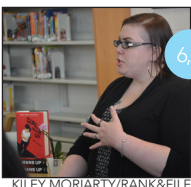




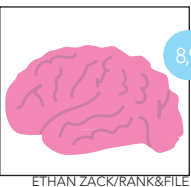
**News:**  
1,2,3 Danish exchange program participants experience culture shock in their first few days on campus.



**Features:**  
4,5 Obando shares he writes and performs original raps to spread happiness with music.



**Arts&Style:**  
6,7 Check out the inside of young adult writer M-E Girard's writing process.



**Opinion:**  
8,9 Films in the horror genre often portray people with mental illness as violent.



**Sports:**  
10,11 The IB Theory of Knowledge class presents scheduling conflicts for athletes already enrolled in electives.

# rank&file

Wednesday, March 29, 2017  
Volume 54, Issue 5

George C. Marshall High School  
7731 Leesburg Pike  
Falls Church, VA 22043  
(703) 714-5511  
gcmnews.net

## 2018 SGA reinvents Stress Less Week

by anna zelenski

Stress Less Week is not an unfamiliar name to the ears of students and faculty. The Student Government Association revamped what was previously known as Wellness Wednesdays to now be one week instead of one day a month, known as Stress Less Week. But the idea behind the event remains the same: to encourage students to take care of themselves during the busy school year and teach techniques to adapt to their stress.

In past years, the administration held Wellness Wednesdays; one day a month where they would hold various events to relieve stress on days known to have a lot of exams. But the events did not gain in popularity as teachers and faculty hoped it would.

While junior Rose Taury acknowledges the efforts the administration and staff made to try to minimize stress, she says the execution of Wellness Wednesdays was lacking.

"Wellness Wednesdays had a really good motive



ANNA ZELENSKI/RANK&FILE

Junior and SGA member Hiam Baidas distributes candy for "Treat Yourself Tuesday."

behind it," Taury said. "It really did help me enjoy some parts of my school day, when the majority of my classes are very rough. Although it only really puts me farther behind on my school work, and the whole time I'm thinking about all of the work I have to make up for this time."

In reaction to the dissatisfaction of their peers, Junior and 2018 SGA member

Hiam Baidas, along with other 2018 members, headed the push for a student-run Stress Less Week with the help of principal Jeff Litz and other faculty members. banded together earlier this school year to repurpose Wellness Wednesdays as Stress Less Week, a more effective way to promote mental health school-wide.

"It's the first year students have attempted to run it," Baidas said. "I think that some people don't have enough time to do a learn game, but even a small gesture, like handing out lollipops to kids on their way to class, can make their day just that much better and doesn't take time at all."

With students running it this year, Baidas says the SGA members better understand the struggles that their peers face.

"We are students too," Baidas said. "We understand that not everyone has time. This event is so important that I think no one should have to miss out on it."

The work of the administration to make this week possible did not go unnoticed by students and the members of SGA that worked along with them to set up the event.

"I think the administration has worked really well with me by being flexible and efficient with getting the events approved," Baidas said. "I've definitely come to appreciate not just them, but all of the faculty at Marshall a lot more because they do

so much to help us."

Each day the SGA planned a range of activities to allow more student involvement without taking a huge portion of the day.

Last Monday, junior and Active Minds club founder Abby Greene led a yoga session in the front lobby during learn.

"I've learned to handle my stress when I feel it building up and have learned techniques of ways to let my stress pass," Greene said. "I think Marshall students could really benefit from yoga, especially with IB. Our classes are so challenging and people are so used to getting overwhelmed; if they can find ways to prevent being overwhelmed to an extreme, they'll be happier and smarter people."

The members of the 2018 SGA handed out lollipops during learn on Tuesday to promote the idea of treating yourself, naming the activity "Treat yourself Tuesday."

SGA also held Workout Wednesday, each grade competed in batleship, and on the final day of Stress Less Week, the day focused more on mental health awareness and how to more effectively deal with personal struggles.

Guest speaker and mental health professional Lauren Anderson came to speak about her knowledge of mental health.

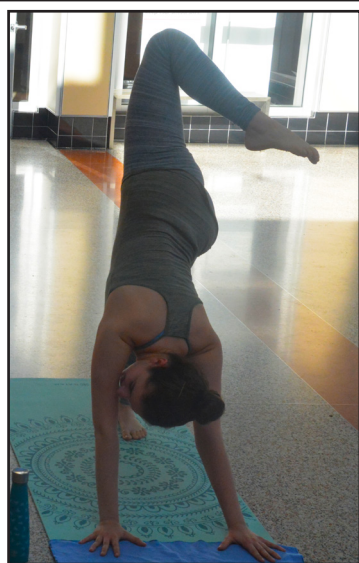
The week concluded with a visit from therapy dogs in the senior courtyard during lunches.



Junior and Active Minds club founder Abby Greene jump starts Stress Less Week on Meditation and Music Monday by running a group yoga session in the front lobby.

Greene uses yoga and the Active Minds club she started to promote mental wellness.

"I believe that yoga really does affect mental health positively and if I'm able to change someone's mindset even a little by teaching yoga, I feel better about myself as well," Greene said.



ANNA ZELENSKI/RANK&FILE

## newsbriefs

### Criminal Justice travels to study NYC public safety

The Criminal Justice classes traveled to New York City on March 17 and visited the 9/11 memorial as part of their unit on general public safety.

"Our first stop was the 9/11 memorial," junior Niloufar Jaberizadeh said. "We were able to roam around the memorial, reading sad stories, seeing pieces left behind from that devastating day."

The classes used the memorial to further their knowledge about the event and learn about public safety.

"Being able to see everything was very interesting, and my classmates and I enjoyed it," Jaberizadeh said.

Along with the trip to the memorial, students spent free time experiencing Times Square and viewing the city. The day included both educational and recreational activities that the Criminal Justice classes benefited from.

"Overall the trip was a fun experience and I would do it all over again if I could," Jaberizadeh said.

by aparna mathew



NILOUFAR JABERIZADEH

Juniors Nermeen Benslaouia, Elsi Marquina, Niloufar Jaberizadeh and Emily Cooper pose in front of Times Square in New York.

### FCPS declares no policy change for transgender bathroom usage

FCPS board member Ryan McElveen released a statement assuring the community that there would be no change in the county policy regarding which bathroom transgender students must use, a statement which garnered mixed responses from his Twitter followers.

As of today, the county policy continues to be that students can use the bathroom corresponding with their chosen gender, not their birth gender.

McElveen issued the statement in response to a decision by the White House to rescind the transgender school protection guidelines set by the Obama administration in 2016.

"Although the Education and Justice Departments have eliminated important guidance regarding transgender students, in Fairfax County Public Schools our policy to protect these students from discrimination remains firmly in place," McElveen said via social media on Feb 23.

by gwyneth murphy





Two Danish exchange students hug each other while on a tour of the school. Some of the Danish students were surprised to learn that classmates do not stay constant throughout multiple class periods.

"The lockers, and also the classes in Denmark, we have a special class," Magnus Levin said. "Every math or English, we have the same classmates. Here in the US, you have different classmates."

Besides the nature of class structure, a number of other Danish students were caught off guard by how approachable the community is compared to schools in Denmark.

"Americans are much more open and generous than we are," Silja Brask-Hald said. "I feel very welcome here."

