings and many students are not able to make up missed tests or lessons.

The argument that students could simply spend more time doing their work at home is rendered moot by the fact that Learn has become something much more than a simple study hall period. Learn gives students a sense of independence in addition to teaching valuable time management skills that many will need when they depart from high school.

Instead of taking away this time, teachers should simply restructure their curricula to better suit time constraints. Extraneous lessons and activities are not



LAUREN HANAPOLE

as important as the basics of a curriculum, and shouldn't receive time students could put towards other responsibilities.

Learn needs to remain a period students can use as they see fit, rather than becoming an extension of class.

Cursing indicates teen transition, not levels of intelligence

High school and college kids are known for dropping the f-bomb and other curse words on a frequent basis. If you listen to the hallway murmurs between classes, you're sure to catch an obscenity or two. Even teachers curse sometimes during class, often to emphasize a point. While cursing has become more acceptable since the start of the millennium, some conservative critics claim that profanity soils reputations and challenges social etiquette. This is not the case.

First, let's go all the way back to the beginning. In ninth-century English, the French-speaking monarchy took over through the Norman Conquest, which revolutionized the English language. Very suddenly, the Saxon ruling class of England became the lower working class. This meant that those who spoke English seemed uneducated, as Saxons took on farming jobs instead of their previous merchant jobs.

More recently, the word "pregnant" was too risqué to say on television in the 20th century. Instead, networks would use phrases like "she's expecting" instead, in order to not corrupt the youth. Similarly, the Federal Communications Commission enacted a family viewing hour after requests from offended families, which gave networks the responsibility to air only family-friendly content during prime viewing slots.

Oh, how the times have changed. In the 21st century, music is rife with foul language, which is signified in stores by the all-too-familiar "explicit" flag. The *New York Times* found that the use

of the word "b*tch" has tripled in television shows in the last decade, growing to 1,277 uses on 685 shows.

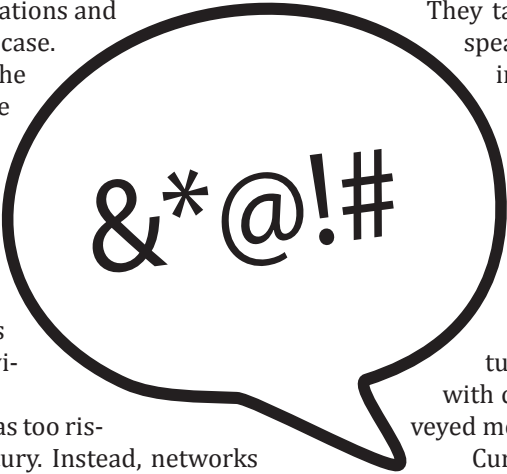
The expression of profanity in popular media has an unsurprising effect on teenage speaking habits. P.M. Forni, author of *Choosing Civility*, rationalizes teenage cursing as "the inability to articulate." He also states that "the profanities are the fillers.

They take the place of a more sophisticated way of speaking," which suggests that teenagers are opting for dumbed-down speech.

However, researchers Cory R. Scherer and Brad J. Sagarin at Northern Illinois University conducted a study that suggested otherwise. Three groups of people were shown three different videos of the same speech, one without any curse words, one with a curse at the beginning, and one with a curse at the end. Results found that the viewers actually responded more positively to the videos with cursing, because they felt those speeches conveyed more passion.

Cursing is for all socioeconomic levels. Professors, politicians and students alike use profanity regularly. It's not as if teenagers should throw profanities at teachers, as basic respect for academia is still important. However, using foul language is in no way a measure of intelligence.

Maybe teenagers use obscenity to mark our transition to adulthood, or simply as rebellious expression, but either way, it has no effect on intelligence and should not at all affect how people perceive us.



Student loans rob graduates of stability

No matter how prestigious the institution or how photogenic the campus, when we consider the possibility of attending a university, the first question is always: "What is the cost?"

As the price of attending college soars far beyond any previous records, there are still ways for someone to pay for the cost of college in the short-term through loans.

The issue emerges when graduates are forced to pay back student loan debt, which they often cannot afford to do, and they face a system that is unjustly stacked against them.

While taking out loans to pay for college is not all that different from taking out loans for a house or a car, there are certain limitations on student loan debt, such as not being able to file for bankruptcy, which are unfairly harming college graduates.

To fix this problem, a new set of laws should be passed to protect anyone who wishes to attend a college they cannot afford.

The amount of student loan debt is rapidly increasing and beginning to grow out of control.

According to the *Huffington Post*, student

loan debt has increased by more than 500 percent since 1999. At the same time, the number of Americans with student loan debt has risen to 40 million people, which is more than the entire population of Canada.

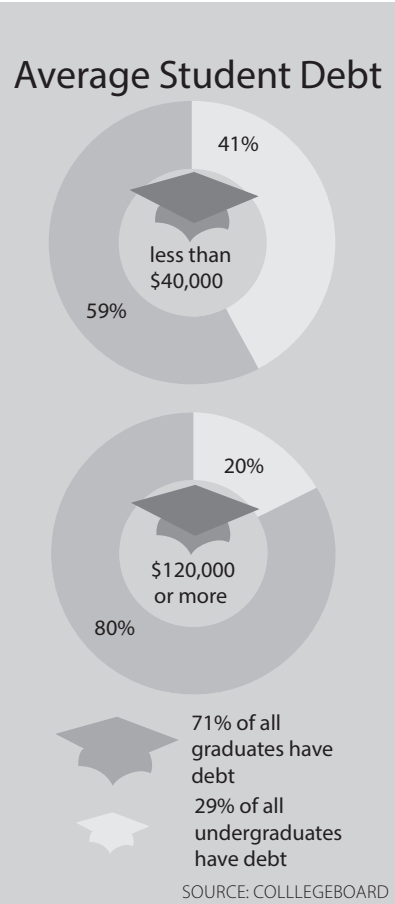
If you think that you are safe from the impacts of student loan debt if you do not currently have or plan to have any debt in the future, think again.

With more graduates stuck with unbearable sums of student loan debt, they are reluctant to make big purchases like buying cars and houses, and this has a noticeable impact on the national and global economies.

One prime example of this situation can be seen in research done by the One Wisconsin Institute, which estimates that the impact of student loan debt causes \$6 billion of lost car sales each year.

But if this is such an important issue that affects our economy then surely measures are being taken to fix it, right?

>> see online for extended version



Models still lack true body diversity

by jasper mancebo

Models are notorious for being much thinner than the average person, but even plus-size models are not representative of their intended consumers. Although businesses such as Lane Bryant have been taking steps to include more body types, there's still a long way to go.

Lane Bryant, a plus-size clothing line, started a campaign with the hashtag #I'mNoAngel in the spring of this year, referring to the Victoria's Secret Angels. The campaign featured plus-size models, and it aimed to inspire women who don't fit the ideal image of beauty.

Some people may think that the Lane Bryant campaign is doing enough by at least getting more diverse body types into the media. However, while what they're doing is a step in the right direction, the problem is that this campaign featured women who were on the smaller side of the plus-size spectrum, and who had socially ideal proportions.

One woman, Amanda Richards, pushed back against the idea that all plus-size

models should be women with small stomachs and large breasts. She started the hashtag #ImNoModelEither to combat Lane Bryant's campaign.

"I'm just ready for body positivity to push its own boundaries and become more diverse. That means women of color, older women, trans folks, disabled, fat women with less-represented body types, etc." Richards said.

Aside from different body types, trans women and women with disabilities are greatly underrepresented in fashion. These are women who are oppressed because of their bodies, and this lack of representation in media is incredibly harmful. When people can't see themselves in fashion or other media, it sends a message that their bodies are inherently wrong or bad.

