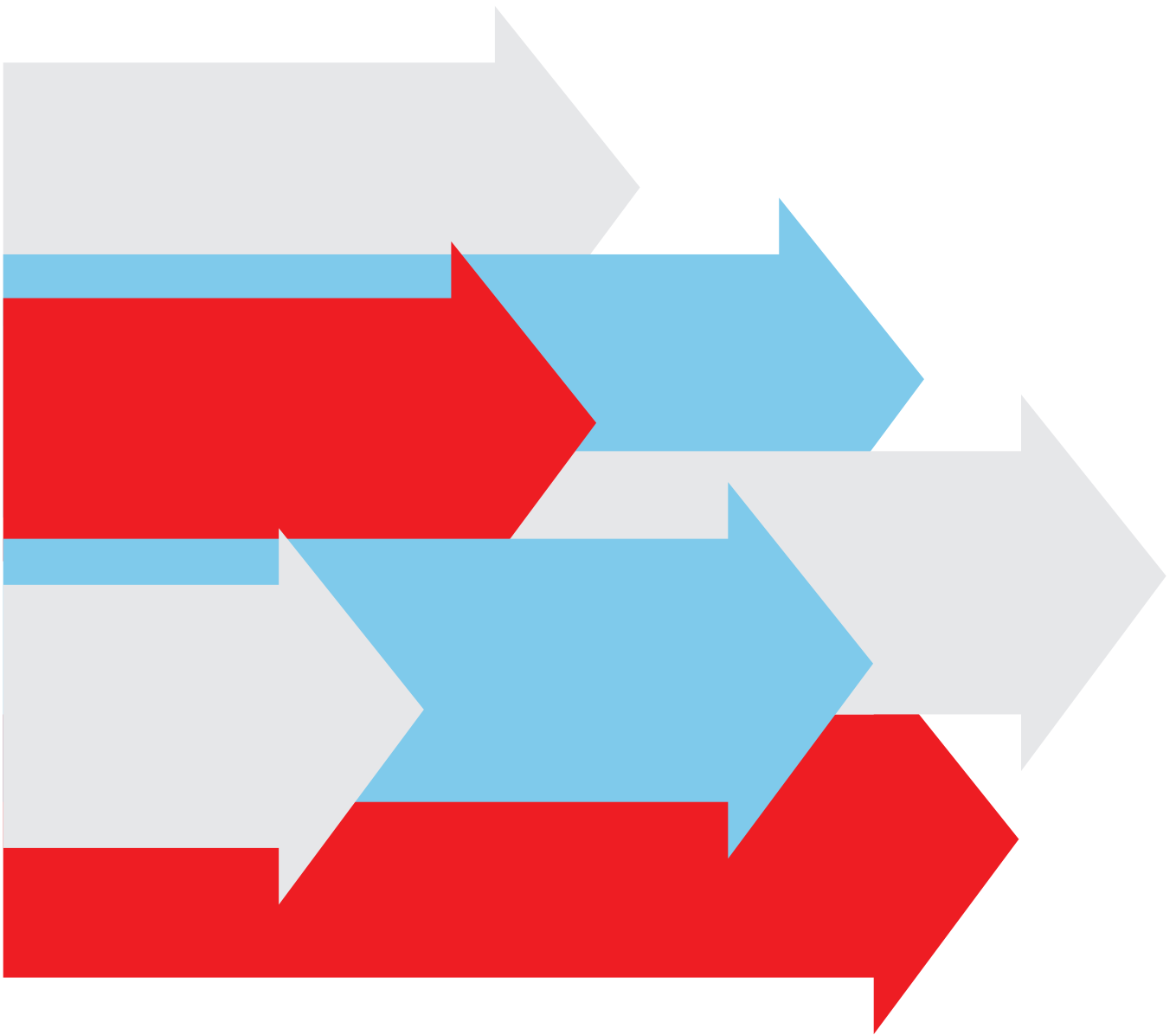


# rank&file magazine



Friday, September 18, 2015  
Volume **53**, Issue **1**

# table *of* contents

**news** 4&5

**features** 6&7

**centerspread** 8&9

**opinion** 10&11

**arts & style** 12&13

**sports** 14&15

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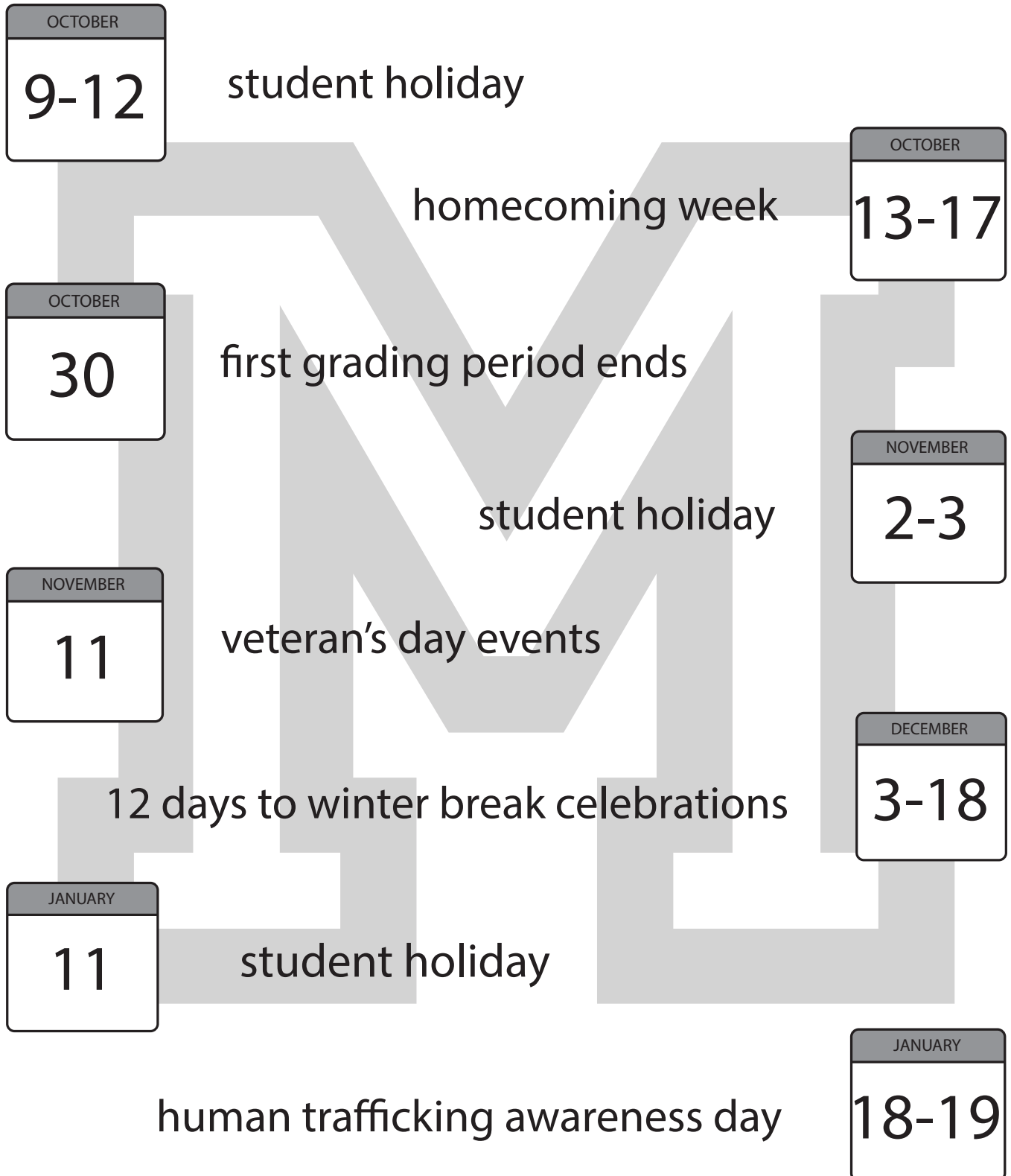
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# the semester ahead



## Bell Schedule

1st block (1,2)		8:10 AM	9:39 AM	89
learn		9:39 AM	10:29 AM	50
2nd block (3rd every day)		10:29 AM	11:15 AM	46
3rd block (4,5)	A Lunch	<b>11:15 AM</b>	<b>11:45 AM</b>	<b>30</b>
	A Class	11:45 AM	1:19 PM	94
	B Class	11:22 AM	11:49 AM	27
	B Lunch	<b>11:49 AM</b>	<b>2:19 PM</b>	<b>30</b>
	B Class	12:19 PM	1:19 PM	60
	C Class	11:22 AM	12:22 PM	60
	C Lunch	<b>12:22 PM</b>	<b>12:52 PM</b>	<b>30</b>
	C Class	12:52 PM	1:19 PM	27
	D Class	11:22 AM	12:56 PM	94
	D Lunch	<b>12:56 PM</b>	<b>1:26 PM</b>	<b>30</b>
4th block (6,7)		1:26 PM	2:55 PM	89

## Collaboration Days

monday	tuesday	wednesday	thursday	friday
X	science ESOL	English PE	social studies performing arts	world languages CTE/academy

## Rizzo benefits the classroom with wide variety of experience

The new school year yielded many new things—a new building from the completed construction, a new bell schedule from the Fairfax County school board and new curricula and faculty members in each department.