JACKSON COERR/RANK&FILE

# Danish exchange students visit

by mia toser

This past week, the community participated in an international exchange program with Nørre Gymnasium, an upper-secondary IB world school located just outside of Copenhagen, Denmark. By immersing students in the cultures of both the U.S. and Denmark, they witness a wide range of cultural differences with regard to the everyday life of people in each country.

Each Marshall participant pairs up with a student who typically has the same gender and similar interests as them. Last year, roughly 30 Danes from one class at Nørre Gymnasium traveled to Marshall, but this year 60 Danish students participated in the program.

While the Danish students were on the trip, they had a full itinerary. On some days they attended classes at Marshall with their host student, and on other days they explored Washington, D.C. and local attractions.

"We went to Top Golf, the mall [and] National Harbor," Danish exchange student Ali Toufeq said.

Like most tourists of D.C., the exchange students saw the major landmarks in the city.

"[We saw] the White House, Georgetown, the African-American history museum," Danish exchange student Silja Brask-Hald said.

Because D.C. is a major metropolitan city, the Danish students experienced a city very different from Copenhagen in Denmark.

"It is so much different than Denmark," Danish exchange student Magnus Levin said. "The streets, and busy life here in Washington. Also, the buildings are just that much bigger."

Other Danish exchange students were impressed by the size of everything in America.

"Everything is so big over here,"

Danish exchange student Daniella Jacobsen said. "The buildings, and the cars, everything."

However, the culture shock was not a one-way experience for the Danish guests and their hosts. The American hosts found their guests to be societally unfamiliar.

"There's a big difference between our cultures, how we dress," junior and host Stephanie Haner said. "[Silja Brask-Hald] didn't know that Danes all wear black and white and grey."

Other American hosts echoed similar sentiments, even remarking on the differences in the way that the Danish exchange students carried themselves.

"They're less casual than we are," junior and host Owen Keightley said. "The way they dress, the way they carry themselves around. They're professional almost."

Owen hosted Toufeq, who is interested in soccer, and and looking forward to his first basketball game.

"Denmark is very quiet and boring," Toufeq said. "America is very loud."

Ultimately, the program intends to expose students from both countries to the large disparities between their cultures, of which there are many, ranging from the size of buildings to the simple air that follows people around.

"This is a small school?" Jacobsen asked. "In Denmark, our big schools are smaller than this. We are only eleven hundred students, and you are two thousand."

Danish exchange students had a diverse range of responses to what they considered the biggest difference between the cultures.

"The curfew and the drinking age," Danish student Malou Granskov said.

All groups valued the opportunity to spread cultural diversity.

"It's pretty cool actually," Keightley said. "It's good to see multiple cultures. It's good to see their reactions to different things."

Aditi

Fairfax County's one-stop spice shop!

Spice Depot

409 Maple Ave. E  
Vienna, Va 22180  
(703) 938-3400  
Spice it up with Aditi

Phở 7

Authentic Vietnamse Cuisine

Bring in this ad and get 30% off a dinner order

Lunch: 11:00am - 4:00pm  
Dinner: 4:00pm - 10:00pm

8377 Leesburg Pike,  
Vienna, VA 22182  
Phone: (703) 821-7777





Top: Junior and executive board member Christopher Margiotta answers a question from a club member.  
“Seniors have been busy with college apps [ ... ] so we took it over. If we start younger we can make sure the board lasts, first we want to appoint younger people to make sure that the club can move along,” Margiotta said. The Young Republicans recently restarted, as they had not been active previously in the school year.  
Bottom: Junior and executive board member Haley Tonizzo speaks to the audience at a recent Young Republicans meeting. Tonizzo is an active advocate for Republican issues, and plans to spearhead events for the club moving forward.



KILEY MORIARTY/RANK&FILE

# Young Conservatives and Young Republicans clubs fill same niche

by aqsa rashid

Upon hearing the words Republican and Conservative, many may closely associate the two terms with each other. However, they both hold distinctively different meanings. Republicans are members of a particular political party, while conservatives are proponents of social Conservatism or fiscal Conservatism. For years, the Young Republicans and Young Democrats were the only partisan political clubs for prospective members to join. But recently, sophomore Christi Smuddee created the Young Conservatives club in order to establish a new perspective in the school. “It seemed like a good time to have a conservative viewpoint because the election just happened and it seems like politics is really big in this school, so I started this club,” Smuddee said. The club plans to educate others about this ideology and the differences between the Republican party and Conservatism. “Conservatism is about values and its not party based like republicanism, which has a platform,” Smuddee said. “It’s about what you believe.” Club meetings start with a video on a conservatist topic, and then officers proceed to discuss it with other members. In addition to the creation of the Young Conservatives club, the Young Republicans club revitalized their activity. “It seemed like the Young Conservatives club was more of a lifestyle club rather than a group of conservative activists, and we wanted to be more involved in the Republican Party so we revitalized the Young Republicans,” junior Ethan Hsu said. “Some people might want to be less political about their beliefs and we’re okay with that.” The club has also created a whole new board,

and planned new events for the year. “Seniors have been busy with college applications and there really weren’t enough meetings going on,” junior Chris Margiotta said. “We decided to take over the club board to get things going again.” For now, the Young Republicans do not have any plans with the Young Conservatives. However, they are open to discussion and potential collaboration in the future. Young Republicans differs from the Young Conservatives in that they focus on the importance of the Republican party as well as on discussing government specific issues such as policies, congress votes or elections. Although both clubs vary slightly in terms of their beliefs, the two have similar activities planned for the future. Both clubs are planning debates with other political clubs, such as the Young Democrats club. In addition, both are planning events for guest speakers and field trips to the nation’s capitol. While they differ in their base, both have similar intentions to integrate with the school community. “We want to create an interfaith of politics because it’s important to be informed of what’s going on in our country,” Hsu said. “I think that regardless of party lines we should get more people involved.” Likewise, Smuddee hopes for her new club to continue to grow, and for others to continue learning about this ideology. “I really want people to learn about how Conservatism isn’t the same thing as Republicanism,” Smuddee said. “I’m just hoping to have a new perspective at this school.” Regardless of their differences, both clubs will expand as the year goes on and potentially hold a joint event to generate more interest.

## DALBY's Inspiring Test Prep

Strategic preparation, superlative results.



Test Optional? New SAT? ACT? **OMG!**

For over 25 years Kate Dalby has helped students earn better grades, build confidence and exceed testing expectations.

Learn more about our patient and personalized approach to tutoring & test preparation.

We Specialize In:

- SAT & ACT Classroom Instruction
- SAT & ACT Tutoring
- Essay Workshops for TJ, ACT, SAT and College Admissions
- TJ Prep
- Academic Subject Tutoring

Call Kate: 703.203.5796

1307 Dolley Madison Blvd. #4B, McLean, VA, 22101

www.katedalby.com

# Byte Sized News

Rank&File’s online blog centered around video game reviews, opinions on the gaming industry and general updates on all things pixelated. Byte-Sized News, run by editor Johann Young, is the go-to place for keeping up with this ever-evolving medium.

Follow Rank&File’s other social media:

@GCMranknfile www.gcmnews.net

@GCMranknfile @GCMranknfile

I never feel bad for myself because people have much harder and rougher days than I do.