Richards is right. As a person who never sees their body type represented in media, it would be refreshing to see someone who looks like me in a magazine or on a billboard. It would help boost people's self esteem by showing them that they're not alone, and show them that their bodies are not wrong or ugly.



EMMA PATTERSON/RANK & FILE

tweets

#SeniorYearIn5Words 'your child was marked absent'

Ranya Endar
Senior
@raannyya

#JuniorYearIn5Words "Is a 1.0 GPA good?"

Justin Leibow
Junior
@JustinLeibow1

#SophomoreYearIn5Words "Whatever, we can do corrections"

Johnny Corish
Sophomore
@jcorndog3

letters

Young people should exercise their right to vote in all elections

The number of young people (ages 18-29) who participate in elections is at a dismal rate. Only 26 percent of eligible voters age 18 to 29 cast ballots during the Virginia gubernatorial election in 2013. This is astonishing considering the General Assembly has a huge influence on how we live our lives, whether it be state education policy or local taxes.

In Virginia, we have the unique opportunity of being able to vote every year, as state elections are scheduled on odd years. In 2015 the entire General Assembly will be up for election. I would like to encourage all graduating seniors who will be staying in Virginia as well as all who will be 18 by November to register and vote.

Spencer Gilbert
Junior

Send your signed letters (50 to 125 words) to room D211, or tweet at us @GCMranknfile. Letters can also be submitted to letters@rank-n-file.com, but will only be considered upon in-person verification. Letters and tweets will be published at the editors' discretion. Published letters and tweets do not necessarily reflect the opinion of the paper.

sex trafficking in fairfax county



Trafficked teens need support, not blame

by taylor lane
guest contributor

When most people think of things the Northern Virginia community can improve, our commitment to stopping human sex trafficking generally is not at the top of the list.

For those who don't know what human trafficking is, it is the illegal movement of people for commercial sexual exploitation. Teenage sex trafficking specifically is the second-fastest growing crime in the U.S., with Northern Virginia being one of the top venues in the U.S. for teen trafficking. In fact, teen sex trafficking has occurred at every single high school in Fairfax County. This "enterprise" is growing because it is hard to catch perpetrators due to their manipulative power over their victims.

Teens—both girls and boys—between the ages of 12 and 19 are frequent victims and come from all ethnic and socio-economic backgrounds. These traffickers seem to look specifically for teens who are emotionally vulnerable and who can be easily exploited. They build trust with victims by complimenting them and building a relationship either romantically or platonically. The traffickers then manipulate

the teens into having sex, often videotaping them in order to blackmail them and trap them in further sexual activities. Predictably, teens are scared to come forward out of embarrassment and fear.

This entire business is based on the idea that these victims are "a dollar sign, a product, just merchandise."

As one trafficker is quoted saying about his victims on the Just Ask VA website, "They don't have a name and aren't a person to me. I don't give a damn about them ... just about what I can get out of them." This type of crime thrives on the dehumanization and shaming of teens. According to the Trafficking Victims Protection Act of 2000, all minors under 18 who participate in commercial sex are considered victims regardless of the use of force, fraud, or coercion.

If human trafficking is to come to an end, especially in Northern Virginia and in Fairfax County Public Schools, we must acknowledge that these teens aren't at fault, as they are victims, and should be supported by their community. Victims shouldn't feel that they will be shunned or that the community doesn't care about what happens to them.

Group work burdens high achievers, punishes good work ethic

by maggie mcaden and kristen ziccarelli

It's the night before the big group project is due. You're anxiously sitting in front of your computer, staring at the screen, hoping that the missing portion of the project will magically appear. Except that missing material does not surface the next minute, or the next. So you have no choice but to complete it yourself or face the consequences of a lower grade.

We all know that flaky person who never gets their work done and lets everyone down. If you don't know anyone unreliable, you're the flake. Sorry you had to find out this way.

When a group assignment is put forth, work may be split evenly on paper, but the reality is much different: there's no benefit for the students who have good work ethic and must compensate for those who don't. We have experienced this numerous times; we have been the people sitting in front of our computers the night before something is due, and the ones who have watched everyone in our group receive the same grade for seriously imbalanced work.

The key to avoiding this kind of experience is a supposed to be a balanced, healthy group dynamic, preventing the

perfectionists and overachievers from feeling like they're doing everything, and preventing the rest of the group from feeling controlled and domineered. However perfect the group dynamic is, though, there will always be students who don't come through due to either a lack of effort or a busy schedule.

In a classroom situation, no one should ever be forced to work within a group. Students who think they can benefit from it and still earn good grades should be able to work with peers of their choice; regardless of whether the end result is success or failure, that is within their control and is an opportunity to learn real responsibility.

According to a survey conducted by Indiana University, only 58 percent of students said they preferred

group work in class. Even fewer said they were satisfied by it.

If teachers do decide to assign group work, they should also grade each student individually so that the grades can accurately reflect how much time and effort a student has put forth. Group work is theoretically assigned to grant students opportunities to learn teamwork skills that can be applied in the real world, as they will come across all kinds of people in the workplace. Except, in reality, a low-performing employee loses their job and will not be able to piggyback off a coworker's performance.

>> see online for extended version



Costly learning labs phase in high-tech language tests

by kristen ziccarelli

Walking into a language classroom, you might be wondering about the gray trays hanging from the ceilings. You probably wouldn't guess that these simple-looking machines are used for the most important exams for Spanish and French classes.

Learning labs for Spanish and French classes are another installment of the ongoing construction project. In short form, they are computerized labs that hang from the ceiling with the ability to drop down to desk level to record and play back students' voices.

According French teacher Katherine Cardin, the new labs are an effective and interactive way to conduct tests and activities.

"The coolest things about the labs is that they allow us to practice easily and quickly," Cardin said. "Students can hear themselves and reassess."

The learning labs are also capable of streaming different audio into students' headphones, anything from activity directions from a textbook to a video on YouTube.

However, their most common use is in testing for the speaking PALS exams. The labs are an improvement over the old system in which most teachers set students up recording their oral tests on a laptop in the hallway.

"[The labs] have been a blessing in the

sense that it has saved us a vast amount of instructional time," Cardin said. "It has streamlined the process: we can record and test everyone simultaneously, whereas [before] it might have taken more than one block of instructional time."

Junior and Spanish student Brandon Ramnarine appreciates the labs and wishes they were used more often.

"They enhance the learning capability of students," Ramnarine said. "I was in Spanish 2 last year and it was harder to talk to anyone."

For grading, the lab software allows teachers to grade using the rubric while listening to the PALS playback recording. Teachers can access the recording playback from multiple devices.

Spanish instructor Molly Von Appen is impressed at the grading efficiency that the labs allow and believes that the thousands of dollars invested in the equipment were worthwhile.

"I do [think it was worth the money] because I think it really does help the students learn better and see where they are making their mistakes," Von Appen said.

Because students communicate through microphones on their headsets, often staring straight ahead, the system does not mirror a real world situation of talking face-to-face in a foreign country or with foreigners. It introduces a limitation in that it lacks body language.

"You have to be more intentional about the way you act because you don't



KRISTEN ZICCARELLI / RANK & FILE

Spanish 2 students discuss with their partners an image projected on the white board. "We can quickly drop it down and do a quick activity for a few minutes and lift it back up," Cardin said. "They can hear themselves and their partners a lot more clearly."

have those visual cues," Cardin said.

Sophomore and French and Spanish student Chloe Fauvel prefers face-to-face conversation, like the method used in previous years for PALS assessments.

"I felt more comfortable because

I could see the person I was talking to," Fauvel said. "Now we are all facing the board so when we're talking into the headphones for speaking PALS, you don't see the person you're talking to and it's really weird."

