



**News:**  
Scientists and advocates gathered on the National Mall to celebrate Earth Day.



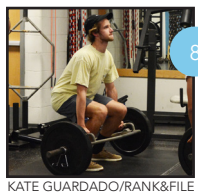
**InDepth:**  
Students utilize the spring weather to alleviate stress and spend time with family.



**Opinion:**  
A staffer examines the evolution of Facebook popularity.



**Arts&Style:**  
13 Reasons Why leaves its audience stunned and questioning their treatment of others.



**Sports:**  
Coach MacIndoe adjusts boys tennis training to increase team endurance for competition.

# rank&file

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George C. Marshall High School  
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gcmnews.net

## GCM earns first Green School title in FCPS

by mia toser

Project Learning Tree awarded Marshall the title of 'Green School'. The first school to receive this honor in Fairfax County, Marshall achieved this throughout the past year when a subsection of Earth Force, the Green Team, worked towards saving water, conserving energy and recycling along with other environmentally friendly projects.

In order to become a Green School, the community demonstrated its commitment to environmental sustainability and developed all five of the following elements in an integrated fashion: maintain an efficient use of resources, have a healthy environment, teach an ecological curriculum, serve nutritious food and demonstrate sustainable community practices.

In September, the Green Team entered Marshall in the Environmental Protection Agency's 2016 Energy Star National Building Competition, which encourages buildings of all kind nationwide to save water and energy. This competition was a stepping stone in earning the certification of a Green School.

The Green Team earned the Green School certification by evaluating the school grounds, water quality, air quality, waste, recycling and energy usage.

"There were several assessments we had to do within each category to achieve the certification," senior and Green Team leader Leann Soyka said.

For the school grounds assessment, the Green Team surveyed an abundance of trees within the school's perimeter.

They calculated the circumference



**Left to right:** Junior Marie Hur, senior Leann Soyka and juniors Aneesha Naik and Janan Iranbomy, all members of the Green Team, receive the award with the rest of their group in honor of becoming the first school in Fairfax County to receive the Green School certification.

of the trees in order to calculate the dollar value and benefits that come from that specific tree.

To complete the energy category, the group put posters in every classroom to encourage turning off the lights and shutting down computers at the end of the day. They also encouraged daylighting, which is the practice of opening blinds and using natural light.

"The process of gathering data about energy, water use [and school] grounds biodiversity at Marshall raises awareness about issues that students don't usually think about," Earth Force sponsor Barbara Brown said about the importance of the Green Team earning Marshall the Green School certification this year.

The Green Team already has a National Wildlife Federation certified

wildlife habitat, which means the school has maintained a good habitat with water, hiding places and lots of biodiversity.

The group is in the process of becoming certified as a National Wildlife Federation Eco School by completing three activities of the ten pathways to an Eco School certification. Marshall chose to focus on energy, biodiversity and recycling.

Green Team member Lauren Pelzner said that the accomplishment of becoming a Green School sets a precedent that Marshall is environmentally conscientious.

"Being a green school gives Marshall a reputation as an eco-friendly school, which not only saves Marshall money, but allows for that money to be used to enrich the student lives of Marshall," Pelzner said.

## newsbriefs

### Rising ninth graders explore interests at activities fair

Eighth graders filled the halls for the activities fair on April 21. Various clubs, sports and activities set up booths in the main gym to attract prospective members.

"[We] tell them what events [are available]," track recruiter and sophomore Jemalyn Dacanay said.

The sports section of the event attracted Kilmer Middle School eighth grader Kariah Venett.

"I'm thinking about joining track," Venett said.

Dacanay said she noticed a lot of the eighth graders gravitating towards activities where their family may have had a legacy.

"We're getting a lot of siblings," Dacanay said.

Venett praised the diversity of events available to the incoming freshmen.

"There's many choices and a variety of things to do, so that's what I like," Venett said.

by ethan zack



Two eighth graders take forms from the Volleyball table as they make their way down the line of club, class and sports booths.

### Student services undergoes major staffing changes

Student services implemented several changes regarding staff positions.

Recently, the former student information assistant Gloria Garcia left the school to work with student information systems at the county level.

Former registrar Suzanna Pangilinan replaced Garcia's position and Deb Marciello, a former student information assistant, replaced Pangilinan's position as a registrar.

"I always love a challenge and I knew moving to high school would be a busy and exciting atmosphere," Marciello said.

Although the transition process is full of members having to juggle multiple positions at a time, the staff has been able to handle the changes without falling back on any work.

Additionally, transcript secretary Catherine Barrero left the school on Friday.