Angela Rizzo is somewhat new to the biology department, as this is her second year at Marshall. However, now she is teaching three biology courses full time: Biology 1, Biology 1 Honors, and IB Higher Level Biology II full time this year, as opposed to her part-time position last year.

"The team I work with is great, the kids are great, my commute is good, and the facilities are nice," Rizzo said when asked what prompted her to make the switch to a full time position.

Although her specialty is biology, Rizzo is a jack-of-all-trades when it comes to teaching. She has a degree in English, allowing her to teach classes outside of the sciences.

"I've taught English, I've taught journalism, I've taught American history, but I teach mostly science

which is what I've been doing for the past ten years," Rizzo said."

It's Rizzo's extensive education that makes her qualified to teach such a variety of subjects.

"I went to a school called Columbia College, which is a small school in South Carolina. It was an all-girls school with mostly liberal arts, which is where I got my English degree," Rizzo said. "I went to the University of South Carolina to study pharmacy there ... While I was at Long Island University I took an Executive Career Change program which allowed me to get my Masters Degree and teaching certificate."

Outside of school, Rizzo thoroughly enjoys both music and reading.

"My iPod has pretty much anything on it. I told my husband that out of 28 years of marriage, it was the greatest gift he ever gave to me. And he's given me some great gifts—but that's just how much I love music," Rizzo said.

**by paulina farley-kuzmina**



BY PAULINA FARLEY-KUZMINA/RANK&FILE

Rizzo's sixth period Biology 1 Honors class takes notes while she lectures on the steps of the scientific method and the two types of reproduction.

### *into the interview*

#### **Where were you living before Virginia?**

I moved to Virginia from Charlotte, North Carolina, where I taught a variety of English classes.

#### **Do you have previous experience with the IB program?**

I was in a school in South Carolina when I was in Columbia, S.C. It was called AC Flora High school, which was an IB school. I taught in the Freshman academy there, where we were instituting the middle-years IB program, so I'm familiar with it, but I've never taught it.

#### **What kinds of activities do you like to do outside of work?**

I like listening to music, and when I was in elementary through high school I played piano for about eight years. And for one of my birthdays my husband asked what I'd like. At first I couldn't think of anything, but then I said I'd really want a piano. You know, we could never have one because we moved around so much, but now we have one, and I've been taking lessons.

# Summer Statesmen



**Roshana G-Mariam**  
*sophomore*

COURTESY OF ROSHANA G-MARIAM

Senior Megan Kenny also went on vacation with her family, but her adventures took place in South America.

"My family and I went to Chile this summer to practice Spanish and to see a beautiful country," said Kenny. "We started in the capital—Santiago—and worked our way to the mountain valley, then to the beach, before visiting the final destination: the Atacama Desert."

Just because you're in high school doesn't mean you can't do something amazing. Three people proved this by going, in some cases, literally above and beyond what the average teenager would normally do.

Sophomore Roshana G-Mariam spent her summer camping at Cape Henlopen State Park in Lewes, Delaware with hers and another family.

"The mosquitoes were a menace, but you didn't even care, because you were surrounded by the best people in the world," G-Mariam said.

G-Mariam enjoyed the comfort

of having an entire beach to herself along with biking around the ruins of a WWII military base.

"It must have been quite a sight: a couple of parents, four kids under ten and two teens biking in stormy weather, drenched from head to toe," G-Mariam said.

For G-Mariam, the best end to a day like that is relaxing and unwinding with friends.

"My favorite part about that camping trip, though, was sitting and talking around the fire at night," said G-Mariam. "That's when you really got to know someone."



**Megan Kenny**  
*sophomore*

COURTESY OF MEGAN KENNY

For those who have traveled, being in another country, submersed with the cultures and languages of people you come across, is one of the most important experiences to have.

"It was enriching and eye-opening to see such diverse landscapes and meet such kind people, who helped us have the best experience possible," said Kenny.

In contrast to those who relaxed on vacation, senior Chloe Molinos worked at Shake Shack, a restaurant chain in Tyson's Corner Center during the summer break.

"Working a job during the summer part-time is so rewarding, because not only do you interact with and meet new people, but you get a paycheck to pay for new things," Molinos said. "The downside, though, is that you have limited time to go out with friends and have vacations. But in the end, it's worth it."

