



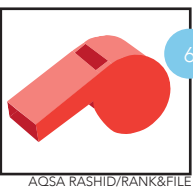
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MSA compiles clothes for donation to aid civilians in Syria.



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Della Cora allows classes to incorporate their personal interests in final project.



**Arts&Style**  
IB Film students compete with their peers for best final projects at the film festival.



**Opinion:**  
A staffer shares her personal experience with referee bias on the soccer field.



**Sports:**  
Tennis coach Arlene Fitz-patrick overcomes personal hardships and finds solace in tennis.

# rank&file

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George C. Marshall High School  
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gcmnews.net

## IB Lang and Lit department earns award

by mia toser

The IB Language and Literature team earned an FCPS Excellence Award for student achievements in their classrooms. The Excellence Award is for individuals and groups that are nominated in one of four categories: innovation, impact on others, growth and student achievement.

"This year we had 10 individuals and 10 teams receive the [Excellence] award, a total of 73 individuals," FCPS Human Resources team member Elisabeth Boivin said.

Once nominated, the group or individual goes through a screening by a committee representing personnel from a variety of locations and positions across the school system who evaluate all of the nominees against the criteria and select recipients of the award.

"After I read the email from the county [that we won the award], I just stood there and cried," IB Language and Literature teacher Samantha Nims said.

The recipients attended a ceremony on May 3 to accept their award and celebrate their efforts towards building an engaging English course.

"[The IB Language and Literature department] have made, and will continue to make, an enormous effort



KAREN BOLT

**Left to right:** English teachers Sharon Carser-Brown, Julie Curtin, Patrick Mohan, Paul Fauteux, Brenna Killeen and Samantha Nims accept their FCPS Excellence Award at the ceremony on May 3.

"As a human being, it's always nice to be recognized by your peers and especially by the organization you work for," Carser-Brown said.

to build a course that fosters student engagement and supports academic success," Nims said. "I'm truly blessed to be a member of a team of brilliant, caring, innovative educators who care so much about our students."

This school year is the first time FCPS is offering the IB Language and Literature class at Marshall. Now every class, starting with the class of 2018, will graduate with at least one IB course completed. The Language and Literature program gives all students the opportunity to participate in the rigorous IB program at a manageable

level.

"The grade descriptors don't just focus on test scores," junior and IB Language and Literature student Sam Naeher said. "[That] makes me feel like I'm learning more."

Junior Clara Cebra-Marani said the department worked hard to aid each student in their success, while still enjoying the learning process.

"The teachers deserved the award because they make the class fun and interesting by giving us cool projects and showing us videos," Cebra-Marani said.

## Veteran advocates for military

by kiley moriarty

Former US Army Engineer Officer Jim O'Brien visited the Marshall community on May 16 in the College and Career Center to inform interested students about different military path options after graduating high school.

O'Brien listed the different military paths available to students, such as the Army, the Navy, the Air Force and the Coast Guard.

With his own experience as an Engineer Officer, he explained why he took his career down the military path.

"As I started my studies, what I found is that I really liked to solve the problems that nobody else could solve, and in engineering, that's really what it is; it's a place where you could do creative problem solving," O'Brien said.

O'Brien emphasized the unknown complexity and value of engineering to the audience and encouraged for the students to

explore the offers of engineering.

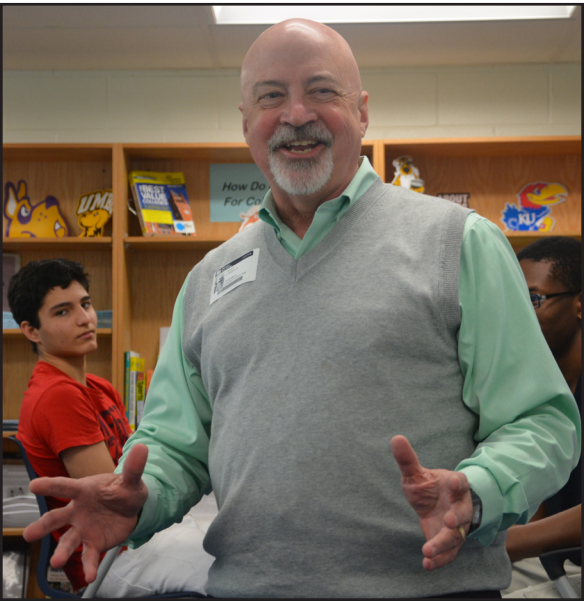
"It's a fantastic place to become a creative problem solver if that's what they choose to do," O'Brien said. "The other nice thing about it is I really value being part of something bigger than who I am."