# Don't worry, by lauren elias be rappy

*Obando raps original music to spread happiness*

By coining the rapper name 'Lil Feo', sophomore Patrick Obando is on his way to making the world happier, one rap at a time.

His inspiration to become a rapper started when he was very young, after years of finding any excuse to incorporate rap into school projects.

"When I was little I always listened to a bunch of old school rap and I was always very fond of it," Obando said.

"I loved much that whenever I had projects I'd always do it on rap, or if I could make I rap I would do that."

While his long term goals do not center around pursuing a rap career, Obando hopes to continue it as a hobby.

"I think rap will always be fun for me," Obando said. "I doubt that I'll ever stop making it for fun because it's so much fun now, and I want to make songs that are actually good."

Obando released his first song in November and was pleasantly overwhelmed with the reaction from his peers.

"The day after I released my first song, people were actually going crazy," Obando said. "In the hallways, they would freak out when they saw me. It was just surreal because everyone was talking about it. It was the center of attention for a couple of days. I rode that up until the concert."

On Nov 30 Obando held a makeshift concert in front of Marshall at dismissal.

"It was the greatest feeling ever," Obando

said. "It was the moment where I felt the most like a real life rapper."

Obando does not see his music as an emotional outlet, and instead said that he views it as a way to make people laugh.

"My style is mainly just my own personality," Obando said. "I never took it that seriously. There was always a humorous aspect to it. It doesn't have any meaning. I'm not a good rapper, but I know that it puts a smile on someone's face."

Obando threads that humor through every aspect of his rap career, including his name 'Lil Feo', which translates from Spanish into 'Lil Ugly'.

"I hadn't picked a name yet, but I knew it had to be funny," Obando said. "It had to be something that, when people looked up the meaning of it, they would be like, 'Oh, I didn't know that,' and they just laugh at it."

At the end of the day, Obando just wants to make everyone around him happy.

"I adore making people happy," Obando said. "If that was a job it would be my career, just making people happy 24/7."

In middle school, Obando struggled to come out of his shell and make friends because he was incredibly shy. Now, Obando has a much wider social circle.

"I love being everyone's friend," Obando said. "Freshman year I got a bunch of friends, and I started talking to everyone. I started being super friendly and always walking around with a smile on my face."

In the long term, Obando says that he hopes to use his love of making people happy in the field of pediatric care.

"In ten years I hope to see myself on my way to becoming a pediatrician," Obando said. "[Children are] the cutest things in the world. They're so happy, and I love them with all my heart. Medical school is my dream, but we'll see how it goes."

But for now, Obando uses rap as his way to create happiness, and hopes to spread that beyond Marshall.

"Before the end of the year, I'm trying to do a concert at another high school," Obando said. "I'm not sure how that's going to work, but that's my goal."

In addition to that, Obando has a new song in the works, which will be just one piece in his attempt to make the world a little happier, one song at a time.

"I've been working on a respect women song, and hopefully it comes out soon," Obando said. "I see becoming way bigger. It'll happen, just watch."

LAUREN ELIAS/RANK&FILE

## In View Center for the Arts

*At the Landgrove Inn, Landgrove, VT*

Vermont's Premier, One-Stop Workshop  
Venue.  
Country Chic Lodging. Nationally-Known  
Instructors.



For 2015 Workshop Information

please call (800) 669-8466 or (802) 824-6673

[www.artworkshopsatthelandgroveinn.com](http://www.artworkshopsatthelandgroveinn.com)

132 Landgrove Rd., Landgrove VT 05148



Community reflects on International Women’s Month
compiled by
chloe pignano

In 1987 Congress officially ruled that March is International Women’s History Month. The month studies and honors the various achievements of women all throughout history, including social, economic, cultural and political achievements.



CHLOE PIGNANO/RANK&FILE
WIKIPEDIA. REPRODUCED UNDER FAIR USE.
CHLOE PIGNANO/RANK&FILE

Teacher mentors help new teachers adjust to school environment

by aparna mathew

Brand new teachers come bearing fresh, innovative ideas and interesting approaches to classic high school lessons and methods. But, along with refreshing visions come the predicted inexperience, expected from anyone new at their jobs.

To combat this, new teachers are assigned a more experienced teacher mentor to guide them and teach them the ropes of working with high school students.

The teacher mentoring program is part of a larger program in FCPS called Great Beginnings that help new teacher ease their way into the county.

French teacher Matthew Hanlon is in charge of the mentoring system and makes the decisions on which teachers are assigned as mentors.

“Teacher mentors are assigned at the end of the school year and over the summer as new teachers are hired, whether they are new to teaching or just new to Marshall,” Hanlon said.

English teacher Apoorva Johri has taught for six years and was recently assigned as a mentor for fellow English teacher Brenna Killeen.

“I love working with new teachers because they always come bearing fresh and innovative ways to teach lessons,” Johri said. “It’s really a mutual relationship; I learn just as much from her and she learns from me.”

The school created the mentoring program to serve as a way to harbor different teaching methods and techniques as well as introduce new teachers to Marshall.

“We try to pair the new teacher with a teacher mentor in the same department, and if possible the same subject,” Hanlon said.

The mentoring experience is experimental; new teachers lead lessons during classes and introduce their own unique teaching style and other times they will simply observe how their mentors lead discussion during periods.

“Personally, I view it as practice rather than a strict teaching program,” Killeen said. “I’m picking up little things that are going to make a lasting difference in my teaching.”

The structure of the mentoring program can also benefit students, as it results in having an extra set of eyes to rely on during class.

“Having Ms. Killeen in class is so great because if Mrs. Johri is busy with another student and I really need help, I can ask her,” sophomore Sally Pedrozo said. “I can also get two different opinions on my writing which is always really helpful.”

Having new teachers and their mentors cooperate on an extended basis results in extra help and influence for those still adapting to a new environment, which is especially helpful for a class like English, due to the freedom in analysis that the course offers.

“It’s all in an effort to make our school the best it can be,” Johri said. “The mentoring system is most definitely doing just that.”

IN ONE WEEK

Taste of veganism
by kate carniol

In One Week is a feature where one or more staff members take on a new habit for a week. In this IOW, a staffer changes her diet to vegan for a full week.

Monday
I knew nothing about eating vegan and I was afraid the challenge would be something I couldn’t handle. It was pretty rough going from my regular diet to my new diet because I not only had to eliminate meat, but also all animal products. I kept my week of veganism to only my diet and not in the products I used.

Tuesday
Tuesday was much easier than Monday. Now that I knew what to expect from eating vegan, I was prepared for the rest of the week. My only issue with Tuesday was that I found myself so hungry all day long. I was still struggling from the sudden change in my diet. Surprisingly, going vegan didn’t mean I couldn’t eat food that I like.

Wednesday
I planned a Mexican night and the only thing different from what I was eating was that I used vegan cheese. It felt like eating vegan became more of a choice.

Thursday
I came to the realization that I actually enjoyed what I was doing and that I am now going to only consume animal products once a week for one meal. I felt as though I had so much more energy and I was far less stressed.

Friday
My final day of being a vegan was here. Nothing was special about today in terms of what I ate, but I felt a little sad that the week was over. I not only learned about the benefits of eating vegan, but I also experienced them. I’m so glad with the result of this week, and I’m proud of myself for having a change of heart on being a dietary vegan.