Molinos respects the lessons in discipline that having a job early teaches teens.

However, only one with a strong ability for patience can truly appre-

ciate the lessons from working in the food business.

"You grow sick of demanding people, whiny people, all kinds of people, and you learn your place on the opposite side of 'the customer is always right,'" Molinos said.

Spending your well deserved vacation working may seem like a bad payoff, but the important values gained from your efforts (with the addition of payment) are well worth the time.

"Although we may exercise diplomacy, punctuality, honesty and responsibility in school, it's never for something like money."

**by emma patterson**



**Chloe Molinos**  
*senior*

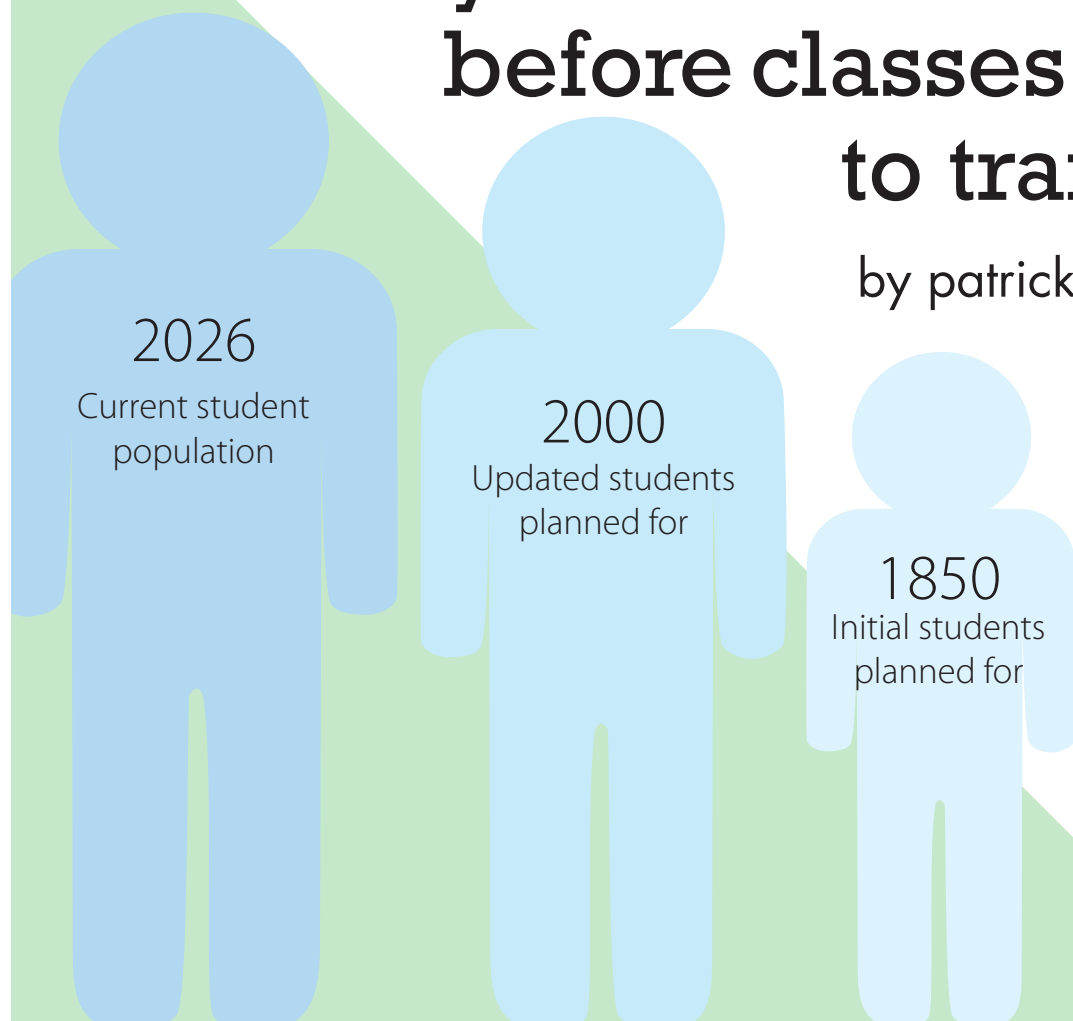
EMMA PATTERSON/RANK&FILE



# Outgrowing Renovation

**As the student population continues to swell, it might only be a matter of years before classes return to trailers**

by patrick mccabe



If one thing is certain from Marshall's \$59 million renovation, it is that the school has clearly outgrown its motto of "small school, big heart." While fitting the ever-growing student population was the primary purpose of the renovation, which officially ended last spring, it might not be long until trailers begin popping up once again around the school.