ESOL opens new opportunities for senior breaking through the language barrier

by janan irambomy

In 2008, senior Menghorn Seng moved to the United States from Cambodia with his parents and younger brother. Seng is in many ways a typical teenager, but his life varies from that of the typical high school experience. Seng is a student in the English for Speakers of Other Languages program, better known as the ESOL program.

The average student already has a lot on their plate, but Seng in particular has a huge set of responsibilities. Seng is the oldest son in his family and must be a good role model for his bother. Besides that, he was not able to speak English at all upon his arrival in the U.S., so he was in the ESOL program for more than a year.

ESOL teacher Sunny Nieh, whose parents were immigrants from Taiwan, guides her students through projects that help develop their language abilities.

"They learn skills that teachers assume they have in other classes," Nieh said.

As a member of an immigrant family, Nieh is familiar with the process and challenges of immigration. In her role as an ESOL teacher, she feels the responsibility to help her students with any difficulties they face.

Seng, unable to communicate with the cafeteria staff, was not able to buy lunch during his first year in the U.S. He spent his lunches in his classrooms, which made it hard for him to make friends.

"Everyone is separate here," he said.

In the first year, he struggled and says he did not appreciate his parents' choice to move to the U.S. Now, though, he sees his progress in learning English and in other academic fields.

"I have more opportunities in the U.S.," Seng said.

According to Nieh, the culture shock a new immigrant must face can run deeper than many teachers realize.

"Topics like doing homework, paying attention in class and cheating are not cross-cultural and many teachers don't realize that these are things that they have to

explicitly mention and talk about," Nieh said.

Many ESOL students don't ask questions because they don't feel confident enough with their language skills, leading to misunderstandings.

"They just assume that it works the same way as in their school throughout the country. In content classes there is no time to talk about that because it is so IB- and SOL-driven," Nieh continued.

Thus, ESOL is not only a class that teaches grammar and vocabulary. It also also helps students adapt to life in the U.S. and explore their academic goals.

"You are not only teaching them information, but also how to be successful in America, because their experience is different," Nieh said.

Seng, for example, discovered his interest in engineering through his ESOL class.

"Everyone is separate here."

Menghorn Seng
senior

"I want to work in engineering or mechanical fields after I finish studying," he said. "Once I make a good amount of money I want to buy a house for my family, send money to my relatives back in Cambodia and of course get a good sporty car."

As he adjusted to life in America, Seng had to delay graduation.

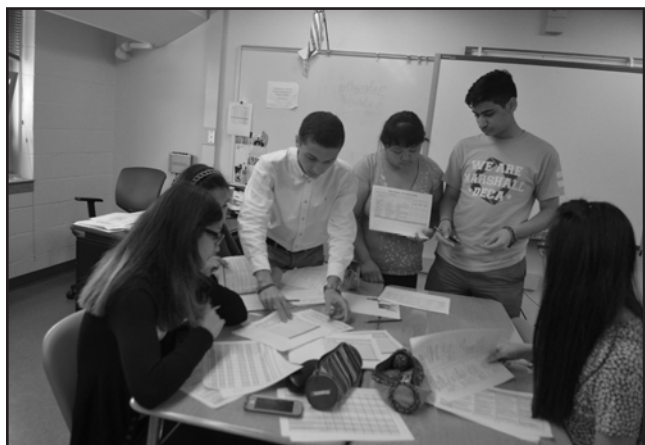
"I was asked why I was at Marshall for more than four years and people would not understand that some have different life situations that makes someone's life harder than others," Seng said.

Immigrants sometimes have to leave spiritual and material things behind to build up a better life.

"I left many things behind: my family, the farm that we lived on with my animals and the opportunity to graduate at 18. But I get back what I give," Seng said.

Seng has gotten support from his ESOL class and is hopeful about his future in America. But he says if he could make the move again, he would change some of his choices as a new immigrant.

"If I went back to when I first got here, I would instead go to an adult high school so I could manage my life more easily as I was working," Seng said.



PHOTOS BY JANAN IRANBOMY / RANK & FILE

Top: ESOL teacher Sunny Nieh helps her level 2 and 3 students look over a new rubric for their upcoming project to practice their English skills.

Bottom: Nieh works closely with freshman Matteo Ferramondo during class.

IN ONE WEEK

Can a teen learn to ride a bike?



ANNA THILLAIRAJAH/RANK&FILE

by isabelle ouyang

At eighteen, now in my final year of high school, I’ve found myself with no real applicable life skills. Sure, I’ve taken a personal finance class, but I couldn’t say with 100 percent certainty what a W-2 form is (or why it’s really necessary). I can’t cook, I can’t swim, I’m still kind of scared of talking to cashiers and until this week, I couldn’t even ride a bike.

Whether it was due to my extremely sheltered childhood or my natural aversion to trying new things, I decided it was time for a change. Or at least, the *Rank & File* staff did. In one week, my editorial board (and friends) would help me reach a childhood milestone, several months into legal adulthood.

Helmet, no knee pads

Day one was difficult for everyone involved. Anna and Camille took me to practice in a parking lot—and carried most of the weight as I tried to get the hang of the intricate pedal work.

In fact, the first couple of days were more of a struggle for them than for me. I would barely get a start before swerving and toppling to one side.

Teaching isn’t so easy when what you’re teaching is instinctive. Both Anna and Camille would take turns on the bike in order to figure out what exactly wasn’t

clicking for me. “I don’t know what to tell you,” Anna would say as she kicked her legs over the seat. “It just comes naturally to us.”

It takes a village (and a hill)

On the fourth day, the crowd of on-lookers grew. It took not two, but four people to figure out that I was leaning too far back into my seat and not getting enough propulsion from my bottom foot.

The real teacher, though, was necessity, which presented itself when my friends dropped me from the top of a hill to fend for myself.

The hill wasn’t particularly steep, and I had two people to catch me at either side, but the fear of falling really put things into perspective (even though it didn’t really stop me from steering headfirst into some limbs). And once I got the hang of it, biking wasn’t so hard after all. In fact, it was kind of freeing.

A good start

I’m not saying I’m convinced that I’m invincible, but now that I can finally ride a bike, I’m no longer as afraid as I was of diving headfirst into new experiences. Even though I was a bit of a late bloomer, I was able to learn with a little help from my friends. Now I just need to learn how to drive.

The return of the alumni

Teachers who grew up in FCPS reflect on past and current experiences

by emma patterson

Fairfax County is widely known as one of the best school districts in the country, currently ranked sixth overall in the state by Niche and first for preparing high school students for the college curriculum and for college resumes, which helps ensure student success in the long run.

Often, graduates from the Fairfax County school district give back to the district by coming back to their area to live and teach.

Algebra teacher Gabi Rangel-La-Fuente, for example, decided to stay in the area for her career and to stay near family.

“I had a great high school experience and wanted to give back and hopefully contribute to a great experience for others,” Rangel-LaFuente said. “Marshall was a great place and still is a great place.”

Director of Student Activities Joseph Swarm also stayed in FCPS to return the favor.

“FCPS has always been an incredible education and respected nationwide,” Swarm said.

“I took that education for granted until college,” he added, “because it was

all I knew. In my classes, I was clearly more prepared than the non-FCPS students. We had a much stronger education as compared to our counterparts nation-wide and I believe that is still the case. Just more technology and a faster pace.”

Even as FCPS changes geographically and technologically, it retains the same spirit that it has always had. With technological advances come new opportunities for students as well as teachers.

“Developments in technology, such as phone apps, iPads, and the Smart Board are what most impact my career,” Rangel-LaFuente said. “I make an effort to use QR Codes and other technology to make the learning more engaging.”