College and Career Center Specialist Gardner Humphreys said that he sets time for guest presenters to come and talk to students about future possibilities.

"I wanted [students] to get a good sense of the range of options that are available to them," Humphreys said. "Not just in the military, but also more options that are less commonly talked about."

O'Brien encouraged attendees to continue to look at the big picture of life and consider their contributions on the world.

"I think it's great that everybody who [attended the meeting] is thinking about their future, and I think that we all need to be doing that," O'Brien said.



KILEY MORIARTY/RANK&FILE

Top: Retired Lieutenant Col. Jim O'Brien shares the various military paths students can take after graduation. Right: "I liked how Mr. O'Brien really explained every military option out there," junior Chris Margiotta said about the meeting.



KILEY MORIARTY/RANK&FILE

## newsbriefs

### Fire department frees child stuck in locker

A single blue locker appeared within the row of red lockers upstairs in E Hall a few weeks ago. Without a clear justification for its arrival, the student body formed many conspiracies surrounding why this new locker had suddenly appeared out of the blue.

"I heard a kid got stuck in the red locker that was previously there and they had to rip the lock off of the locker to get the kid out," junior Piper MacNicol said.

Marshall's security specialist Steven Williams confirmed the rumor true to be true.

"One weekend when the Asian church was here at school a kid crawled into the locker and another kid shut it, so the fire department had to get it open," Williams said. "They busted it open [after] he was in there for 45 minutes."

Even though the lockers now support Marshall's school colors, the blue imposter will not be there for long.

"All facilities had in stock to fit our school was a blue locker, that will be painted red," principal's administrative assistant Bonnie Shannon said.

by mia toser



MIA TOSER/RANK&FILE

The locker in E Hall will receive a coat of red paint in the coming weeks.

### DECA participants place at international conference

DECA traveled to Anaheim, California from April 26 to 29 for the International Career Development Conference.

"I really valued the leadership experience, friendships made and professional exposure that I wouldn't have otherwise had as a teenager," senior Logan Murtha said.

#### Placements

##### Top 10 in the world:

*Buying and Merchandising Team*  
*Decision Making*  
Thando Muchemenyi, senior  
Logan Murtha, senior

##### Top 20 in the world:

*Food Marketing Series*  
Claire Heiden, senior

by tenzin tsering



# MSA champions clothing drive for Syria

by anna zelenski

The Muslim Student Association decided upon a clothing drive for their charity project and hosted it for one week in May.

The MSA includes Muslim teachers and students, but the club is not exclusive and welcomes non-Muslims who seek to learn more about the religion.

Senior Christina Hall, a non-muslim, said she has attended the MSA meetings for several months now and said attending is a learning experience.

"I'm not a Muslim myself, but I accidentally stayed for a meeting at Learn, and I've been going to them ever since," Hall said. "The organization does a really good job of teaching others about their religion and culture, and I never feel awkward to be there."

Hall said she attended a meeting on May 17, where the grandmother of two members of the MSA, Jacqueline Muhammad, came to speak about the reasons why she wears the hijab.

"The clothes you wear don't make you a person," Muhammad said. "Clothes are only a uniform, everyone has one. We are all still people no matter what you wear. Do not associate the actions of one person to an entire religion or race. We are individuals. We are people too."

Junior and active member of the MSA, Zainub Qureshi, was a main contributor to the organization of the drive. She said the drive was extremely important to her and her peers.