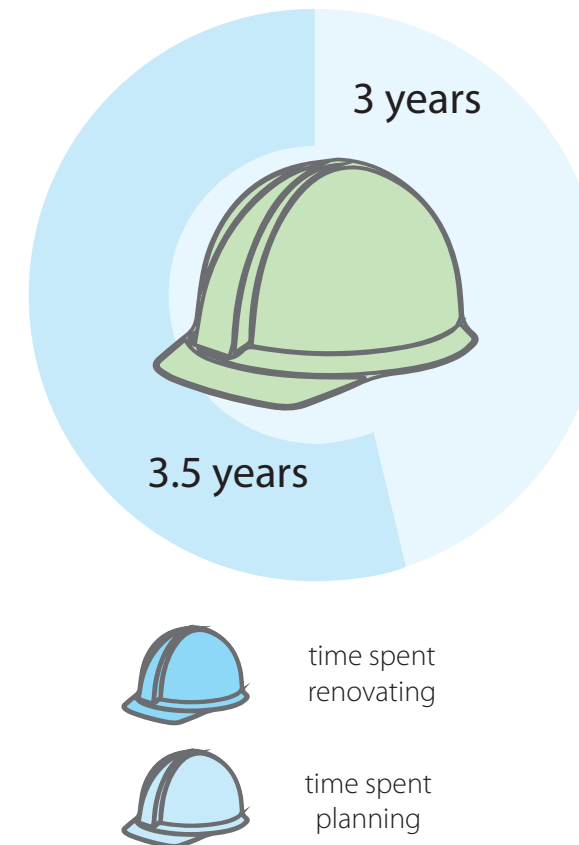
Even during the initial planning stages for the renovation, Fairfax County Public Schools realized that the student population was growing at a faster rate than it had predicted, and changed the plans from ones which accommodated for 1,850 students to ones which accommodated for 2,000 students.

This adaptation, however, was not enough. No more than four months after renovation officially ended, the school is already above capacity again with 2,026 students.

"[The student population size] will begin, over the next couple years, to present some challenges to us in terms of utilizing our space to its fullest potential," Principal Jeff Litz said. "I think trailers will be back, I don't know how many will be back, I don't think we'll have the 28 we had during renovation, but in the next couple years I can see three

or four popping up."

Litz also added that as the population in the area continues to grow, redistricting might even be a possible outcome in the next 10 to 15 years.



While teachers and students alike largely oppose a return to trailers, the spike in the student population comes at a time when there simply is not extra money available in the FCPS budget, which is nearing a \$100 million shortfall.

Sophomore Holly Waters understands the situation that the school is facing, yet she is worried about the potential of moving back to trailers before she graduates.

"I believe I speak for all of my peers when I say that going back to having trailer classes at Marshall is definitely a very worrying thought," Waters said. "All in all, trailers may be the most convenient in terms of cost or space, but they are exponentially more inconvenient in terms of student education."

Litz, however, explains that the renovation costs and the shortfall come from two different pools, and he hopes that more money can be put into funding future construction.