"I will miss the staff and the parents, but most of all the students," Barrero said. "Everyone here has made me feel like this is a second home and they are like my family."

by aqsa rashid

## Faculty preserves Justin Lee's legacy with bench

by kate carniole

Faculty and peers of Justin Lee honored his life at a bench dedication ceremony on April 25. Located in the Concrete Courtyard, the bench, decorated with a plaque in remembrance of Lee, is said to carry a strong message of persistence and hope in the community.

"The bench means to me that [Lee's] heart and pride for the school will never be forgotten and it'll be one to tell for the kids who don't know the story," senior Zeid Abudiab said.

Senior Jacob Wacht said that, to him, the bench is a way to preserve the memory of Lee.

"I went to elementary school with [Lee], so the bench is like a remembrance for him," Wacht said. "I think we know that his legacy is going to live on. He was so positive and such

a nice kid there's no way that it can't live on."

Senior Stefany Melgrar believes the reason behind the Class of 2017 growing closer was because of Lee's perseverance despite his condition.

"From now on, you can't tell the full story of Marshall High School without having Justin's legacy and pride in it."

Zeid Abudiab  
senior

tion," Abudiab said. "From now on, you can't tell the full story of Marshall High School without having Justin's legacy and pride in it."

Aqsa Rashid contributed to this article.



# Earth Day unites science field



**Left:** Earth Day founder Denis Hayes speaks about current environmental issues with his wife Gale and daughter Lisa.  
**Top right:** “The science march was one of the most fascinating things, as the speakers were amazing and the energy from people who loved science felt great,” junior Neha Reddy said.  
**Bottom right:** “The war on science must end,” speaker and science writer Shawn Otto said. “The evidence shows that global warming is real, that vaccines do not cause autism, that research drives prosperity, that there are no such things as alternative facts.”

## Flash Forward encourages self advocacy

by gwyneth murphy

Career and Transition Services, in a partnership with the Parent Resource Center, hosted a “Flash Forward” workshop at Woodson High School on April 18, with an estimated turnout of 150 attendees.

The event was for students with Individual Education Programs, IEPs, who want guidance in regard to specialized postsecondary education and employment.

The evening began with display tables set up in the cafeteria representing groups like the Parents of Autistic Children in Northern Virginia and Best Buddies Capital Region.

Families were able to speak with exhibitors and ask questions pertaining to their child’s individual mental or physical disability.

“Learning about all of the accommodations and options I have after high school is encouraging to my future,” junior and attendant Mia Toser said. “I’m so glad there are so many people out there who support me and ensure that all my learning needs are met.”

Employment and Transition Representative, ETR, for South Lakes High School Jeff Leone then gave a speech focused on self advocacy skills and accommodations in college and in the workplace.

“The greatest predictor of a student’s future success is the strength of the student’s self advocacy skills,” Leone said. “Self advocacy is a big issue in transition and we really work hard to train our students to be able to advocate for themselves so they’re not dependent on us or [their parents] in the future.”

After discussing independent living in the context of education, training and careers, the audience divided into three workshop groups and left for other rooms.

ETRs from other schools led workshops on “Supported Employment,” “Competitive Employment” and “Postsecondary Education.”

In the Postsecondary Education lecture, Marshall Assessment Center employee Teresa Denton stressed that, despite the wide range of disabilities the speakers needed to address, the process should be about individualized growth and specific learning accommodations.

The speakers achieved this through question and answer periods, by covering both social and academic topics and lastly with Denton’s commentary during her speech.

“There is not one way, one path, one booklet, that’s going to meet the needs of every student or child,” Denton said. “[The process] has to be individualized so that they can be successful and it’s meaningful.”

Volunteers running the event provided folders of resources to every participant containing contacts and information on all organizations that were present.

Leone addressed the parents, sharing that the purpose of the night is to minimize the stress surrounding the transition out of high school for those with disabilities.

“Our goal for tonight is to give you as much information as possible in order to eliminate any kind of anxiety that you are having about your child’s transition and to let you know that we are here to help,” Leone said.




Parents attended “Flash Forward” to learn about what steps they need to take to encourage their child as they venture past high school. Every family recieved a folder of resources to read through during the presentation. When Leone spoke, he included advice for both students and their parents to consider.

“We also have self advocacy and independent living goals as part of our objective goals,” Leone said. “Students need to be able to describe their disability, so they need to know what their disability is and what accomodations they need in order to be successful. They must be able to express these things to their teacher or their employer.”