17% of vegans are teens

SOURCE: THEGUARDIAN.COM



volume 54 issue 5

rank&amp;file

George C. Marshall High School  
7731 Leesburg Pike,  
Falls Church, VA 22043  
info@gcmnews.net  
p: (703) 714-5511

**editor-in-chief**  
**opinion editor**  
ethan zack

**news editor**  
gwyneth murphy

**features editor**  
lauren elias

**arts & style editor**  
johann young

**sports editor**  
kate carniol

**news designers**  
jackson coerr  
kate guardado  
janan iranbomy  
anna zelenski

**features designers**  
kiley moriarty  
aqsa rashid

**opinion designers**  
aparna mathew  
tenzin tsering

**sports designer**  
chloe pignano

**staff writer**  
mia toser

**adviser**  
sam hedenberg

Rank & File is a public forum for students of George C. Marshall High School. The unsigned staff editorials reflect the opinions of the Editorial Board, which consists of the managing editors and editor-in-chief. Columns are the opinions of the writers and do not necessarily reflect the whole newspaper. Rank & File makes a Fair-Use claim when printing photographs and illustrations not produced by staff members. Rank & File does not accept letters that are libelous, obscene or disruptive to the learning process. Rank & File reserves the right to edit any letter for length or style and/or to eliminate inappropriate statements. Businesses and organizations that wish to advertise in Rank & File can call (703) 714-5511 or e-mail advertising@gcmnews.net. Rank & File is printed by SchoolPaper Express, with a circulation of 1200. Papers are distributed monthly to 2000 students and 250 staff. Subscriptions are available for \$15 per school year. Rank & File is a member of the National Scholastic Press Association, the Columbia Scholastic Press Association, and the Virginia High School League.

# staff editorials

## Film industry paints mental illness as villainous

When a patient with dissociative identity disorder, otherwise known as multiple personality disorder, abducts three teenage girls, one of his personalities emerges as violent and uncontrollable. This is the plot of the newly released psychological horror film Split. Despite its success, generating nearly \$250 million in revenue as a \$9 million movie, it serves as a prime example of the increasing stigmatization of mental illness in films.

Over the last decade, Hollywood has started to feature the mentally ill instead of the supernatural in an effort to revamp the horror genre. Films like Halloween, The Shining and American Psycho all use psychotic disorders as the motivation for the antagonist to act irrationally and enact violence on the public.

These movies use commonly misunderstood disorders such as schizophrenia, dissociative identity disorder and bipolar disorder to instill fear in their audience. The idea that a mentally ill person is more likely to be your neighbor than a ghost or a vampire makes the audience experience a fearful sense of legitimacy and likelihood to the storyline.

While these disorders often have features like hallucinations, delusions,

unpredictability and irrationality, their symptoms are typically well-controlled by those who experience them, and more often than not, are entirely harmless to others.

According to co-director of the Center for Mental Health and Media Cheryl K. Olsen, "Studies have found that dangerousness or crime is the most common

likely to be the victim of violence than the general population. Additionally, the FBI Law Enforcement Bulletin reported that those diagnosed with a mental illness are responsible for no more than three percent of the violence in the United States.

Despite these statistics, the film industry continues to present connections between danger and mental illness to the public in a means that is detrimental to the success of integrating those individuals into society. The longer movies perpetuate these myths, the more likely the public is to perceive people with a mental disorder as a threat and likely to "go berserk", as described by a participant in a focus group on mental illness conducted by Lichtenstein Creative Media.

The reality is, most individuals with extreme symptoms due to a mental illness go on to lead normal, functional lives. With advancements in mood stabilizers, antipsychotics and other psychiatric medications, mentally ill people are not going around killing their neighbors and eating children's flesh like horror films depict them to be, and they never were. Movies like Split only detract from the contributions made by individuals with these disorders, further alienating them from the general public.

3,000,000  
mentally ill people  
are crime victims  
each year

SOURCE: CARGOCOLLECTIVE.COM

theme of stories on mental illness. But research suggests that mentally ill people are more likely to be victims than perpetrators of violence."

Assistant professor of psychology at North Carolina State University Dr. Sarah Desmarais conducted a study which supports Olsen's statement, concluding that mentally ill people are 11 times more

## Non-Christian holidays lack equal accommodations

Through the eyes of an average student, winter break could arguably be the best time of the school year. Not only are they free of anything academic for two weeks, but the break brings constant speak of everything related to Christmas. Though the hype surrounding the Christmas season is completely warranted by those that celebrate it, equality is key. With Marshall religiously stressing diversity and acceptance of all cultures, it would only make sense to respect the holidays of religions from around the world.

A large portion of our student body takes part in celebrating Eid, a Muslim holiday celebrated worldwide twice each year. Eid is not acknowledged as a legitimate enough holiday to acquire any days off from school, and Muslim students subsequently take off from school to celebrate with their families. Eid is not

officially recognized by the school, and consequently, parents excuse their children from school. However, these students are subject to missed material covered in class while they were away.

It seems unfair, and a little hypocritical to preach diversity and acceptance constantly, yet continue to be ignorant about the students who do not celebrate traditional Christian holidays.

Rosh Hashana, the Jewish New Year, falls sometime in September or October every year. Many Jewish students have to take off from school on that day as a sign of respect for their religion. If the administration are willing to accommodate the dates of Thanksgiving break every year, it should not be difficult to show some respect for a holiday that is very sacred and celebrated widely by Jewish people.

It's unlikely that the schools and the

county are deliberately avoiding recognizing these holidays. According to a recent ABC News poll, 83% of Americans identify as Christians. With such a vast majority of the population celebrating Christmas and Easter, it's understandable to see why other religious holidays are overshadowed.

However, Americans from across the country identify with over 50 different religions, according to ABC News. Considering that, Marshall's diverse and unique student body bears an array of different religions that simply are not recognized in an equal manner to Christianity even though they should be. It doesn't take much to raise awareness in the community for the students who celebrate these holidays and honor their customs and culture in the same way that is done every year for Christian holidays.



EVOLUTION  
HEALTH & FITNESS

Mark S. Lander, MS  
President, Owner

216 Dominion Road, NE  
Vienna, Virginia 22180  
phone: 703.255.9707  
fax: 703.255.9716  
mobile: 703.624.7795  
email: evfitness@aol.com



@gcmranknfile

Don't miss out! Add us on Snapchat for exclusive updates, behind the scenes footage and live coverage of your favorite Marshall events!



# Multilingualism deepens understanding of culture

Having a Persian family taught me Farsi, growing up in Germany taught me German and moving to the U.S. further advanced my English skills. The obligatory language requirement in my previous school got me into Latin. My case of being multilingual is applicable to many individuals since they become multilingual by knowing their mother tongue on top of English. Being multilingual is often a result

of trying to survive in a foreign country by knowing their language.

Learning a language through interaction in society is the most efficient way but for now we have to suffer through the foundation building phase of studying vocabulary, grammar, conjunctions until the basics are established which will allow the ability to converse in that language.