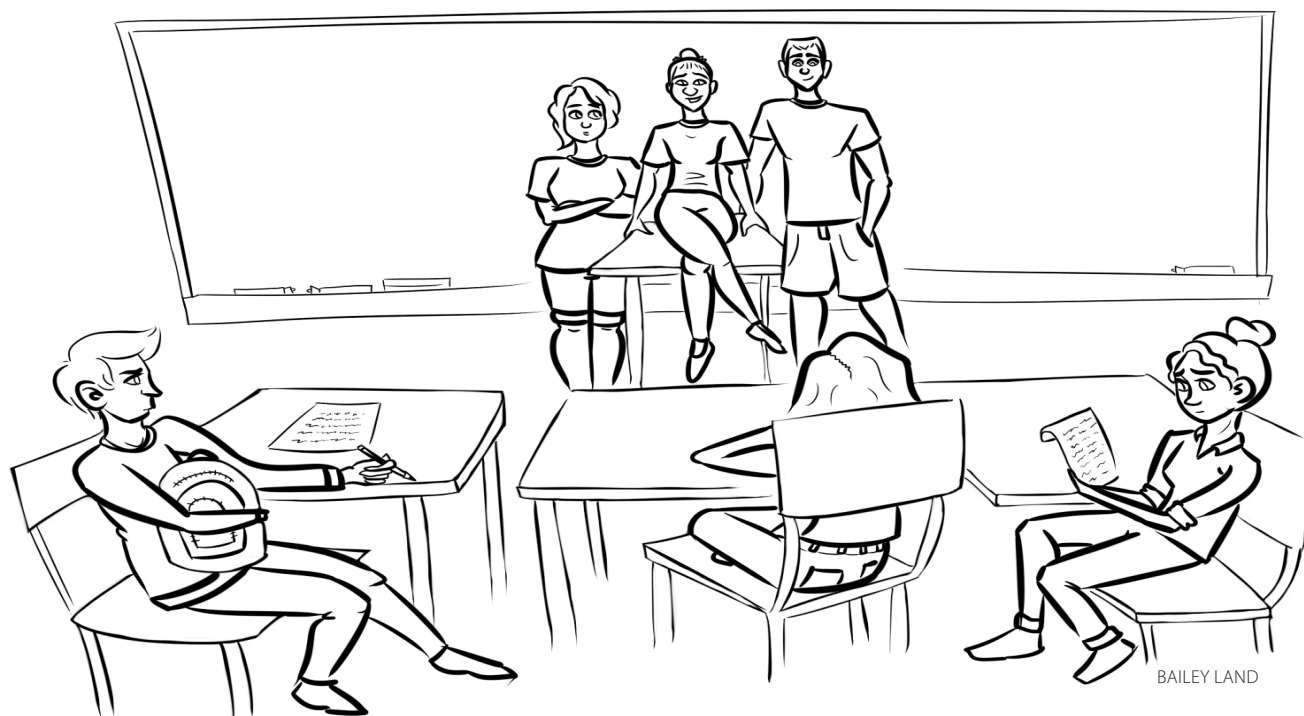
"The renovation pot and the hundred million, those are two different pots of money," Litz said. "Our capital improvement plan budget we primarily operate off of bonds which the county tax payers vote for. I think we need to continue finding ways to increase the amount of money we are spending on capital improvement projects."

Although an ever increasing student population has led to growing pains, Litz still sees a bright side in the change.

"We will continue to grow, and that will only make us stronger," Litz said.

**\$59,000,000**  
Total Final Cost of Renovation





## Freshmen need more from Senior Mentor Program

Every year, multitudes of freshmen are unceremoniously thrust into high school, left to fend for themselves with a multitude of questions, ranging from social to academic. The answer to this issue has come in the form of the Senior Mentor Program, a process in which select seniors visit freshmen intermittently throughout the year to monitor and assist their adjustment. However, the program could do more to meet its full potential.

As freshmen navigate their first year, it becomes increasingly clear to them that following the guidelines set for an "average" high school student are nearly impossible to follow to a tee. Schedules conflict, homework piles up, social cliques form and things

are generally rather different from how they were in middle school. This is where the Senior Mentor Program falls short.

Upon attending these sessions as a freshman and transfer student, I was filled with questions on how to integrate

**opinion**  
ethan zack

myself into a near-completely unfamiliar community. Instead of finding the answers to these issues, I found that the curriculum given to the senior mentors was mostly common knowledge. I was advised not to pull all nighters, to join some extra-curriculars and to work hard for the entirety of my four years in high school.

It's not that the points the mentors gave were invalid or unrelated to school; rather, they were vague and failed to address more specific and complex questions that freshmen need answers for.

Many freshmen want to know how to pull all-nighters if they do become necessary. Athletes want to know how to balance a heavy schedule. Writers and artists want to know what extra opportunities are available. Freshmen just generally need help adjusting.

While the Senior Mentor Program is a good and helpful idea in theory, there are gaps in its execution and application. Hopefully the continuation of the program will allow it to further develop and better fulfill its intended purpose.

# Rank & File to develop stronger online presence and boost student representation

The world is a fast-changing place, and nowhere is the powerful influence of technology becoming more evident than in the world of journalism. While hundreds of newspapers across the country have gone out of business just since the time we started high school three years ago, the number of monthly Twitter users has jumped by 137 million in the same time frame: a clear sign that media is entering a new age.

As a public forum for the Marshall community, we believe that it is incredibly important to stay up to date with the way that our readers consume their media, so we are proud to announce that this year we will be making a significant push to add a strong online presence to our already large print presence. While we have had a website, Twitter account, and Facebook page for a few years now, we will no longer

treat these as secondary to our print edition but rather as equally vital branches of our publication.

Along with reaching out more on social media, we also plan on being more accurate in our representation of Marshall as a community. In the past, we've printed

## letter from the editors

stories and infographics exclusively in English. This year, we're enthusiastic to begin working with students in the ESOL program to start printing side-by-side guest articles in both English and the writers' native languages.