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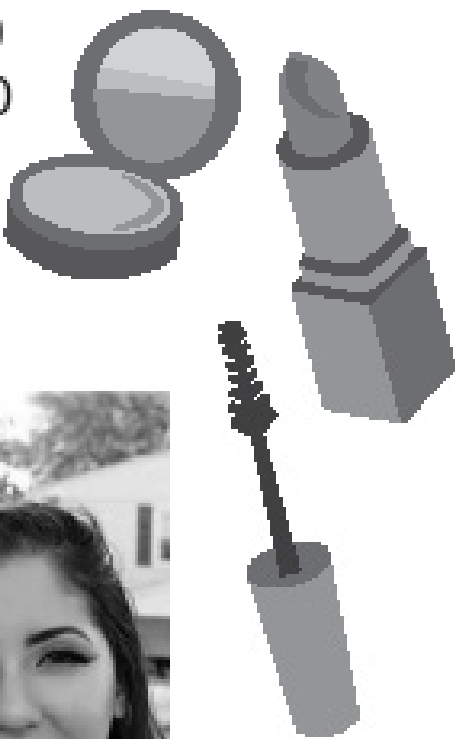
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## education by chloe pignano and johann young

## the road less travelled

Visually impaired junior Julia Hales discusses her specialized bike

**Question:** What do you like about biking with your dad?

**Answer:** I like [biking] because the weather is always really nice. [There is also] nice scenery usually and it's relatively quiet. During the summer, it's amazing if you go on it at night because all the fireflies are out and they are just sparkling the trees and it's amazing.

**Q:** Tell me about the special kind of bike you use.

**A:** I can't see very well because of my vision, and my parents, they see this as a failure as parents that they never taught me how to ride a proper bike, so they tried to find an alternative. So we looked around for a bike shop and there is one in Vienna that sells a bunch of really weird bikes. There was one that had a weird bug screen seat, like a recumbent bike almost in the front and in the back is just a regular bike. We thought, 'Oh my God, this is amazing! This is exactly what we need.' So we tried it out and I've had it for, like, nine years. It's the only bike I'll ever use.

**Q:** What is a fond memory you have about biking in this way?

**A:** I definitely remember the first time we got the bike. I remember the day we got the bike we went into the shop and it was super expensive but we got it anyway and we [rode] it home. We took it from the bike shop, and it was really freeing because I'd never ridden a bike in years really before that, so it was really nice to kind of not have to worry about anything because my dad was helping me. It's the best memory because it was the summer and it was really nice.

With the start of the spring season, Rank & File explores the large diversity of activities members of the community take part in.