"With all of the horrible things happening in Syria and even in this country today, we are so lucky to have what we have," Qureshi said. "It's so important to be accepting of one another and by donating clothes, it still

allows people to be free. Choosing what you wear and how you are able to proudly show off your heritage and culture is being truly free."

Math teacher Abeer El-Baz, one of the teacher sponsors of the MSA, said the reason the students chose the clothes drive as their charity project was because of the experience some of the members have had with in previous years.

"We started off with many ideas and narrowed them down to a few," El-Baz said. "Then finally we decided on a clothes drive to help the Syrian refugees"

MSA members had strong opinions on the drive.

"One of the member's uncle[s] was a leader of one of the group's main clothes drive in one of the Islamic community centers in the area," El-Baz said.

Qureshi said she was nervous about its success at the beginning.

"At the beginning of the week there weren't that many clothes in the bins that we would have to carry up the stairs at the end of the day," Qureshi said. "I was really nervous we wouldn't get that many because this event is so important to me and my fellow MSA members."

But the drive proved to be a success, with an influx of donations.

"I was so happy when we had an overflow of clothes donated on Friday," Qureshi said. "We had so many clothes to sort through and bag, but it was definitely worth the pain of carrying them all."

The MSA donated almost over 10 bags of gently used or new clothes to Syria in order to help aid the country.

"Much crisis is going on in Syria, it's important for others to help as much as we can," Qureshi said. "It takes very little out of people to make a big difference."



COURTESY OF ABEER EL-BAZ

Sophomore and MSA member Humerya Ayaz, at the end of the designated week of the clothing drive, compiled all of the clothes in a classroom and began to categorize, sort and bag them to be shipped to Syria. A variety of sizes and types of clothing were donated from the students and faculty.

"I was so happy when we had an overflow of clothes donated on Friday," junior Zainub Qureshi said. "We had so many clothes to sort through and bag, but it was definitely worth the pain of carrying them all."

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## Humans of Marshall

*Humans of Marshall is a student-driven initiative that fosters unity, acceptance and tolerance of different identities in the community by sharing stories on its website, gcmhome.org.*

"When I first started teaching more than 20 years ago, I went into the world of education with a mission. It was two-fold: first of all, to become a world famous history teacher, and secondly, to end racism. If the first of those two things is true, there is a lack of notice on social media, and I have not, as of yet, been bothered by too many texts or calls asking me about my fame as a history teacher. As I tell my students as often as I can, just because I haven't yet accomplished the second doesn't mean that I won't someday or that I should stop trying. Notice, too, that I said I wanted to end racism, not help end it, not make it a little better, but end it outright. Clearly, that has not

happened. But it's still my goal and still the thing I take every opportunity to talk to my students about. I'm not naïve enough to think that my kids will remember the philosophy of Louis XIV, 'L'État, C'est Moi,' or the fascist policies of Getulio Vargas, but I'll be sad if they don't remember their teacher who thought he could solve racism, if only through telling them his ridiculous goal. I say to them, 'Maybe I won't solve racism, but maybe you will. Maybe one of your kids will, or maybe one of your students if you become a teacher. And if that happens, we all win.' And I'll take all the credit."

— history teacher Dean Wood

JANAN IRANBOMY/RANK&FILE

## Della Corna mixes service with math

by aqsa rashid

For the second year in a row, math teacher Linda Della Corna implemented the 20 Percent Project in all of her math classes. According to Google's management philosophy, spending 20 percent of work time dedicated to an outside project can yield creative progress. Over the course of three months, students design a project to combat an issue within their community.

Projects range from community-service based problems, such as recycling projects, to personal projects, such as learning a new language. Students keep the teacher updated with new blog posts every three weeks and present their finished product at the end of the year.

"The topic that my partner and I chose is related to the amount of screen time children get, how it affects them and encouraging playing non-electronic games," sophomore Julianna Land said.

Land said she plans to hold board game donations in order to collect enough games to have a table set up in the library during Learn.

"I want to help children enjoy their time without technology," Land said. "My little brother is autistic, and he easily develops strong habits, one of the strongest being him enthralled with video games and being unable to focus on

anything else."