Beyond our excitement about devoting more time to our online presence, this will be a good year for our print publication as well. The organization of this year's editorial board—namely, having

two editors-in-chief rather than one—will allow us to focus evenly on both aspects of our publication. We also look forward to presenting more stories in engaging and alternative formats, as the addition of the Design Editor position to our editorial board gives us more room to push for creative page layouts.

While we are all excited to get started on this volume of *Rank & File*, we are still first and foremost an open public forum and we want you to be an active part of our publication this year. Not only can you engage by writing guest articles or tweeting at us, feel free to drop by the journalism room (D211) with any story ideas you have.

**Heather Dunbar**  
**Patrick McCabe**  
Editors-in-Chief

## Tweets

Congrats to @gcmfootball on the W! Proud to be a statesman.  
#gcmrising

Gareth Ramsey  
Senior  
@KiloGRamsey

2 classes came through for orientation today and it was a blast!! #gcmrising #marshallrules

Marshall HS Library  
@GCMLibrary

It's only the beginning  
#LukeStrong #GCMRISING

Joshua Hurlburt  
Senior  
@jhurl26

# Study-friendly apps

*Chances are, you already bring your smartphone just about everywhere, but you're not as quick to lug around study materials for all of your classes. These apps make studying on the go much less cumbersome.*

## 30/30 *free*

For those who struggle with task management, 30/30 is a timer app that reminds you when you should be wrapping up one project and starting the next one. If you invest way too much time and detail into one piece of work and then rush to finish your other responsibilities, this might be the app for you.

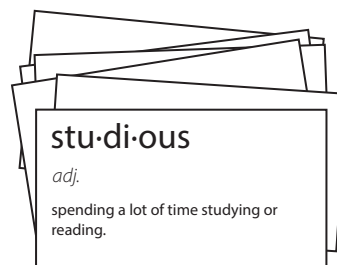


## Alarmy *1.99*

It's tough to get up in the morning—or any time of the day, really. Traditional alarm clocks may help you exit hibernation, but it's easy to drift away again, forcing some sleep-deprived individuals to set multiple alarms to successfully start the day. This app goes beyond just waking you up by requiring you to either solve a math problem or get up out of bed to take a picture of a preset item in your house, such as your kitchen sink, before it turns off.

## Brainscape *free*

Paper flashcards aren't for everyone. It can be hard to keep a stack of them neatly together, they crumple at the bottom of your backpack and they're easily lost forever. Brainscape allows you to sort terms by how well you know them as you study, and then prompts you to review terms you don't know.



## The Homework App *free*

While color-coded planners can be fun to organize and pretty to look at, most don't have time in their schedule to maintain them. With this app, you can quickly enter and keep track of due dates on your smartphone without losing out on any aesthetic value (because yes, it does have a color-coding function).

*compiled by heather dunbar*

# Facebook growth slows while other sites spike

Facebook tried to achieve the impossible: a social media platform that shared pictures, text, and messaging all in one. Although Facebook's userbase's all-time high was a little over a billion, social media users are now opting out of Facebook for other platforms like Instagram and Twitter.

According to the Pew Research Center, about 71 percent of teens have more than one social media account. Three-fourths of teens have Facebook, while a little over half have Snapchat and Instagram.

The study further finds that Instagram was the fastest growing company in 2014—with growth among

adults increasing nine percent. Pinterest doubled its users over the last two years going from 15 percent to 31 percent, LinkedIn grew six percent since 2013, and Twitter grew five percent since 2014. In this time period, Facebook didn't see a significant increase at all—usage remained at 70 percent, about the same as three years ago.

However, just under half of the population aged over 65 uses Facebook, which might correlate to the decline in youth users. Many teens reported they wanted to use social media that would be out of reach of their parents.