## Oh, the places you'll go



photo story

CHLOE PIGNANO/RANK&FILE

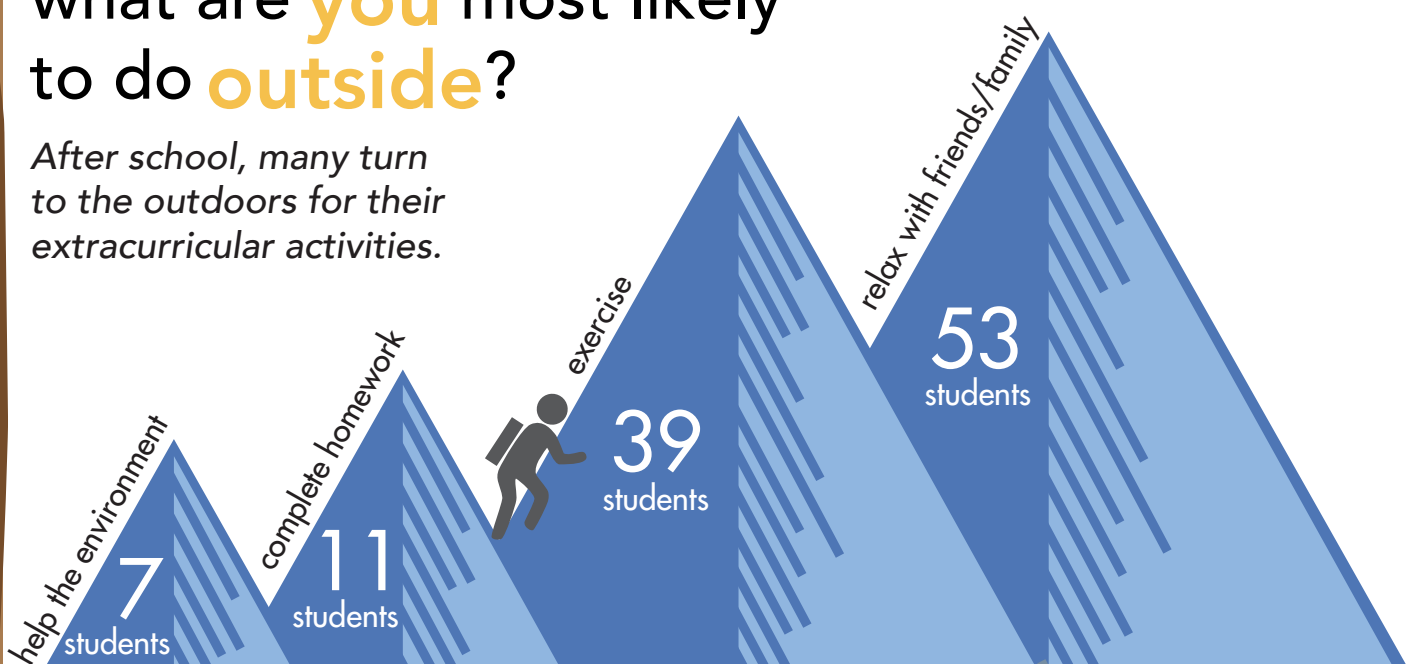


**Top:** Seniors Clara Hellersund and Kate Pittman enjoy a walk in the park together. "Walking in the park is really peaceful," Hellersund said. "When you're in the park you're not really thinking about school if you don't want to be and it's nice."

**Left:** Junior Julia Hales and her father ride their recumbent bicycle. "It's a nice break from everything," Hales said. "Just going out and talking to my dad. Recently we don't go to [Coldstone Creamery] anymore, but we just go out to bike. We just talk about things other than school."

## what are you most likely to do outside?

After school, many turn to the outdoors for their extracurricular activities.



SOURCE: TWITTER POLL OF 110 STUDENTS

## Class ventures outside

by johann young

As the weather begins to warm up, more and more people have started looking to the outdoors for their enjoyment. This even applies to the classroom, with teachers taking their classes outside for fresh air.

"It's good to switch locations of where you are giving class," history teacher Ross Naquin said. "It helps to break the monotony of being in the room everyday."

These trips outside sometimes relate

to the actual curriculum that is being taught in classes like science as well.

"One of the things I tried to do was give opportunities to practice and use the concepts of [Environmental Systems and Societies]," biology teacher Kristine Kuhlman said. "[I'm] trying to give each student a question to answer with the courtyard."

These trips outside can even be helpful to the students and not just for the classes themselves.

"It just makes you feel better when you go outside," junior Neha Reddy said. "It's really nice to be out with the environment because it feels less stressful."

Kuhlman said the outdoor environment



MIA TOSER/RANK&FILE

Junior Marin Uher works in the native species garden. "Being outside is very exciting and energizing and it makes me really happy," Uher said.

is a fresh change to the class that capitalizes on the warming weather.

"It helps brighten my mood," Kuhlman said. "I try to have an environment

where students can try and take things differently, maybe not with the same outcomes as in the classroom, but at least with a little twist."





COURTESY OF CAROLINA BELL

Bell decorates one of her baked goods to fill an order from her online bakery, Carolina's Baked Goods. "I would usually just make desserts for fun for my neighbors, and then they would want them, so I would sell them to them," Bell said. "It's kind of grown to be bigger where I have a menu now, opposed to just like making desserts for my neighbors."

# Bell operates self-owned bakery

by kate carniol

Sophomore Carolina Bell runs a business from home. Bell's online bakery, Carolina's Baked Goods, uses the internet as a platform to share her work with the local community and receives new orders every week. But before Bell was selling various pastries online, she shared her passion with those close to home: her neighbors.

"Whenever my parents had people over for dinner I would just be making [dessert], and [guests] would have it, and they realized it was good," Bell said.

Although Bell started off small, her market grew rapidly. Bell said this growth is due to the holiday season.

"Christmas and Hannukah get a lot of orders because we usually have a week off before [the holidays], so that gives me a lot of time to bake, which is good," Bell said. "I feel like since the Christmas and holiday season, I've had orders every single weekend."

In the future, Bell said she doesn't see herself baking as a full-time career, but she isn't opposed to the idea.

"I don't really want to make it into a career

at the moment," Bell said. "I think I'm really interested in more academic stuff for a career, but I never know."

For now, Bell said she plans to continue with her business, even if she may have to cut some ties in her junior and senior years.

"Maybe going into junior and senior year I might have to lay off a little bit it because I'm going to be taking more IB classes," Bell said. "I might have to stop doing it."

Bell is no stranger to the stress of the IB program, but she said she manages her time well between academics and working.

"I do as much as I can in advance and then on the weekends is when I do most of my baking," Bell said. "I wake up early and work late nights in order to get everything done."

Bell said finding inspiration for her works is something she doesn't have to struggle with. Social media platforms have made the process easier and more accessible for Bell.