Sophomore Ethan Nguyen said the project has become a chance to direct his passion for money into stock investment.

"I want to solve wealth inequality, so my partner and I are investing in stocks," Nguyen said. "If two high schoolers can invest in stocks, so can the average American."

Though the projects do not need to be related to math, Della Corna said she thinks they can all be connected back to the subject.

"Math is about problem solving, and by working on a project that students care about, they are using all the skills that we teach all the time in math," Della Corna said.

While reflecting upon the project, Land said she appreciates the benefits that come with it.

"Rather than spending all of class doing math problems, we have the chance to devote our time to something we strongly care about," Land said.

Though Della Corna said she implemented the project only throughout her math classes, she said she hopes to expand it to other departments as years go on.

"I think education works best that way," Della Corna said. "They are working on something that they care about."



AQSA RASHID/RANK&FILE

Math teacher Linda Della Corna works with sophomore Esheka Garg during class. "It's powering for students to work on things they are interested in," Della Corna said. "When doing a project, students are solving problems using their given resources, just like they do in math class."

## always apply yourself

*Seniors reflect on their regrets and successes of applying to colleges, offering their advice for those getting ready for the process.*

compiled by gwyneth murphy

Everyone says don't be modest in college applications, but what they really should tell you is, 'Think of the most impressive way to describe whatever it is, and describe it that way.' For Emerson [College], after I was put on the waitlist, I sent a letter of why I should still be considered for the honors program. I know my letter was the most influential piece of my application, and I wish I had used that mentality in my [common application], because it may have helped me with other schools. [My advice is to] at least apply, because you never know. I won't be attending Emerson, but I'm glad I was able to consider it. I wish I explored and found more dream schools, because that's what college is about. You're following your dreams.

—senior Kristin Metzger



As a freshman, I put so much unneeded pressure on myself, and I really wish someone had been there to tell me that all I can do is my best. I didn't even consider [the College of] William and Mary until October of my senior year, one month before the early decision deadline. I always thought I would end up at [the University of Virginia]. After visiting and talking with a lot of admissions counselors, I began to realize what my gut was telling me.

William and Mary had always made me feel so comfortable. The moment I found out I had been accepted was a feeling so special it's hard to put in words. All the work, stress and studying felt so worth it. To those currently applying or not applying for another four years, my biggest advice is to trust your gut because you are the only person who knows yourself well enough to make that kind of decision.

—senior Eve Grill



# Alien: Covenant fails to impress long time fans of franchise

by aparna mathew

*Alien: Covenant*, the sequel to *Prometheus* (2012) and the next installment of the *Alien* prequel series came out on May 19. The science-fiction horror film, starring Michael Fassbender and Katherine Waterston, revolves around the colony ship, the *Covenant*, as it diverts from its original destination after receiving a cryptic radio transmission from an unknown Earth-like planet. Despite high expectations from *Alien* fans, the film fails to overcome the predictable, depthless plot, much like its predecessor.

Fassbender does a stellar job portraying both David, a synthetic and survivor of the failed ship the *Prometheus*, as well as Walter, a newer synthetic, accompanying the *Covenant* on its journey. I couldn't help but appreciate how seamless his acting was, considering the amount of interaction between Walter and David. His performance saves the rest of the severely underdeveloped cast of characters

from becoming blatantly obvious. The *Covenant's* entire crew proved to be bland and very one-dimensional; I didn't end up really knowing much about any of them at all. They seemed to be included solely in aid of comic relief and filler lines. Waterston fulfills her role as the unrealistically optimistic brave Daniels, yet fails to deliver anything outside of her archetype.