However, it also depends on the teaching method. Studying Latin in both Germany and the US gives me the chance to conclude that here, through my exemplary Latin teacher Brian Kane, I developed my Latin even further. My previous teachers could not teach me at this level because there was too much emphasis on grammar outside of the USA. As a multilingualist, I can connect to the culture of the respective countries. When reading literature, it has been proven to

me that there is a significant difference between reading it in the native, original or duplicated, translated one. The translation can't adapt the original syntax and connotation of the words because these aspects are specific and many times English is too vague to adapt specific literary elements. This became obvious when I read Persian literature and the English adaption of it. Reading the text in English allows me to conclude that the work in translation did not carry the eloquence as the original text has. The words and phrases are relevant and connected to the society itself, thus that text is much more connected to that society rather than a foreign society. But knowing the language is the key to break that barrier and actually comprehend the text with its original expression that the author intended to create.

by janan iranbomy



# HOA wiki removal rewards students in long term

by johann young

The History of the Americas classes have recently stopped their use of wikis, a shared online studying tool, for their essential knowledge assessments, which has many frustrated. This frustration is ultimately because wikis were many people's main form of study for the classes assessments. However, I don't have a problem with the removal of these wikis from the class for a few reasons.

I feel like the reasoning for their removal was justified since many students would rely too much on the wikis when it came to studying. This would lead mean that they just memorized the wiki's content instead of forming a strong understanding of how these topics connected as a

whole, which is one of the major goals the classes try to achieve. I myself relied heavily on them and while I did pass the EKs, I did find myself struggling on the essays, which is where the connection of these topics is most important. According to Social Studies department chair Dean Wood, the first round of EKs since the switch have even come back with higher pass rates than before.

Another thing that came with the removal of wikis was the introduction of a graphic organizer that has been used in previous years but recently hasn't been used in HOA classes. This graphic organizer is the what is supposed to replace the wikis and I think it does a good job in doing so. I found myself learning more by having to separate each

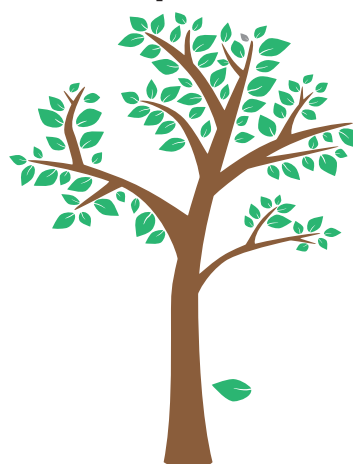
section of the EK term since I would often miss either the context or significance of the terms by just going off the wikis. The wikis themselves would even be wrong on some occasions or just barely make the pass mark, which I think is also avoided with the switch to the graphic organizer.

Overall, I think that the change was a good move on the Social Studies department's part with the wiki's not allowing for a strong forming of the topics we need to know to pass the class. The reintroduction of the graphic organizers allows for a better alternative to the wikis that helps separate the key components of the EK terms. This helps remove the crutch that the wikis were for many and I think that will allow us to learn more from the class.

## additional viewpoint

"The analogy I always use that we had kids who were learning the **trees**, that is each individual wiki, but didn't understand the **forest** or big picture."

Dean Wood  
social studies  
department chair



# tweets

I don't even care if South Carolina wrecks my bracket. I just want to see Duke lose.

Demitri Gamble  
Junior  
@DDgamble23

I'm so done with March Madness at this point. One of my brackets is in the 4th percentile.

Austin Campbell  
Freshman  
@A\_c\_ambell

My bracket is winning and I literally guessed every single pick. Maybe I should pick up gambling haha

Bassam Sadafi  
Senior  
@Safadi\_\_

# letters

Feminism excludes minority women

Feminism itself is such an intricate movement that promotes political, social, and economic equality among the sexes. So many people are killed and discriminated against for parts of their identity that they cannot control.

Countless groups of people are left out, however, in activism. Intersectionality refers to the interconnectedness of social categories such as race, class, gender, and economic status. It aims to include all groups in the movement for equality; for example, when people say that everyone should be allowed to wear whatever they want. That should include Muslims wearing hijabs, Hindus wearing bindis and men wearing makeup and dresses, not just white girls wearing short skirts. And this goes far beyond clothing. It includes religion, race, culture, background, sexual orientation, (dis)ability, and everything in between. If feminism isn't intersectional, it isn't feminism.

Rosy Simonelli  
Sophomore

Send your signed letters (50 to 125 words) to room D211. Letters can also be submitted to letters@gcmnews.net, but will only be considered upon in-person verification. Letters will be published at the editors' discretion. Published letters do not necessarily reflect the opinion of the paper.

# BWT

## BILLY WEBER TIRE

Tires • Auto Service

Ignacio Campos  
Manager

Billy Weber  
President

303 Mill Street, NE • Vienna, Virginia • 703-255-0201



Ed Sheeran returns with his third album Divide

Singers third outing fails to capture the strength of his previous works

by kate carniol

“Happier”

A clear breakup song, Sheeran reflects on a past relationship and the heartbreak of watching his past lover move on with someone else. Although the lyrics are generic, Sheeran still manages to display strong emotion in his voice. However, the sound of the song is very basic, and is similar to every pop song about heartbreak. Every note is predictable and the lyrics follow such a basic pattern that it's hard to avoid frustration with the song. It's catchy and enjoyable but the simple and common lyrics ruin the song.

“Supermarket Flowers”

Sheeran takes an unusual but heartfelt take on his maternal grandmother's death by composing the song through his mother's point of view. He paints a detailed image of what it's like to lose a parent, and the emptiness felt when packing away their things for the last time. Sheeran also enforces the message that “a life with love is a life that's been lived”, a memo appropriate for consoling grieving individuals. This song is moving and while it hurts to listen to, “Supermarket Flowers” touches the heart, especially with its final line, “I know that when God took you back he said ‘hallelujah you're home.’”

“Eraser”

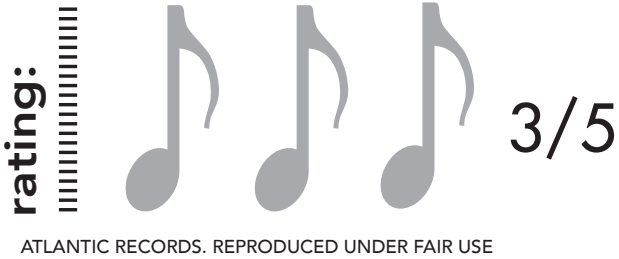
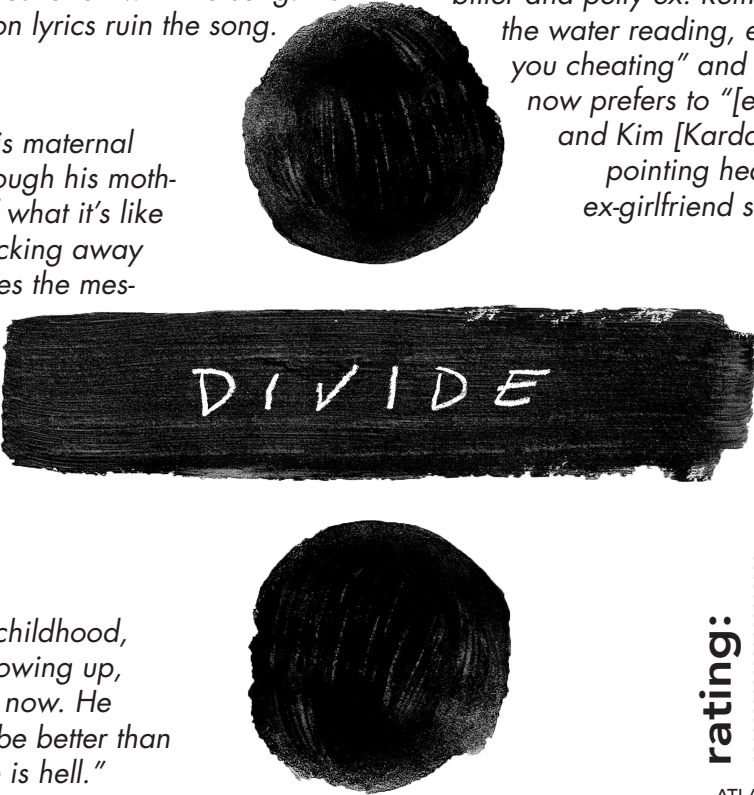
Immediately hit with Sheeran rapping about his childhood, “Eraser” follows the hardships Sheeran faced growing up, and how that has shaped him into the man he is now. He speaks about the illusion of how “nothing could be better than touring the world with my songs” and that “fame is hell.”