"I just have Pinterest as my inspiration, but now I'm on Instagram and I see the stuff too, and Instagram is all about looking good, and it's really intimidating," Bell said. "But Pinterest is really good for figuring out how to make things look good."

IN ONE WEEK

### *Bach to the basics*

by aparna mathew

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 listens to classical music for 30 minutes each day.

#### Monday

The transition to classical music was grueling. I listened to my playlist for 30 minutes and couldn't help but feel bored. The music was tiresome and I couldn't quite tell one piece apart from the next. While I did enjoy the melodies, I can't see myself making it through this week on a positive note.

#### Tuesday

I dreaded listening to my playlist today. I tried reading a book along with it, and that made it more enjoyable. This encouraged me to invent other creative ways to listen to my music for the week.

#### Wednesday

I listened to the playlist for two hours and it was torturous not being able to listen to the music that I actually like. The only benefit of the classical tunes was that it helped me fall asleep.

#### Thursday

I've decided I like the violin-heavy tracks the best because they are great to listen to while I do my chores. I played music while I did the dishes and it made it more enjoyable. Again, I tried to just sit and listen to the melodies like I would my other music, but I couldn't. I really am starting to notice the lack of lyrics; I think I'll have a deep appreciation for good song lyrics after this.

#### Friday

Today was my last day of listening to classical music. I decided to listen to the music before bed and ended up falling asleep while it was still playing. It actually made my sleep comfortable because it allowed me to drift off without any harsh or abrupt sounds.

#### Final Thoughts

When I woke up, the first thing I did was blast music off my personal playlist. While I missed listening to my favorite songs, I think classical music is great for getting something done because it helps me to focus and relieves some of the stress that comes along with whatever I'm working on.

classical music in 20-30 second intervals activates the strongest response in the brain  
SOURCE: THE MOZART EFFECT

# Stark borders 20-year career

by chloe pignano

Buried within the student services office, school psychologist Amy Stark works to meet with students, parents, teachers and counselors, discussing individual student learning needs.

On top of having an undergraduate degree and bachelor associate's in psychology from George Mason University, Stark went on to Graduate school there and has a specialist degree in school psychology.

"I have a master's [degree] plus 30, which is basically a specialist degree in school psychology, and while I was doing the coursework for the graduate program I also did ABA therapy with students with autism to sort of help me through," Stark said. "It was a good experience for what I was gonna do for my career."

Stark started her career as a school psychologist with Fairfax County Public Schools in 1998. She was initially assigned to Stenwood Elementary School, but after two years she moved onto Fairhill Elementary School and Marshall.

"While at Stenwood, my office was

the art supply closet," Stark said. "[The] principal there was interesting and special. She was very difficult to work with and I was willing to stick it out and stuck it out for two years and probably would have stayed to stick it out for longer, but she moved out the social worker, the psychologist, the speech person and the ESAL person. She sort of did what we call 'clean house.'"

While at Fairhill Elementary School, Stark was assigned to Marshall, due to the small population of the school. This year is the first year since then that Stark's only assignment to a single school.

"[Fairhill Elementary School is] just a little school, but it's a sweet school, and I loved it there," Stark said. "It was bitter-sweet to part with the school," Stark said. "Workload wise, especially this year, has been absolutely insane so it would have been extremely difficult to balance both schools this year. I am grateful to be here full time but I do miss my Fairhill family and the people that I worked with and the kids."

Stark said that the most notable thing that changed since she started working



CHLOE PIGNANO/RANK&FILE

Stark collaborates with new student registrar Deb Marciello, who just started last April.

here about 17 years ago is the change in school population.

"We've literally doubled in size, so it makes sense that I would be here full time, so I've been here through Betsey Goodmen as principal, Leslie Buttz as principal, Jay Pearson as principal and now Mr. Litz as principal," Stark said. "I actually worked with him when he was an intern here."

While Stark's career has grown from starting in the art supply closet at a school to now being a full time Marshall faculty member, she is surprised by how long she's been involved with the community.

"It is crazy that at the end of this year I'm going to be able to say that I have worked 20 years," Stark said. "That's just bizarre. Yeah, it [has] flown by, I mean, it's 20 years."