Even with new technology, some aspects of high school are similar to the ones teachers experienced as students.

“Some things have not changed: for instance, as a junior I punched a typewriter with my index fingers in Mrs. Rowe’s class; today I hit a computer keyboard with those same index fingers in my office about 100 feet from Mrs. Rowe’s old classroom,” Swarm said.



PHOTO ILLUSTRATION BY CAMILLE TESTA/RANK&FILE

Psychology teacher Andrew Freeman attended FCPS schools throughout his pre-collegiate career, including Herndon High School as a teenager. Though computers may have phased out typewriters, some aspects of high school remain the same.

Amma Vegetarian Kitchen delivers traditional South Indian cuisine

by anna thillarajah

Whether or not you’re a vegetarian, you should try out Amma Vegetarian Kitchen in Vienna. The authenticity of their South Indian food is evident even before you take your first bite. As soon as you step into the restaurant, you are greeted with the smells of strong curry reminiscent of the way my Tamil grandmother’s house used to smell.

Even more appealing are the prices. You are able to get a dosa, or Indian-style crepe, and a starter for well under 10 dollars. The menu is short and the entrees all come on a dosa, but what they don’t have in variety, they make up for in quality. The dosas are warm and crisp on the edges, but soft in the middle—easy to use as a wrap for the filling. Isabelle got a plain dosa served with a coconut-based chutney and sumbar, a lentil stew. The cool chutney and warm

sumbar mix to create a balanced and flavorful bite.

I got an onion chili masala dosa, a mixture of spiced mashed potatoes and onions with some added chilis for heat. I perhaps overestimated my spice threshold and was forced to scrape off some of the chilis, but still enjoyed the dish. While somewhat time consuming and messy, wrapping some of the potato mixture with a piece of the dosa and dipping it into the chutney and the sumbar creates the perfect bite. For a milder version of this delicious entree, try the masala dosa.

Camille got a paneer dosa that came with the same sides. The dosa was filled with spiced potatoes and paneer cheese, a traditional South Asian mild cheese. The combination provided a balance of spice indicative of the dish’s roots, but not enough to set your mouth on fire.

If you’re looking for a traditional Indian bite on a budget, Amma will deliver.



ANNA THILLAIRAJAH/RANK&FILE

Anna’s onion chili masala dosa came with chutney and sumbar, as well as a healthy serving of hot chilis. The dish was spicy and authentic.

THE RISE OF COERCIVE NUTRITION

You can blame Michelle Obama or the hippie moms in your local Whole Foods, but either way, the pressure is on for school lunches to get healthier. What does that mean for students?

by isabelle ouyang

The next four-letter word parents are banning from their households is sugar. You’ve witnessed battles for nutrition legislation, passionate debates on cafeteria initiatives and vending machine reforms and the rise of popular—sometimes notorious—blogs like Food Babe. Parents, with their familiar well intentions, are raving over the mass media campaigns on childhood obesity, whether or not their children are actually affected. But does the apple fall far from the tree? The nutrition debate in schools is missing one vital ingredient: student perspectives.

In terms of health, Marshall is on the progressive side of the spectrum. The implementation of the Statesmen Station during the second year of renovations was a nutritious milestone for Fairfax County.

Described as a “pilot kitchen” at its conception in 2012, the Statesman Station has been featured on TV and an array of impressive publications (including the Washington Post, and of course, the Rank & File).

Health is a clear priority in Marshall. Bake sales during school hours? Banned. Sodas in vending machines? Banned. Certain vending machines don’t even open until 30 minutes after the final bell.

Buyers and bringers

Freshman Esau Alvarez normally buys lunch, but the menu hardly blows him away.

“It’s okay,” Alvarez said. “They could be better.”

Not an impressive reaction from a menu described by Washington Post’s education column as “an appetizing smorgasbord” during the 2013-2014 school year.

Even though the station doesn’t live up to the hype for some, others are perfectly content.

Sophomore Riley Cherrix is a regular customer, and a happy one at that.

“I like the food they serve; it’s very tasteful,” Cherrix said about the cafeteria selection as a whole.

Cherrix is pleased with this year’s changes, but admits that the menu isn’t always up to the par it claims.

“Sometimes the food is okay, other times it’s not,” Cherrix said. “It kind of differs.”

Cherrix is a fan of the snack bar, which she sees as a consistent alternative on the more lackluster days.

President of the Nutrition Club, senior Nikki Pope, doesn’t expect an immediate change: . “While introducing a new healthy option for lunch obviously doesn’t mean that everyone is suddenly going to start eating more healthfully, I think the biggest merit of the Statesmen Station is that it provides options for students,” Pope said. “It shows them a pretty good variety of healthy foods that they could be eating for lunch, and by doing so, it shows them that its really

According to Cherrix, the vending machines’ time restrictions make them just over the threshold of being accessible to everyday students.

“I think it should be adjusted just a wee bit,” Cherrix said. “It’s available, and more people can go to it as an alternative.”

Pope herself agrees that, at the moment, the restrictions are limiting.

“However, I think the only reason that we are really missing the downside of these restrictions is because the menu is brand new,” Pope said. “What I like about it is that the plan has really been halfway implemented.”

According to Pope, more changes are on the way. Food and nutrition services are still working on replacing unhealthy snacks with healthier, tastier options.

“Once they get all the logistics worked out, there will be a wider variety of (delicious) snacks that can be sold during the school day.”

In terms of the new bake sale restrictions, which complicate club fundraising events, clubs will be happy to hear that the Nutrition Club and Food and Nutrition Services are collaborating to create recipes clubs can use. Whether or not the enthusiasm will return for healthier recipes is still time to decide.

In fairness, high school students aren’t known to be the most health-conscious of people, so it’s understandable that there are so many restrictions in school.

“While right now, we all have pretty high metabolism and the effects of junk food don’t always hit us head-on,” Pope said. “It is important to develop healthy eating habits so that we don’t have to make a huge lifestyle change when we’re not so young and sprightly.”

At the same time, it’s important for high school students to make their own decisions and decide for themselves what’s healthy and what isn’t.

The USDA ChooseMyPlate website only recently added a new section on high school nutrition habits.

The 67-page lesson plan, while made with the intention of being accessible to students, probably isn’t going to be on anyone’s reading list. And that’s a choice we should let students make.

The nutrition debate in schools is missing one vital ingredient: student perspectives.

not that difficult to eat and genuinely enjoy a healthy lunch.”

Variety is a huge plus for picky teens, who typically default to flavorful, if unhealthy junk food.

“I like this part, right here,” Cherrix said, gesturing towards the snack area. “If I don’t like the food they’re serving, I’ll go to the snack bar, and it’s like an alternative.”

For lunch bringers like freshman Monisha Thoutam, there’s not much that the school can do to change her mind.

“I just like home lunch better,” Thoutam said. “[I only buy] when my mom’s not feeling well, or if I don’t have enough time before school.”

Still, Thoutam suggests more of a mix of healthy food and junk food. It seems the key to gaining student favor is variety.

“I think [even the snack bar] should have something different,” Cherrix said. “Like each week, a new different thing.”

Choices, choices, choices

While the Statesmen Station has mixed reviews, the vending machine time restrictions garnered a notably stronger response.

“They should keep it open more,” Alvarez said about the vending machines that don’t open until 2:40 every afternoon.

Students who don’t stay after school for extracurricular activities don’t get the chance to even use those vending machines.



I think it would just be nice to know you’re eating something that’s good for you.