“New Man”

It is made very obvious that Sheeran is not a fan of his ex-girlfriend's new boyfriend and the way she has changed since their breakup. This song completely negates the “innocent victim” image Sheeran attempts to portray in the previous track “Happier” and makes him out to be a bitter and petty ex. Reminiscing over the girl he dated who “sat beside the water reading, eating a packet of crisps but you will never find you cheating” and how post-breakup she changed into a girl who now prefers to “[eat] kale, [hit] the gym [and keep] up with Kylie and Kim [Kardashian].” What should she be doing? It's disappointing hearing his attempts at dictating what he think his ex-girlfriend should be doing. Shouldn't she just live her life?

“Galway Girl”

Sheeran mixes his Irish roots with a pop sound to create this tune. He revealed to the Irish Times that the story in the song is fiction, but based off of Beoga fiddle player, Niamh Dunne. Sheeran's creativity is evident with his elaborate tale and Irish dance tune.



Crocheting her way to stardom

by aqsa rashid

Maintaining a famous YouTube channel is an activity that most are not familiar with in high school. For junior Alex Schmid, a famous YouTube channel has been a part of her life for two years now. Schmid began her account, called ‘simplydaisy’, on YouTube in the ninth grade on the basis of teaching others how to crochet with simple step-by-step processes. She picked up the skill in elementary school, sticking with it throughout her life.

“I decided to make videos about crocheting because it was so different from all of the other videos,” Schmid said. “I also saw that there was a lack of effective YouTube videos about crocheting, especially from teenagers, so I knew there would be limited competition or similar channels.”

Schmid's channel today has over 65,000 subscribers, and the channel posts a new video about once a month.

“She is successful because her videos are so different and unique,” junior Cara Henderson said.

In addition to the distinctiveness of her videos, Schmid makes the effort to engage others in her comment section.

“I try to reach out to viewers who comment or have questions to create a welcoming environment where people can learn together,” Schmid said.

Content varies from teaching beginner designs to more complex designs, as well as offering alternative videos such as braiding methods and crotchets storage organization.

Although she does get paid by YouTube through ads, Schmid says that she doesn't sustain a channel for the money, rather, she does so to engage and teach others.

“One of the best parts about having my channel is when I get an excited comment from someone who uses the tutorial to make a blanket for someone who has had surgery or suffers from arthritis



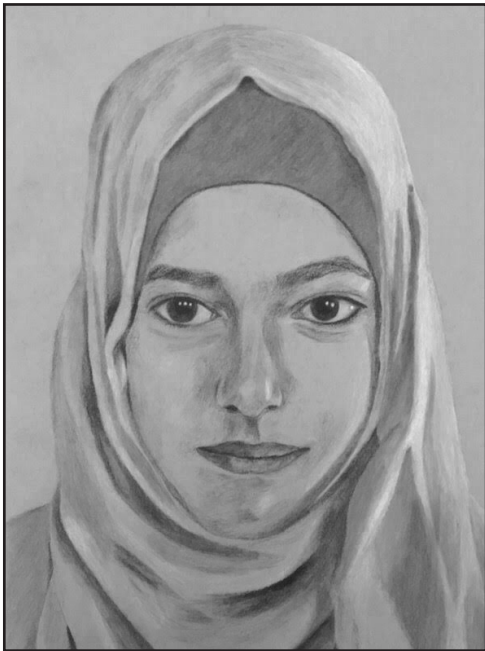
SIMPLYDAISY. REPRODUCED UNDER FAIR USE  
Junior Alex Schmid shows her viewers one of many basic blanket patterns on her YouTube channel. The video currently has more than 15,000 views

or tendonitis,” Schmid said. “They tell me my videos and crocheting have helped relieve their symptoms or pains in their hands”

For now, Schmid hopes to eventually reach 100,000 subscribers and

collaborate with other channels in the future.

“Other than broadening my scope on YouTube, I don't really have any other plans because my education takes priority over YouTube,” Schmid said.



KATIE KENNY



REGINA GUERRERO-PEREZ

Two of the portraits made by junior Katie Kenny (left) and junior Regina Guerrero-Perez (right) for NAHS's partnership with The Memory Project. Each portrait will be sent to the refugee or orphan that the artist choice.

NAHS connects overseas

by kate guardado

Creating works of art is significant for an artist, especially when it comes to connecting with their audience. The National Art Honor Society (NAHS) was given this chance, by creating portraits for children who are orphans or refugees from other countries. These artists worked with The Memory Project, a humble cause that allows artists to show love and hope to kids around the world.

In this organization, artists pick an orphan or refugee of their choice and create a portrait of them. Each year, a new set of countries are chosen to receive these artworks; this year it was Syria and Bolivia. Students worked for hours to complete their portraits and send them. Everyone was excited to create these portraits for their kids.

“People were very enthusiastic about

it,” junior Renée Schmidt said. “Everybody loved showing each other the portraits they made.” The carefully crafted portraits were then shipped to their destination and given to their new owners.

The process of making the art touched many of the artists. Some even realized how privileged and lucky they are to have what they have.

“It felt awesome to draw someone who lives in a completely different world than I do,” senior Aliya Honchstadt said. “In Syria, there are struggles and tragedies that I will never experience and never be able to comprehend.”

The artists also felt a strong personal connection with kids, even drawing from their own life experiences.

“I used to be an orphan too and was interested by the idea of indirectly reaching out to someone I had this connection too,” said Honchstadt.



# Author M-E Girard presents first novel at book festival

Author M-E Girard took a detour from the fourth annual NOVA Teen Book Festival on March 11 and came to Marshall in a effort to promote her book *Girl Mans Up*. The novel is about a teenager named Pen who has to decide if she will pick a girl over her buddy, or if she must act like a real girl for her parents. Girard is a pediatric nurse by day and a young adult LGBTQ writer by night, using her free time in for the past six years to write this novel.

by mia toser

## What inspired you to write this novel?

Getting older? And wanting to do something creative on the side. I really wanted to be in a band, but that requires other people and writing I can do on my own. I just think that I had stories that I wanted to tell. I found some really great books when I was in my twenties that made me think ‘Man, I want to do that, too. I want to tell some stories’. I had that moment and now I suddenly have a book out, I don’t know what happened between then.”