The color grading in the movie was beautiful. The dark grey tones really enhanced the overarching ominous and suspenseful mood of the film. The special effects also lived up to expectations, providing the audience with true *Alien*-esque gore. I lost count of all the times an alien jumped out of someone's back, severely mutilating them. The film's horror was presented very classically much like the special effects; lots of blood and an endless amount of jump scares. However these well done feats are not enough to surpass the sheer predictability of the plot and its twists. The movie, while well paced and interesting, was nothing if not



TWENTIETH CENTURY FOX. REPRODUCED UNDER FAIR USE

Main character Captain Daniels (Katherine Waterston) defends herself against the alien Xenomorph aboard the colony ship, the *Covenant*.

predictable. Every "unexpected" surprise could easily be deduced just by how the film was set up.

I felt that in order to fully grasp the concepts in the movie, it would be beneficial to watch *Prometheus* first, which I did after watching *Covenant*. The movie

didn't disappoint in regards to horror and cinematography, but failed to establish a well-thought out, fluid storyline. Overall, *Alien: Covenant*, while action packed and thoroughly entertaining, did not do much in terms of revitalizing the *Alien* prequel series as a whole.

## studying playlist to help you focus

*Studying can often be stressful and require lots of concentration. But, a playlist filled with good music can turn studying into something enjoyable. Here, Rank & File lists the best songs for your study sessions.*

compiled by kate guardado



RCA RECORDS. REPRODUCED UNDER FAIR USE.

### "Location" by Khalid

This song gives off chill vibes that make studying enjoyable. Its unique R&B/Soul beat will help you groove your way through long nights. Khalid delivers his lyrics in a soft voice that won't disturb your concentration. The calming tone creates a comfortable atmosphere that will help you study.



ASYLUM RECORDS. REPRODUCED UNDER FAIR USE.

### "Lego House" by Ed Sheeran

Ed Sheeran's sweet voice and slow tempos are great for relaxation and concentration. Lego House by Ed Sheeran has a medium to slow tempo that helped you maintain focus. His lyrics provide rich meaning that gives you hope and support, which can combat high stress levels.

### "The Jam" by Logic

The Jam starts off with a warped take on a classical music arrangement that will definitely keep you awake and focused. He then transitions into an intense hook supported with a classic bass drop. Logic's unique use of eclectic beats and motivating lyrics prove to be an essential for studying.



DEJ JAM RECORDINGS. REPRODUCED UNDER FAIR USE.



**Want the whole playlist?**  
Access the rest of the songs by scanning the code above with your Spotify app.

# GCM Film Festival showcases final film projects to the public

by johann young

IB Film classes got the opportunity to present their films to the community through the IB Film Festival on May 19. The event premiered 16 movies from Marshall, Annandale and Robinson film classes, all from a variety of genres. This collaboration with other schools is a first for the film festival.

"GCM Film Fest is a night of celebrating student filmmaking," IB film teacher Pierce Bello said. "It started as an event for Marshall students, but we decided to open the flood gates of talent to all Fairfax County public schools and now we even invite any submissions from any IB school in the mid-atlantic region."

Junior Alex Schmid created *Insert Story Here*, which was one of the films featured in the festival. The film follows Natalie, junior Tatiana Kennedy, who realizes that things are changing in the world

around her, and even her friend Florence, junior Samantha Feldman, is affected by the changes to reality. The big twist is that the whole reality is a story and the changes to reality are just edits.

"I wanted to make the audience think and have an 'aha' moment at the end," Schmid said. "So when you're writing a story there are so many changes you make to it throughout and I thought I could incorporate this by looking at the perspective of the characters reacting to these changes by also kind of putting a story in a story."

The general audience of the festival enjoyed the films and the event overall pointing out the hard work that was put into everything.

"I thought it was really fun," junior Julia Kun said. "I think that it is interesting how it incorporated a lot of films not only from Marshall but also from Annandale and Robinson as well, which was kind



QUIANA DANG, MATT SCOPA.

**From left to right:** Juniors Niroj Parajuli, Jake Hargrove and senior Patrick Brinza's characters get hit with a paint bomb they were trying to defuse after being cuffed to a car by their teacher. Their film *A Bomb of a Time* was screened at the Film Fest on May 19. Junior Matthew Scopa and senior Quiana Dang created the film for their IB Film final project.

of cool because it was a compilation of work."

Each entry also got the chance to win a prize depending on the amount of votes they got from the audience.