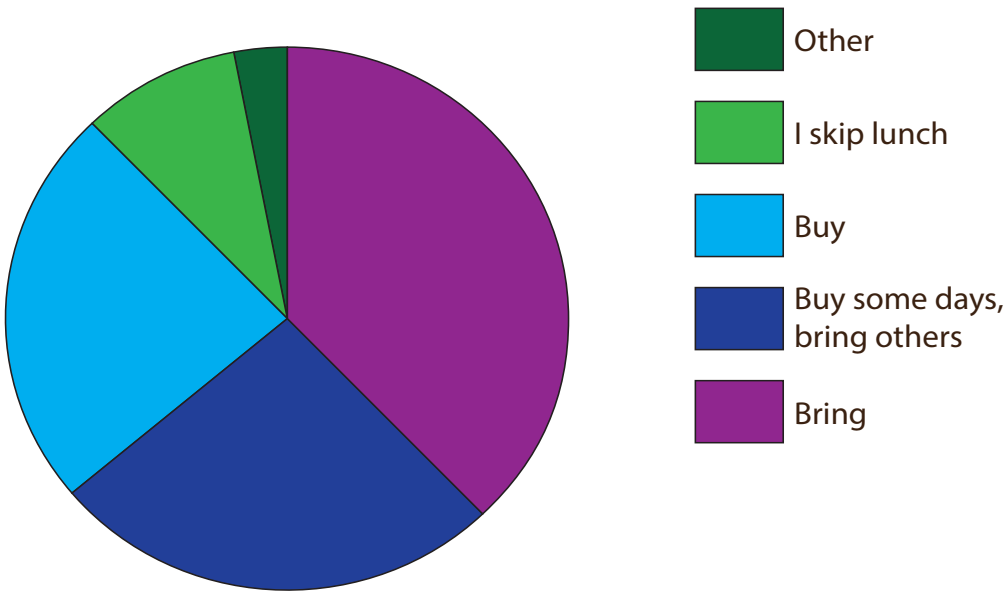
Denise Dolphus
senior



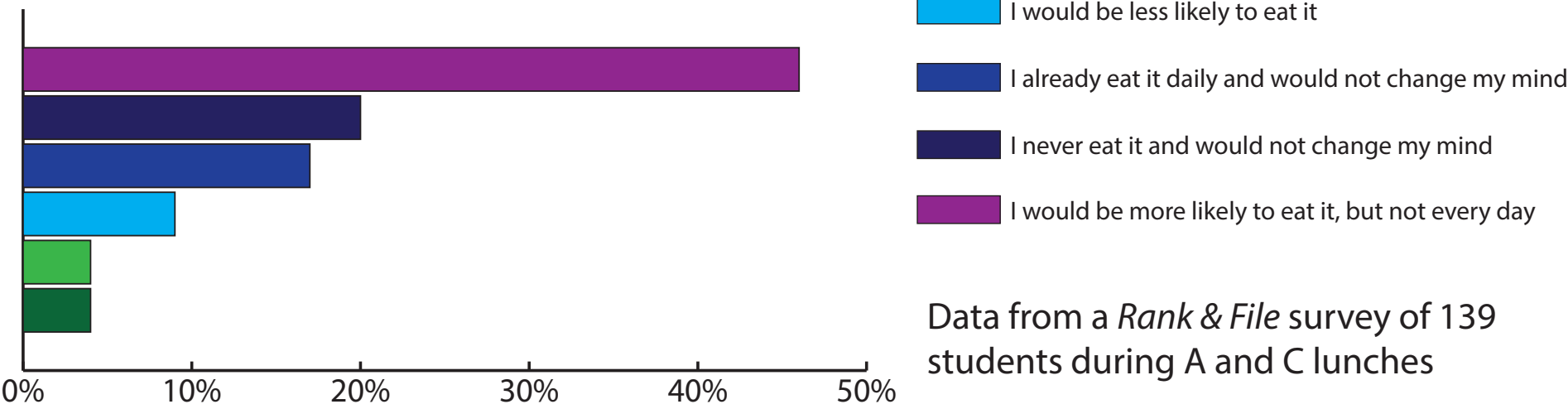
OPINION: Who likes school lunch, anyway?

Although **50% of students report buying school lunch** some or all days, the food isn't exactly popular. Among students who bring lunch, **93%** say they do so because their food is **healthier or better-tasting than school food**. Meanwhile, only **9%** of students who buy school lunch do so because **they like the food**.

Do you buy or bring lunch?



If school lunch food were healthier, would you be more likely to eat it?



Do you think school lunches should be healthier?

The county should change in general, but Marshall has the Statesmen Station, so it's balanced.

George Elzroth
junior

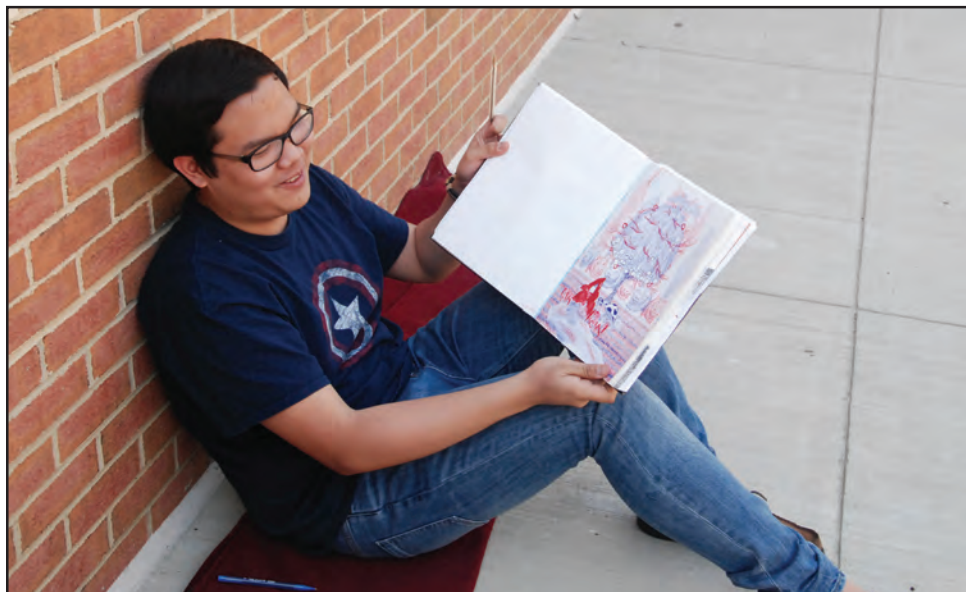


The school lunches are like fast food, and the food at home tastes better. They should change it.

Emily Chang
sophomore

Canvassing the Creative Community

by maggie mcaden



KRISTEN ZICCARELLI/RANK&FILE

Ignacio describes the way his drawing encapsulates aspects of childhood through an original take on the fictional character little red riding hood. "I basically interpreted it in my own way, and made it creepy," Ignacio said. "I like it that way. It's a bit different."

Ignacio reflects on childhood, uses vibrant colors

From paintings on newspapers to models sculpted from glue guns, the art sophomore David Ignacio dabbles in shape his identity.

"Without art I can't do anything, because even when I take notes, I just doodle around," Ignacio said.

The colors that Ignacio uses tend to be bright, alluding to the theme of youth in his pieces.

"I'm really a playful person; I don't know if my childhood has really left me," Ignacio said. "A great deal of what I do is based on my childhood."

Ignacio is also colorblind, and it presents a unique challenge.

"I don't sometimes know the colors I use. I kind of see them with brightness," Ignacio said. "I actually

need to look at the label to determine what color it is to make it realistic."

Of course, Ignacio had to answer the most important question on everyone's mind.

The black and blue (or white and gold) dress, a controversial fashion enigma that took social media by storm this past February, was actually "purple and green," according to Ignacio.

One day, Ignacio hopes to become an architect.