**by paulina farley-kuzmina**

## Facebook by income

**49%** of teens who live in households that make **less** than \$50,000 per year used Facebook

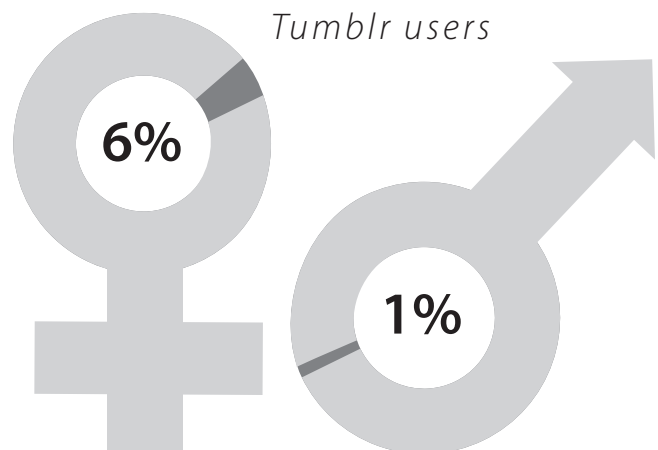
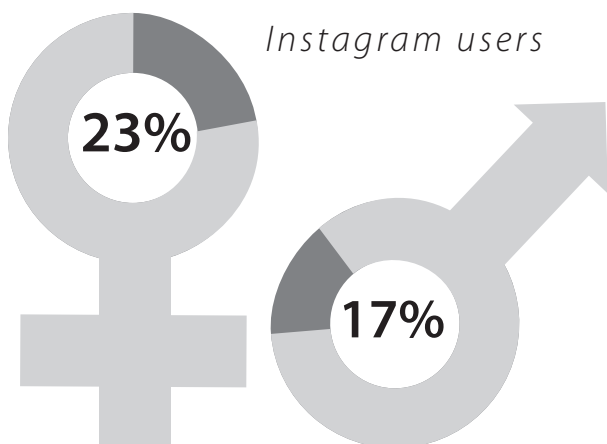


**37%** of teens who live in households that make **more** than \$50,000 per year used Facebook



## social media by gender

Girls are more likely use social media sites like Instagram and Tumblr than boys, according to the Pew Research Center. The same study found that boys prefer video games over social media.





JOHANN YOUNG/RANK&amp;FILE

**Top left:** Senior cross country captain Alexander Haight runs along with the rest of the team during a practice on Sept. 15 to prepare for a meet against Falls Church and Stuart the following day. **Top right:** Members of the junior varsity football game practice kicking fieldgoals during practice. **Bottom left:** Members of the cross country team warm up in a circle before practice. **Bottom right:** The varsity football team practices a drill while coach George Masten watches over.

## Summer practices motivate teams at a cost

While classes may have only started less than two weeks ago, athletes have already been at school for months as they train and prepare for the fall sports season.

Although the idea of practicing throughout the summer might seem unfair to the players who only get a month and a half of summer break, some believe the fairness of these practices is up to the players to decide.

"It feels like it's a part of your summer vacation, being able to

see your friends and playing the sport that you love," junior Bobby McCaleb said.

Without the sudden introduction of classes into players' practice schedules, players are able to enjoy their preparations for the new season and express their motivation without the thought of homework and tests.

"My motivation spikes in the summer, because it's fun getting back into the cross country season and seeing everybody again," said senior

Alexander Haight.

While practices might start weeks before the teams begin playing any games, coaches are not necessarily any more relaxed than they would be during later parts of the season.

"I feel like our coaches are more relaxed towards the end of the season," junior and junior varsity field hockey player Mojdeh Nourbakhsh said.

**by johann young**



# With fresh changes, varsity volleyball serves up strong start to their season

After winning the conference championship last year, the varsity volleyball team has returned with a new head coach, and the goal of making it to the state championship, a feat they missed by a single game last year.

The team won their first three games of the season against West Potomac High School, Tuscarora High School and McLean High School, and senior Deniz Kosereisoglu believes the success is in part due to an apparent loss.

"One thing that I attribute our strong start to this year is that our strongest player wasn't here for a long period of time and her absence weaned us off of relying on her," Kosereisoglu said. "It pushed our setters to set to other hitters and

that improved the whole team's skills."

Senior Jessica Lussier also believes that a change in team dynamics, which came with the loss of many of last years players, led the team to become stronger and more cohesive.

"We lost a good amount of seniors last year so we have a bunch of new people so the team chemistry is very different," Lussier said. "I think we had a very strong start this year because we have a very strong team not only skill wise but also energy wise."

The addition of coach Ty Hart has also led to a change in the atmosphere of the team, which is no longer as intense as in previous years.

"Our coach this year is much more laid back than

our coach last year who was very technical and loud and all about winning," Lussier said. "This year, the focus is more on stats and learning how to be a more versatile players."

Despite the new players, the goals for the team remain just as high as they plan to surpass last year's accomplishments.

"Speaking for the team, I think that our end goal is to get to states, seeing as though last year we were only one win away from qualifying," Kosereisoglu said. "Even if the games are not in our favor this year, I think that our main focus is bettering our individual skills and getting better playing together instead of playing as a disjointed team."

**by patrick mccabe**



Members of the varsity volleyball team huddle after scoring a point during their game on Sept. 15 against McLean High School. The Statesmen won the game three sets to none, making them undefeated in their first three games of the season. If the team defeats Westfield High School, it will be their strongest start to a season in over five years.

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