## What was your writing process of Girl Mans Up like?

Everybody’s writing process, I’m finding out, is quite different. For me, this book went quite well because I didnt have trouble finding time to write. I was also always excited to work on that because I was working on other things at the same time and I was bouncing from one thing to the other. And then when its time for the book to be published by a publisher then things get real. Then you’ve got deadlines and you’re trying to work on things. But overall, the whole process of *Girl Mans Up* becoming a book was really good. I really got along with my editor. We just worked back and forth. I just like the whole process of getting feedback, getting asked questions and then going and fixing it. For me, it was freaking awesome. Can you print that? I came up with the idea for it in the end of 2009. I entered a contest and that’s when I first came up with the idea, this character and what might happen, and then the book came out in September. So I guess six years between thinking of the story and it becoming a book, mind you, there’s a whole two years of just the publisher being like ‘yes, we want to buy this book,’ to the book actually coming out. As far as I am concerned, that is pretty fast. I got really lucky; the timing was good.



MIA TOSER/RANK&FILE

## Do you picture anyone as the characters?

No, I have nothing in common with any of the cast of characters, but Pen and the whole essence of the main character was inspired by my girlfriend who is very much like Pen in the sense that she is a girl, who looks and acts like a ‘boy’, who plays video games. The video game knowledge is mine and my girl friend. We are both really big gamers so, I wanted to put that in there, save myself some research and use something I know. [My next project] has a lot more ‘me’ in it, things that I relate to more.

## Do you see yourself writing more books in the future?

Yeah, I am totally, of course. That was always the plan. I am working on other contemporary realistic YA stories and they all take place in the same town as *Girl Mans Up*, Castlehill. I like the whole idea of Easter eggs, which happen in video games a lot, where things are dropped into the story for fans to pick up on. People will just ignore it unless they really know that little special thing.

# HIGHER SCORES MEAN MORE OPTIONS.



MATH



SCIENCE



HISTORY



ENGLISH



STUDY SKILLS



SAT/PSAT & ACT



No matter what subject matter you need help with, Huntington can help. Huntington’s tutoring method has been proven to help significantly raise SAT/PSAT and ACT scores for thousands of students.



**Huntington**  
 Your Tutoring Solution

TYSONS/VIENNA

8290 Old Courthouse Rd., (Next to AAA), Suite B, Vienna VA 22182

**(703) 356-7544**

**SAVE**  
**\$50\***

**WITH THIS COUPON.**

\* At Tysons/Vienna location only. Expires 6.23.16.

HuntingtonHelps.com

## ACADEMIC SKILLS

K-12

Reading • Writing • Math • Study Skills  
 Spelling • Vocabulary • Phonics

## SUBJECT TUTORING

MIDDLE SCHOOL-COLLEGE

Pre-algebra • Algebra • Geometry • Trigonometry  
 Pre-calculus • Calculus • Earth Science  
 Biology • Chemistry • Physics

## EXAM PREP

SAT/PSAT • ACT • Advanced Placement (AP)  
 State Tests • HSPT • ISEE • SSAT • GED • ASVAB

©2015 Huntington Mark, LLC. Independently Owned and Operated. SAT and PSAT are registered trademarks of the College Entrance Examination Board. ACT is a registered trademark of ACT, Inc. The College Entrance Examination Board and ACT, Inc. were not involved in the production of, and do not endorse, this program. \*Offer valid for Academic Evaluation or Tuition, new students only. Not valid with any other offer.



# Enforcement of regulations combats possible dangers

by anna zelenski

I’ve been playing sports my whole life, and I can’t imagine my life without them. I’ve met some of my best friends from athletics and have made some of the best memories of my life with my teammates.

Since my life is so focused on sports, I believe I have the right to feel safe at all of these different sporting events. There have been numerous examples over the years where failure to enforce regulations for school sports has resulted in all sorts of tragedy.

In South Carolina, Aiken High School and South Aiken High School basketball teams gathered for a rivalry game with 1,000 spectators. Hosted at South Aiken, the game went on like a typical event, until a gunman shot three people, sparked by an altercation between the players.

Although there hasn’t been an incident with this severity in Fairfax County Public Schools, it’s not impossible.

Sporting events are held at every FCPS high school, excluding those under construction. It should be mandatory for host schools to implement the guidelines and regulations.

In the Student’s Rights and Responsibility handbook it states that students

must “refrain from using words, images, or gestures that are obscene, violent, disruptive, or disrespectful.”

Sports games that I have played in and been to have always had a competitive and crowded scene. There is a frequent use of profanity and inappropriate remarks or gestures. Besides a warning from a teacher or administrator, students face no punishment, but these are the situations that could lead to something more like at South Aiken.

Addressing the initial problem is the key to preventing any further issues. According to FCPS regulations, students are to “expect courtesy, fairness, and respect from school staff members and other students.” If students are allowed to disrespect others, then staff members aren’t doing their job of ensuring a safe environment for everyone. When someone doesn’t feel safe, larger problems begin to happen.

High school students are old enough to know the difference between right and wrong, but are prone to making the wrong decisions. It’s the job of faculty and administration to encourage us to make proper choices, not only in the classroom, but in our everyday life. If they aren’t implementing repercussions for our actions, something severe like a shooting is more likely to happen.

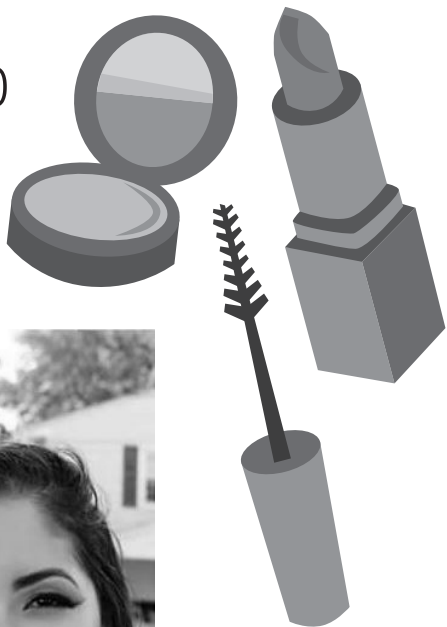
## Opinion

# makeupbynoorz

## Prom Makeup/Hair Special

Makeup/Hair - \$70  
Only Makeup - \$40  
Only Hair - \$40

Book today!



Located on Pimmit Drive right next to Whole Foods.

For booking please:  
call or email  
571-345-8600  
nhuda001@gmail.com

INDIVIDUALIZED INSTRUCTION CUSTOMIZED TO EACH STUDENT’S NEEDS > PRE-K THROUGH COLLEGE



**Tutoring Club**  
A Class Above. Guaranteed.<sup>SM</sup>  
TUTORING CLUB OF MCLEAN

Chesterbrook Shopping Center (Behind Starbucks) > 6228 Old Dominion Drive, McLean VA 22101 > 703-237-TUTOR (8886)

TutoringClubNVA @TutoringClubNVA McLeanVA@TutoringClub.com WWW.TUTORINGCLUB.COM/MCLEANVA

## TUTORING CLUB OF MCLEAN IS IN YOUR CORNER.

**Since 2010, Tutoring Club of McLean has been helping your fellow Statesmen thrive.**

Our award-winning, individualized instruction is guaranteed to help you keep your grades and study skills in peak performance. We’ll help you create a custom plan that sets you up for academic success. From Statistics to Physics and History to Foreign Languages, we’ve got you covered. We’ll also help you ace your college entrance exams and applications, and prepare you for college and beyond. Stronger grades and higher scores open more doors, so call today to find out why so many students and parents refer their friends to Tutoring Club.