"I want to be an artist, but a lot of people are telling me that I won't get paid that much," Ignacio said. "And that really sucks, because I want to have money, but I want to enjoy what I'm doing, too."



MAGGIE MCADEN/RANK&FILE

"Juxtaposition" is Rosenberg's most recent work-in-progress. "I was going for the juxtaposition between these clean hard lines that I'd made with the white, compared to the blurred colors in the back. I'm working around that concept," Rosenberg said.

Rosenberg infuses work with palette of emotion

No one ever thought that their two-year-old refrigerator masterpieces would lead to a lifelong love of art.

For senior Jenny Rosenberg, her childhood artwork was the first sign of a life entwined with creativity.

"My mom framed a painting that I did when I was two and that was hanging up, so I guess I've been interested in art for a long time," Rosenberg said.

After getting into her dream school, the Maryland Institute College of Art, Rosenberg hopes to pursue a career in graphic design.

"I want to study graphic design; I don't really know specifics

yet, but I'm really into designing stuff for band and music-related graphics," Rosenberg said about her interests.

Rosenberg's favorite aspect of art is the way that it can be used as a medium for self-expression.

"I'll do a lot of paintings and abstract things just to express when I'm feeling really depressed," Rosenberg said. "So I sort of use it as an expression of emotion as well as communication."

In her artwork for the IB Senior Art Show, Rosenberg did just that.

"My theme was really personal surrounding mental health and awareness," Rosenberg said. "Art's just really personal, and that's why I really love it."

Modern cartoons explore complex themes

by chloe pignano

Children's television has always had Easter egg jokes geared toward adults, ranging from celebrity references to thinly veiled sex jokes. Nowadays, a common practice in animated children shows across networks like Disney and Cartoon Network is hiding a deeper theme within their plot.

A major follower of this trend is the show *Gravity Falls*, currently airing on Disney XD. *Gravity Falls* deals with plots as simple Scooby-Doo style mysteries while also handling a portrayal of the apocalypse and therefore the death of every character. The show also deals with mature topics such as parental relationships, as the two main characters are children who are raised by their single great-uncle. Using this uncommon familial situation shows kids that it's okay not to come from a nuclear household.

Another show that expresses non-traditional parental relationships is *Steven Universe*, currently airing on Cartoon Network. The show follows twelve-year-old Steven and his adventures with an alien species. Steven's mother was a part of the alien species, but in order for her to have Steven, she had to sacrifice herself. Steven recognizes that his biological mother is gone, but he accepts

opinion



ALIYA HOCHSTADT

the maternal role that the three alien lifeforms play in his life, breaking the heteronormative familial relationships that are frequently portrayed in the media.

Since the alien lifeforms are not human, they do not fit into the normal human gender binary. However, it is implied that the aliens are female through their feminine features. During one of the newer episodes, two feminine characters hug, kiss and sing about the love they share for each other. Breaking the heterosexual norm, this is one of the first children's television program that openly portrays gay characters.

In 1997, an episode of *Ellen* was given a TV-14 rating because the host Ellen DeGeneres, kissed actress Laura Dern. Within 18 years, the mindset of American screenwriters has changed drastically.

A study done in 2005 by Massachusetts Institute of Technology found that the presence of gay characters in television shows decreases prejudices among viewers. The earlier that children are exposed to these types of non-traditional relationships, the better the future is for the LGBTQIA+ community in America.

PLAYLIST

by ethan zack and paulina farley-kuzmina

Lifted Up (1985)

Passion Pit

0:54

-3:21

1. Lifted Up (1985)

Passion Pit

The first single from Passion Pit's most recent album, *Kindred*, "Lifted Up," retains the offbeat, shimmering sound that made the band popular, while breaking new ground at the same time. The song's main chorus is catchy enough to stick in the head of anyone who listens.

2. Lane Boy

Twenty One Pilots

"Lane Boy," the latest single from Twenty One Pilots, takes a hard look at the modern music industry. The fast and clever lyrics illustrate the band's struggle to maintain their originality during a time when songs on the radio are increasingly lacking in creativity and passion.

3. Bad Decisions

My Morning Jacket

"Bad Decisions" is one of the only songs on My Morning Jacket's newest album, *The Waterfall*, that contains a steady beat and isn't mostly made up of guitar riffs. While the lyrics are repetitive and somewhat shallow, the song is catchy and sounds like it came directly out of an 80's movie sound track.

4. Sleep Won't Ever Come

Best Coast

Riddled with a large range of intense vocals, "Sleep Won't Ever Come" by Los Angeles-based band Best Coast depicts the common experience of sleepless nights so many high schoolers become familiar with during the academic year. The slightly angsty lyrics also match the melancholy yet somehow dreamy melody.

5. Strip Mall Babylon

Rose Windows

Rose Windows' unique instrumental sound is apparent in their new song "Strip Mall Babylon". Throughout the song, there are transitions between light guitar plucking and heavy rock melodies. Coupled with passionate vocals, this song is a great departure from other alternative rock genres.

Zac Brown Band infuses multiple genres, sticks to previous themes

by caylin elkins

Country music is an acquired taste; it's not for everyone. In fact, it's often harped on for dwelling on repetitive guitar riffs and song subjects and for its inability to progress beyond the stagnant barriers of the American South.

Zac Brown Band's 13 top ten country hits make them a staple in country music, and their new album *Jekyll and Hyde* makes them a grade A band in my book. It breaks the mold of their previous three country-rock LPs, such as their most recent album *Uncaged*, in more ways than one.

Experimenting with genres such as blues in "One Day," reggae in "Castaway" and gospel in "Remedy," Zac Brown Band takes the album title *Jekyll and Hyde* quite literally. I definitely feel like I'm firsthand experiencing an identity crisis. But Brown's smooth, flexible vocals allow the band to easily tackle the vast array of genres with unquestionable grace.

But it wasn't done alone. Zac Brown Band collaborated with several other artists in certain music genres to achieve this all-encompassing musical concoction.

Pairing with Sara Bareilles for their song "Mango Tree," a throwback to swing music, the artists pay tribute to the beauty of 1940's authentic instrumentals with class. Then, taking a complete left turn into classic rock, the band couples with Chris Cornell to produce "Heavy is the Head" dominated by electric guitar solos and drumbeats.

The best thing about this album is their homage

to raw music untouched by Auto-Tune and electronic inputs, whereas most modern day music depends on soundboard variations to give it pizzazz.

Zac Brown Band actually highlights natural instruments, giving them overlays and solos so they are more poignant within the songs. The violin in "Dress Blues" underscores the country-blues feel and conveys the solemn tone of the song beautifully.

Some may debate on lyric originality when referring to Zac Brown Band. They're probably referring to some of their older songs like "Chicken Fried," which opens with "You know I like my chicken fried / and a cold beer on a Friday night." Obviously, this is not groundbreaking stuff.

But in *Jekyll and Hyde* they took a surprising turn for the better. By tying in music genres with the content of each song, they managed to create decently original storylines.

There are some pitfalls, as seen in "Castaway," in which Brown relishes the relaxing feel of being on an island vacation, "cause time flies by and soon we'll be older." I would say people can relate, but it's not something people will label as lyrical genius.

Overall, the album is a musical gold mine. The individual songs are well-done, encapsulating many genres. It's definitely something the country genre name needs underneath its belt, but it's a thematic dropout.

The one thing I'd say is you'll have to have some pretty eclectic taste for this album to meet your needs. But if you find yourself in a Jekyll and Hyde situation, this will suit your fancy.



ZACBROWNBAND.COM REPRODUCED UNDER FAIR USE

Zac Brown Band is comprised of seven members and based in Atlanta, Georgia. Their array of musical abilities allows the band to create all of the vastly different compositions for the songs themselves, separating them from most mainstream country-rock bands. They've had four albums leading up to their most current LP, *Jekyll and Hyde*, which revolutionized their music genre.