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rank&file

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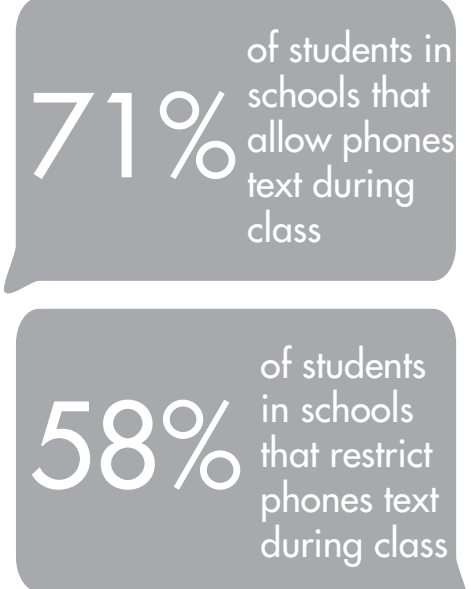
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# Technology restrictions ignore phone utility

by anna zelenski



SOURCE: PEW INTERNET AND AMERICAN LIFE PROJECT AND THE UNIVERSITY OF MICHIGAN

It's not a question that we are the generation of technology. At almost every moment of the day, we are communicating and posting on social media. Students roam the hallways with headphones in, heads down, and eyes locked on their cell phone screens.

At times, the thought behind 'phone free classrooms' is clear and direct. Teachers already sometimes struggle with students' abilities to easily cheat on exams with not only phones but other devices such as smartwatches, according to The Atlantic.

Plenty of classes in my high school career haven't allowed me to use my phone. However, this effort is relatively pointless. According to the Pew Internet and American Life Project and University of Michigan, 51 percent of students at

schools that restrict cell phone and technology access still text in class.

Most up front benefits to using technology in the classroom are awarded to students such as easy and quick communication and research, but I don't think some teachers quite understand what it can do for them. Google Apps and Blackboard are both used by teachers as a main form of communication between them and their students. Without this use of technology, communication between staff and students would become difficult and would more than likely result in miscommunication.

Technology in the classroom is a demonstration of the fast moving, innovating world that our generation is creating. It is a major benefit to learning and the developmental skills of students. Banning the use of cell phones and other technologies is just a disservice everyone.

## Review days waste useful classroom time

by jackson coerr

Reviewing during class before tests is a staple of modern education, but the practice certainly has its critics. There is a faction that decries the staple of modern classrooms; they argue that force-feeding students the material is redundant, that it eliminates the need to even have lessons. If students can only pay attention to the review, why even bother coming to class at all?

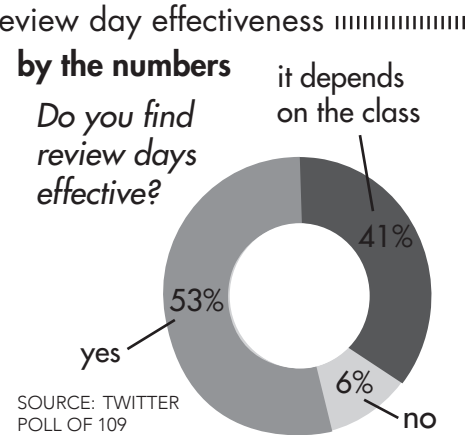
On the other hand, those in favor of the practice argue that because high school students are expected to absorb so much information at all times, they are prone to forgetfulness-and understandably so. When units in classes like history can take weeks to cover, material from the beginning of the unit simply disappears. The problem is even further exacerbated when discussing final exams, where students may be expected to retain and regurgitate material from seven months before hand. Those in favor of reviews feel that spending multiple lessons reassessing material is more valuable than the potential new material that would otherwise be covered.

These people are wrong. Reviews are a waste of time for all involved, and it is ridiculous to cover material twice, sometimes within a matter of days. When students enter the workforce, or any other occupation beyond high school, there are no review days, no chance to go over old information a second time. Students should be held accountable for information that they have already been taught. That is the entire purpose of having a lesson in the first place, to introduce students to material and then allow them to master it. Time in class should not be spent on old information; rather, if review days were eliminated, the amount of new material that teachers could cover over the course of the year would be increased dramatically. Additionally, the same lessons could be spread out further, allowing the classes to progress at a slower pace.

Furthermore, review days currently employ a shotgun approach. Typically, all the material from the unit is covered in the day or days before the relevant exam. This, for the most part, is unhelpful for students, as any questions they have are likely only to concern one specific area.

Because teachers cannot discuss the individual questions of thirty students each class, they review the entire unit; in effect, teaching the curriculum twice. Instead, students should be expected to shoulder the majority of the burden of reviewing material: doing so at home or individually is known as "studying."

Insofar as review days are currently employed, they certainly can have value at certain points to all students. However, the time wasted on material that need not be reviewed is more detrimental to students than any benefits reaped from reviewing.



## Facebook falls flat against other media

by chloe pignano

Back in middle or elementary school, having the most friends on Facebook was a competition. Fast forward to the present and Facebook is now a small blimp on the social media sphere. As shocking as it sounds, the once all powerful Facebook is dying among teenagers.