Call or email today to find out about our free COLLEGE 101 presentation for juniors in April (sophomores are also welcome if there is space), or about our COLLEGE APPLICATIONS SUMMER BOOTCAMP for rising seniors.



# Track helps set personal goals

by ethan zack

For athletes that failed to make the cut for spring teams, the coaches have a suggestion for what to do: join the track and field team. The reasoning for the idea stems from the team’s high acceptance rate and focus on personal improvement.

Tennis coach and English teacher James Macindoe said that coaches suggest track as an alternative sport, but emphasized that they do it out of respect for the team.

“I think that attitude exists, definitely I would confirm that, and I would say that it’s not necessarily other teams and other coaches dumping on track unfairly,” Macindoe said. “Track seems to welcome those prospective athletes with open arms.”

Track athlete and junior Ava Bir supported track’s inclusive nature and emphasized the personal aspect of it.

“I think it’s great if people want to get outside and exercise,” Bir said. “It’s an individual sport so it doesn’t affect you and what you’re doing as long as [you] deal with your own things.”

Track captain and senior Logan Murtha said that a lenient acceptance rate is okay, as long as it doesn’t obscure the goals of the team.

“I think track is a great way to stay in shape if you’re not a serious competitor, so ‘overflow’ only becomes an issue if they disrupt other athletes’ efforts,” Murtha said. “However, we are approaching 200 team members, which is becoming overwhelming for the coaches.”

However, the sport still offers its own share of challenges that athletes must be willing to overcome in order to be successful.

“It is hard to get your body to this place where you’re running 30 [to] 40 miles a week and you still have to eat right and stretch,” Bir said. “It takes a lot of your time.”

Bir believes that these challenges are often glossed over and that there is a misconception that track and field does not qualify as a true sport.

“It sucks to hear people say they don’t consider it a sport because we put our bodies through so much,” Bir said.

Murtha stressed the heavy and taxing mental demands of the sport as well.

“Your body is capable of much more than you might think, but if you don’t believe it or can’t will yourself to try harder, you won’t reach your full potential,” Murtha said. “While other sports are skill-heavy, a lot of running is just about your mindset.”

However, involved athletes praise the environment of the sport, as well as the sense of community.

“The coaches are really personable and you have close



LAUREN ELIAS/RANK & FILE

Junior Nicole Schmidt focuses as she completes the workout at the March 6 practice.

relationships with them [because] they do care about your success individually,” Bir said.

Bir said she believes that the sport has lasting benefits for anyone that joins, regardless of their personal goals.

“I think with running in general, you just kind of learn a whole lot about yourself because it is so mental and you’re in your head while you’re running,” Bir said.

Macindoe said that the sport’s ability to include all sorts of student athletes was remarkable.

“Track, through some sort of coaching magic, is able to accommodate for the various athletic styles and backgrounds and experiences that those kids bring to the table,” Macindoe said.

GCM student media would like to thank all our patrons whose contributions have helped make the printing of this newspaper possible.

## one-star patrons

- Sharon Kaup
- Jessica Lewis
- Kristin Metzger
- Karen Moriarty
- Matt Mureha
- Haley Murphy
- Dominic Ortolano
- Patty Renzetti
- Debra and Don Smith
- Robert Patrick Smudde
- William R and Gloria Williams

## two-star patrons

- Perkins Coie
- Adam Scheinman

## three-star patrons

- John and Abbey Ayanian

## four-star patrons

- Anne Thompson

## five-star patrons

- Ted Carniol
- Marilyn Elias
- Elias Family
- Jeff LaCroix
- Haley Long
- Harrison Murphy
- Denise Zack

**We appreciate their support and generosity.** Rank & File depends financially on our patrons and subscribers. For more information about supporting our newspaper and receiving it through the mail, visit: [www.gcmnews.net/subscribe](http://www.gcmnews.net/subscribe).

## sports**briefs**

### TOK creates scheduling conflict for spring sports

The rigor of the IB program can lead to complications in the schedules of active athletes. In some cases, the tight scheduling limits their ability to pursue both rigorous academics and involved athletics. More specifically, the Theory of Knowledge course required in order to obtain the IB diploma often conflicts with school sport schedules.

“I think [the coaches] are pretty understanding about it all,” track athlete and senior Patrick Lynch said. “I know [coach General] focuses his athletes on school first, so he’ll tell someone what the workout is before they go to TOK so they can do it by themselves after.”

An alternative to taking TOK after school is to take it as an elective during the school day, but for track athlete and sophomore Annabelle Lee and students like her, this is not an option. Lee is also enrolled in the band program, so her schedule is already full.

Lee said that, as a prospective IB diploma candidate, one of the most appealing aspects of track was the program’s ability to accommodate students in similar positions to herself.

“The thing about track is that [the coach] is very understanding, so sometimes he’ll send you the workout if you have TOK after school,” Lee said. “That’s really why I chose track.”

by lauren elias



LAUREN ELIAS/RANK&FILE

Track and Field head coach Clifford Wong conferences with track athletes and seniors Thando Muchmenyi and Colin Niniger at practice on March 6.

### Breiner connects with athletes on and off field

As a counselor, junior varsity girls’ lacrosse assistant coach and former lacrosse player for Oregon University, Alexandra Breiner uses her time coaching athletes on the field to connect with them on a more personal level, outside of her office.

“A lot of times we sit here and it’s hard to have an adult understand you, so it’s cool to work with those students that I can really relate to,” Breiner said. “I’m very excited to coach students because I get to see them in another light. I can go watch them do what they love.”

Breiner said that serving as both a counselor and an assistant coach has a lot of advantages in terms of getting to know her students in a more comfortable setting.

“We obviously love forming relationships with our students,” Breiner said. “So it’s cool to be almost like a mentor and a coach as well, and not have to talk about classes.”

Although Breiner misses her days of playing lacrosse, she shares that being a counselor is a lot like being on a team.

“There are seven other counselors that you have to work day by day with, and we all mesh together in certain ways,” Breiner said. “We all bring certain things to the team, so I miss that in the athletic aspect but I do get that by working in a school.”

by gwyneth murphy

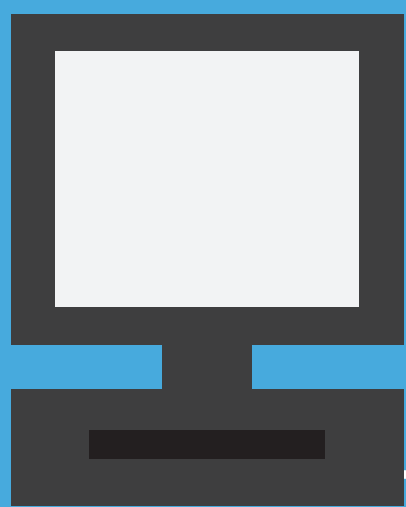


# haven't gotten your



# yet?

## BUY IT TODAY!



ORDER ONLINE AT  
[WWW.YEARBOOKORDERCENTER.COM](http://WWW.YEARBOOKORDERCENTER.COM)  
ORDER #: 4039

### OR SEND YOUR

ORDER FORM

---

---

---

TO



ONLY  
\$75