Rating:



a comparison of service costs per month	
8tracks	free
8tracks plus	4.16
pandora	free
pandora one	4.99
spotify	free
spotify premium	9.95
tidal	19.99

Tidal provides grossly overpriced streaming

by patrick mccabe

For those who enjoy spending excessive sums of money on marginally better sound quality, the new music streaming service Tidal, which is owned by Jay-Z, is perfect for you.

For the rest of us, there's a myriad of seemingly identical streaming services which do not cost an extra \$120 a year.

After two weeks of using Tidal, I am thoroughly convinced that it is the highest quality streaming service on the market.

Yet while Tidal delivers on its promises of superior sound quality and exclusive content with the release of exclusive new songs from Deadmau5, Calvin Harris, Beyonce and others, it comes at a very high cost: specifically, \$19.99 a month.

In many respects, Tidal's 25 million-song library, which can be accessed through apps on iOS and Android as well as on computers, is very similar to the already-existing music streaming services such as Spotify, Beats Music and Google Play. However, their sound quality, which is as impressive on paper as it is on speakers, acts as their best selling point.

Tidal's "lossless" sound quality has a bit rate of 1,411kbps, as opposed to Spotify's "extreme" quality, which is only 320kbps and the even lesser iTunes'

256kbps. In English, Tidal sounds really good.

Tidal also boasts another major feature none of its competitors can, and that's star power.

Support from artists such as Madonna, Kanye West and Nicki Minaj not only gives Tidal publicity, but also allows Tidal to keep true to their promise of releasing songs exclusively on Tidal so that people must subscribe if they want to hear the latest tracks.

Regardless of whether you love or hate Tidal, it appears that there may soon be significant changes to the service, as the company is withering.

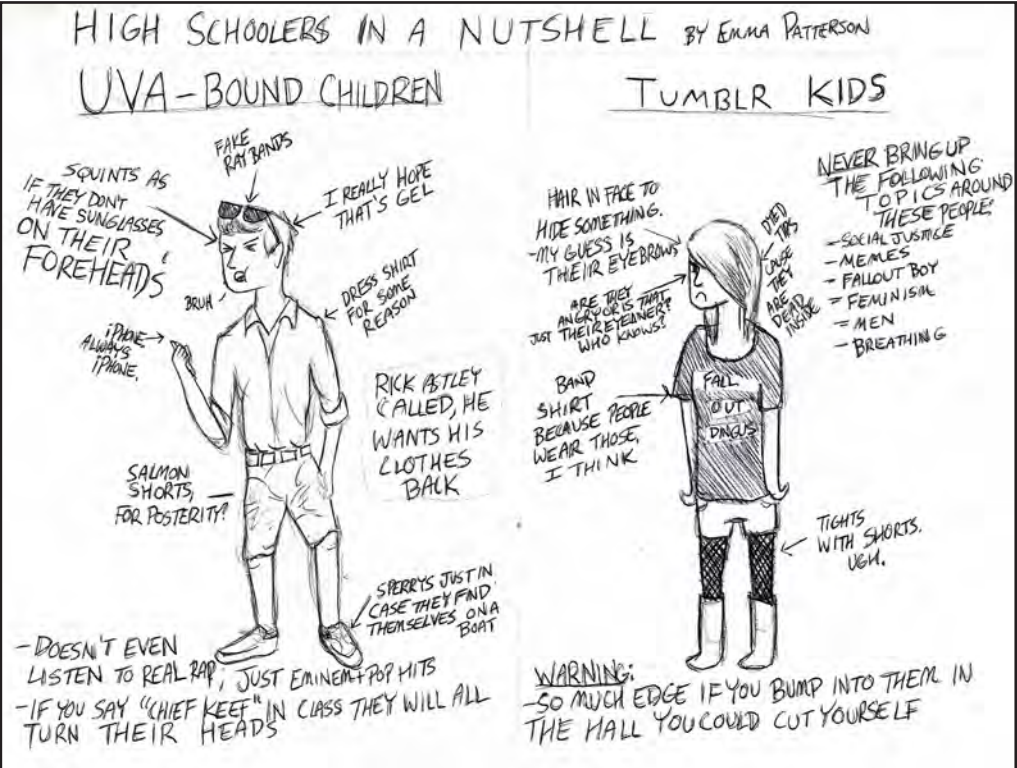
With the benefits not living up to their expectations and consumers largely rejecting the service, it is becoming clear that the once-anticipated service will be forced to either adapt or die.

With Tidal now out of the top 700 apps on the Apple App Store, and after the recent resignation of Tidal CEO Andy Chen, the future of the service is uncertain.

The way listeners consume their music is constantly changing with new services popping up and fizzling out all the time, and looking at Tidal's current state, it seems likely that their high price will make them just another blip in the continuum.

But then again, if heavy spending is your thing, there is no questioning that Tidal is the Rolls Royce of music streaming.

opinion



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Pushing through pain requires consideration, self-awareness

by maggie mcaden

“Pushing through the pain” is a phrase commonly thrown around by athletes who might have had a hard practice and need to push through the resulting soreness during the game the next day. The question is: at what point can pushing through the pain become dangerous? The key is telling the difference between discomfort and pain, according to ABC Fitness and Wellness. Athletic trainer Amanda Rolik explained these different types of pain, and how athletes can confuse them. “Pain is the body’s way of telling you something’s wrong, but that’s pain, not soreness,” Rolik said, “and so it’s about understanding the difference between soreness and pain.” However, pushing too hard can have very real consequences. Seventeen-year-old track star Arielle Newman of New York died of salicylate poisoning in 2007 as a result of using too much pain cream. Six times more salicylate was present in her body than is safe for a normal human being; she pushed herself to the point where she overdosed on pain treatment. Rolik described the dangerous situation that some athletes can end up in when they continue to play and mistake their pain for soreness.

“Some people are in pain,” Rolik said, “and they think because people are talking about pushing through it that they’re actually just sore and they need to push through that.” Freshman Haley Tonizzo has suffered the consequences of pushing through the pain throughout her soccer career, and is currently recovering from an injury that occurred during this year’s junior varsity season. “It either resulted in worse pain or just not playing well and having to recover for longer,” Tonizzo said. Sophomore Mojdeh Nourbakhsh has played soccer, basketball and softball in the past, and currently plays field hockey. She is also a dancer, and says that sometimes she perseveres despite the pain

she’s facing. “I still continue, and sometimes when it’s not even recommended I still push through,” Nourbakhsh said, who tries to put her team first. “For example, in dance you can’t just have a teammate sub in because they have to learn the formations, change the formations [and] learn cho-


“I still continue, and sometimes when it’s not even recommended, I still push through.”

Mojdeh Nourkbakhsh


sophomore

The competitive air of athletics can also cause players to choose to continue playing despite an injury. Players participate regardless of the pain to not get benched, to get more playing time and to not lose their spot on the team, according to Tonizzo. Rolik recommends a few basic symptoms to look for in order to help decide whether or not ignoring the pain is a viable option. “If your function is limited by the the discomfort that you’re feeling: so you can’t run without a limp, you can’t walk without a limp, you can’t run as fast, you can’t start sprinting, you can’t go up and downstairs,” Rolik said. “If someone watching you can tell that you’re hurting because you’re moving differently, then that’s a bad thing.” There are also signs that the pain is just muscular soreness, and it is safe to continue. “If you can continue moving the same way that you want to without sharp pains, then you’re probably okay to push through it, as a general rule,” Rolik said. When it comes down to it, a variety of factors contribute to the decision on whether or not to endure the pain and keep playing. The most important aspect of pushing through is understanding your own personal limits.