According to a 2016 survey done by asset management firm PiperJaffray, only 52% of teenagers check Facebook on a monthly basis.

It is prevalent that Facebook is looking to other social media platforms to see what is trending. Facebook, as well as Instagram and Messenger, two properties owned by Facebook, added Snapchat like "stories", photos that disappear in 24 hours that are available for a user's friends to

watch. These features don't do anything to innovate and only explicitly illustrate that the service is playing catch-up.

The biggest downfall of Facebook is how incredibly nosey it is. The site refuses to leave any piece of information off a person's timeline. Photos someone is tagged in pop up on a user's timeline along with anything that that user likes. That's great if so and so liked a photo from a small local band. That doesn't mean it should be invading a user's timeline space.

The once almighty social media dominating Facebook is now dying. It's prevalence in teen involvement is steadily decreasing. Facebook is a awkward extended family dinner you aren't really involved in. You aren't really contributing anything and leaving would be rude.



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# 13 Reasons Why discourages bullying and domestic abuse

by kate guardado

Netflix released its new original series *13 Reasons Why* on March 31 and is based on the book *13 Reasons Why* by Jay Asher.

The story follows Clay Jensen, played by Dylan Minnette, and his struggle to deal with the suicide of Hannah Baker, played by Kathrine Langford. Things get even worse for Clay when a box of cassette tapes made by Hannah is left at his door. Each tape contains one of the 13 reasons why Hannah ended her life and focuses on a student at their school.

The show's focal point is Clay's experience with the tapes and how his life is impacted by them. Each episode focuses on one of the tapes Hannah left behind and the individual that influenced her to harm herself. I felt like every episode contained a more terrible situation than the last and that kept me wondering what

else could go wrong.

The main thing that stood out to me was the two main characters in the show, Hannah and Clay, who had a quirky and awkward love chemistry. They were both very connected throughout each episode and this goes for the entire cast as well. Each actor was well picked. From the classic jocks and preppy cheerleaders to the weird kid that no one talks to, the typical high school setting was accurately portrayed through each performance. This adds to the show's purpose in raising awareness to bullying and suicide by making the situation seem very realistic. Personally, I think they did a really good job with showing everything, but I think they went a little too far with the scenes they showed, especially with Hannah's suicide.

This show impacted my life. It opened my mind to see that this is an every day occurrence throughout the world.



BETH DUBBER/NETFLIX. REPRODUCED UNDER FAIR USE

Main characters Clay Jensen and Hannah Baker talk over refreshments at a summer party held by Hannah's ex-best friend Jessica during a flashback scene.

Even though not many of us go through all of those horrible events that Hannah went through, we can relate one way or another. The directors really grabbed the audience's attention from the language to

the horrific scenes that you have to prepare for.

You feel every emotion possible while watching *13 Reasons Why* and personally, I feel like it did its job to make you aware.



AOSA RASHID/ RANK &amp; FILE



AOSA RASHID/ RANK &amp; FILE

Both Hale and Resig include a variety of different hobbies and interests in their classes that result in discussion and a better understanding of the material.

"It's great that Mr. Resig has expertise in subjects outside of history because he incorporates them into class and makes it more interesting," junior Amira Benkahla said.

## Teachers blend interests into lessons

by aqsa rashid

Some teachers devote time to their hobbies outside of school. For teachers Richard Rissig and Daniel Hale, hobbies are integrated into everyday school teaching.

Prior to teaching history, Resig had a great interest in math and sciences, and enrolled in aerospace engineering at Pennsylvania State University before switching to education.

"I really loved the fields, but I didn't see myself working in engineering on a day to day basis, so I switched majors and universities," Resig said.

When choosing between subjects to teach, Resig chose

history to maintain his passions.

"I enjoyed every subject in school, but since we cover science and math in history, I thought I could end up teaching all of them," Resig said.

Resig includes trivial facts about math and science in his lessons that are not part of the curriculum. He shows his passion for math and science even outside of teaching, directing his energy into woodworking and home remodeling.

"Woodworking is a way for me to relax, while also involving math and science into the design implementation," Resig said. Although he is able to balance many hobbies, these activities are a way for him to relax.

"I do go a bit beyond what most people would because I love math and science, but it's not something I have to dig for," Resig said.

History and anthropology teacher Daniel Hale incorporates his own knowledge into his curriculums as well.

"There is value in studying the past that connects to the present, so there's a joining factor between anthropology and history," Hale said.

Hale grew up in Hawaii, which impacts his teaching.

"I may especially go into Pearl Harbor for example because I grew up there," Hale said. "When you live in that area, a lot gets said and experienced."