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*Girls varsity soccer team defeats J.E.B. Stuart
3-0 on Senior Night.*





MAGGIE MCADEN/RANK & FILE

Top: Junior Megan Kenny heads the ball at the girls varsity soccer senior night game against JEB Stewart High School on Tuesday. The game began with a ceremony that honored the seniors for their participation in the girls soccer program over the span of their soccer careers.

Bottom: Senior Lauren Kaup sidesteps to defend the ball. The score was 3-0, a victory for the Statesmen, with goals scored by senior Caitlin Dickson, senior Erin Artiles and junior Lorena Beltran. Dickson and Artiles scored within the first ten minutes of the game, and Beltran, on a fast break, scored towards the very end.

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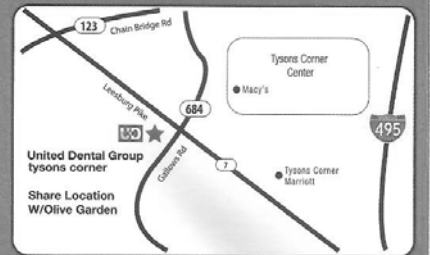
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ANNA THILLAIRAJAH/RANK&FILE



CARA BARAZIA

Left: Smiling, senior Dany Chaillo runs in the finals of the girls 100m hurdles in between her doubles tennis matches. The original finals race had to be run again due to a timing issue, which Chaillo was unable to participate in because of the ongoing tennis conferences. Chaillo participated in both track and tennis throughout the spring season, helping the tennis team to a winning season and achieving regional qualifying time in the 300m hurdles.

Top: From right to left, freshman David Forney, junior Andrew Cohen and sophomore Sean Gustafson come through their second lap in the second heat of the boys 1600m run. Though in three different grades, Forney, Cohen and Gustafson finished within five seconds of one another.

the evolution of uniforms: 2011-2015

by anna thillairajah

If you've ever been on a freshmen or JV team, you've probably had to deal with some retro uniforms. You know what I'm talking about. You show up to picture day all excited and end up leaving with an out-dated and way-too big version of the Marshall uniform you imagined. Or if you were on track, one of those all-blue sweatsuits. Maybe if you were lucky, the varsity team had just ordered new jerseys and you ended up with what had previously been the best thing. The girls track uniform has gone through many transformations over the past four years, from ordering new uniforms after only a year of use to pulling out eight year old uniforms to accommodate a large team.



sports profile

class: 2016 years of experience: 7
sport: ice hockey

While several school sponsored sports take the spotlight, a community-sponsored ice hockey team that combines Marshall students with Lake Braddock provides hockey enthusiasts such as junior Stephen Arthur with the opportunity to play for their school.

Arthur began playing ice hockey at age nine when his uncle gave him a pair of skates for Christmas. From there, a passion for the sport ensued.

"I just love hockey and skating in general. It's probably the best sport out there. You get to skate around and hit people," Arthur said.

Ice hockey, an unofficial school sport, attracts minimum attention from the school community.

Arthur became involved with Marshall hockey after experiencing a lack of information about Marshall hockey as a new student.

"When I was an incoming freshman, I

emailed Mr. Swarm and asked if Marshall had a hockey team. He told me that they didn't, but did say [there was] a provisional team between Marshall and Lake Braddock," Arthur said.

While the combined team is predominantly Lake Braddock students, Wes Hammer-schmidt and Andrew McDonald also participate.

The team enjoys success, with an 8-2 record for the fall season, and a 1-2 record three games into the spring season.

Arthur wants to draw more spectators and help the team continue to grow and popularize ice hockey at Marshall.

"It'd be great to have students come out and support us. Sometimes, the other teams have a lot more fans than we do and it's just our moms in the stands," Arthur said.

—claire heiden

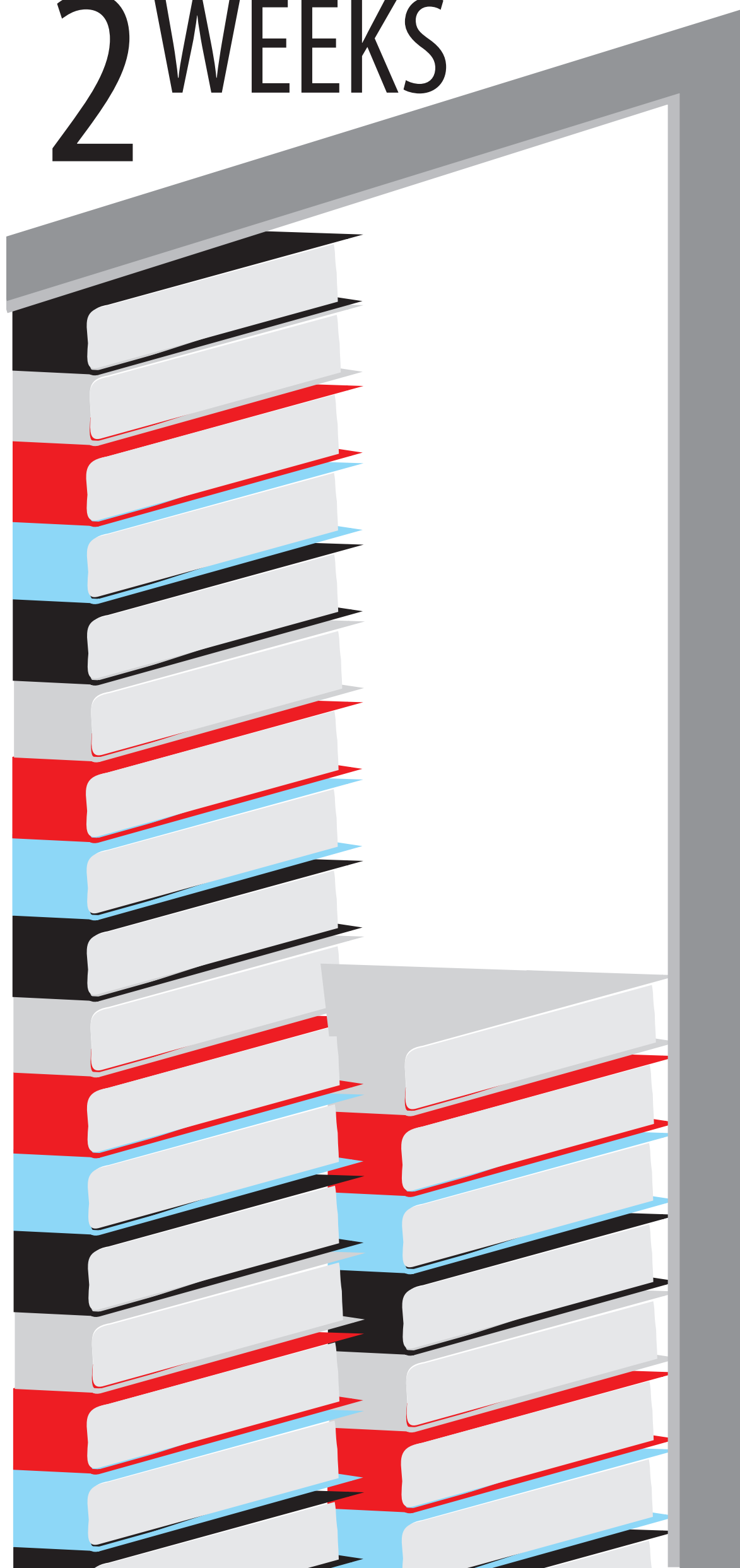


COURTESY OF STEPHEN ARTHUR

Junior Stephen Arthur celebrates after scoring his second goal in the game against Yorktown on Jan. 9. The Bruins won the game 10-2.

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