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# Tennis team benefits from lifting sessions

by kate guardado

In past seasons, the boys varsity tennis team concentrated on court movements like agility and speed, but this year the team is stepping it up with workouts to help them become more physically fit. With the athletes quickly losing stamina during their matches, boys varsity tennis coach James MacIndoe made adjustments to their practice agenda.

One of the changes implemented by MacIndoe was having the team hit the weight room twice a week. The team participates in a group routine, rotating between dead-lifts, benches and pushing weight sleds, while also completing squats, push-ups and shoulder presses. MacIndoe has seen the positive changes during the player's performances on the court.

"We have a few guys who were not able to do a single pull up on the first day of practice [who are] now pumping out sets of five in concert with other exercises," MacIndoe said. "We don't get tired as easily. We can run faster and for a longer period of time during our matches, and it gives us a mental boost knowing that we're in better shape than some of our opponents."

The players have also gained confidence in their endurance during matches because of the new fitness routine.

"If you have that solid

foundation where you have been training in hard times, like at the end of practice or [while doing] some sort of running or core exercises, that sort of helps with the last moment when you can't go any further," freshman and boys varsity tennis player Bryan Valdes said. "You've just been preparing for that everyday in practice with activities that [MacIndoe] does with us."

The team has made big improvements towards their fitness with their workouts and practices this year, and are excited to have started the season with a powerful stance.

"It's like how he has always been telling us, it's all about that endgame," Valdes said. "Where do you see [yourself] a year from now or at the end of the season? It's that strength building that's going to make you a better player."

During regionals, the team can play up to eight sets more in a match than the regular season. The new workouts help build player's endurance to help manage the vast difference.

"This year we have taken it to a different level," senior and boys varsity tennis player Lucas Thompson said. "My endurance has improved on court from the past. I used to get tired easily, but now we do a lot more workouts. But now, I can play a lot longer and a higher level."

This year the team has been focusing more



KATE GUARDADO/RANK&FILE



KATE GUARDADO/RANK&FILE

Top: Freshman James Fishman and senior Lucas Thompson deadlift using a trap bar, different from a traditional bar. The trap bar places the lifter at the center of the bar's gravity. Left: Sophomore Matt Capuano-Rizzo begins his exercises. "I definitely have noticed a difference during practice and the matches we play," Capuano-Rizzo said. "Working out makes me feel strong and confident and accomplished."

on becoming fit in ways to gain the advantage in tennis rather than irrelevant and unnecessary workouts.

"[Practice is] more focused towards tennis," senior and boys varsity tennis player Matthew Nicholson said. "It's not like running just to run, it's more like tennis movement while running, so when we are actually playing it's more simulated and we get more out of

practice than we used to."

The team has witnessed a positive outcome from their new and improved ways of training, and feel more confident in their performance this season.

"I think this is from all of us, but we feel more stable and are stronger on the court. I feel like I can be longer playing on the court now," Nicholson said.

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## sports**brief**

### Spring mulch sale generates mixed feelings

Spring sports teams conducted a mulch sale to raise money for the athletics department on April 22.

"The money is used to buy and maintain sports equipment and playing surfaces," sophomore and varsity soccer player Lauren Cook said.

The booster club handles fundraising for the entire athletics department and usually holds two major fundraisers: the mulch sale and the Christmas tree sales.

"Aside from those two, each team usually does a couple of their own fundraisers each year," assistant athletics director Cornell Williams said. "I do know that the mulch sale and the Christmas tree sales do bring in a lot of money."

Although the mulch sales are successful in bringing in money, they are not a favorite amongst the student athletes themselves due to the amount of work that comes along with it.

"I wouldn't say it's a horrible experience but [...] it's [not] the best thing in the world," junior and varsity soccer player Corinne Polk-Trauman said.

The process is hard work; students are required to deliver large bags of mulch to the yards of those who bought them.

"It was a lot of hard work, lifting the bags and putting them into people's yards," Polk-Trauman said. "But it was enjoyable because I got to hangout with friends and laugh at how we struggled to lift the mulch."

by aparna mathew

### Myrtle Beach prepares softball for regionals

The varsity softball team headed down to Myrtle Beach for the Grand Strand Softball Classic tournament on April 10 through 14. The team has won Conference 13 every year since 2014 and are looking for their fourth consecutive conference title. But, when facing the regional tournament, the team falls short of victory.

Junior and varsity softball player Erin Williams believes the recent tournament will boost the team's chances at advancing further in the region.

"It helped us because we got to play teams [...] who actually challenged us and put us under pressure, which is different than what we are used to because the teams in our conference don't challenge us," Williams said. "This way we could prepare better for regionals by playing teams with skill levels closer to those we will see in regionals."

by kate carniol