"The Parent Teacher Student Association generously donates gift cards which I try to distribute evenly across the awards," Bello said.



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## Bathroom budget should include feminine products

by lauren elias

Access to necessary feminine hygiene products during the school day is limited. This issue was not addressed in the school's remodel, but better late than never.

One major step into easing the stress surrounding periods in school would be installing feminine hygiene product dispensers in the bathrooms and providing pain relievers such as Midol in the clinic.

The lack of accessible feminine hygiene products affects at least half of the student population. According to Dr. Carol Livoti, in the United States, 97.5 percent of those who menstruate have begun their cycles by the age of 16, and it is normal for cycles to be irregular up until the age of 18. This means that not only do menstruating students have to deal with the inconvenience of a period, but the chance of being caught off guard and without a period product is much higher. Studies from the University of California's Department of Psychiatry also suggest that artificial lights influence the menstrual cycle.

The implementation of tampon and pad dispensers has already been proven successful, as seen in New York City Council Member Julissa Ferreras-Copeland's

program to install a single dispenser in a school in Queens. Due to the positive reaction from the community, the program was expanded to 25 other schools, increasing attendance rates from 90 percent to 92.4 within just six months. According to alive.com, the average tampon user uses more than 11,000 tampons in their life. Assuming one is in high school for four years, and the average life expectancy of a U.S. female is 79, the average menstruating student will use about 175 tampons over the course of their high school career.

An argument against the installation of such resources is the expense of continuously purchasing feminine hygiene products, but the idea that these products aren't absolutely necessary goes hand in hand with the fact that tampons and pads are taxed as luxury items. Feminine hygiene products are just as necessary as something like toilet paper and I highly doubt that anyone has ever complained about the toilet paper budget.

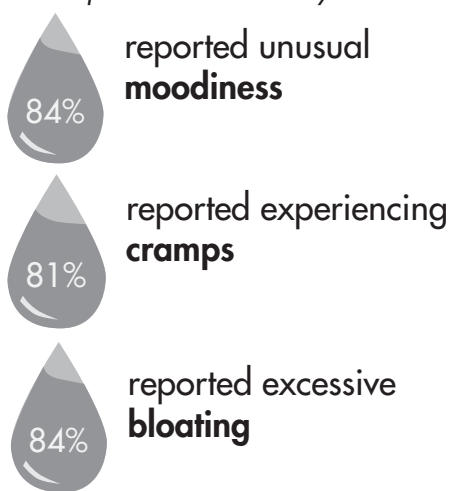
Another counterpoint is that there are already resources in the clinic, but not only would the trek to the clinic be extremely inconvenient between classes, but even those products are limited. According to ABC News Health, menstrual symptoms lead to 100 million lost work hours in

America yearly, but the distribution of pain relievers in school such as Midol isn't allowed without parental permission.

The bottom line is widespread access to feminine hygiene products is a necessity, period.

### period symptoms by the numbers

The Association of Reproductive Professionals conducted a survey among menstruating women to better gauge the effects periods have on daily life.



SOURCE: ASSOCIATION OF REPRODUCTIVE PROFESSIONALS

## Sportsmanship results in unintentional referee bias

by aqsa rashid

Almost every spectator at a sports game is familiar with the uproar within a crowd when they think a referee or umpire makes a bad call. Many athletes tend to go home after a loss, making statements about how they think the referees calls were unfair. What constitutes a bad call, should be considered when evaluating referee bias on the sports field. Although it is true that referees may sometimes hold bias for particular teams, this should not become the focus of a sporting event.

In general, much of the bias that referees hold is not apparent at the beginning of the games; rather, it develops as the game progresses. Numerous times on the soccer field, I've watched the rowdiness of a particular crowd or team alter the behavior of the referee. Additionally,

when a coach or team member starts to argue with a referee for a particular call that they make, they become more likely to notice more penalties of that team specifically as the game goes on.

In the past, I've watched referees start to yell out advice at other teams out of pity when they start losing, yelling out commands to random team players. The problem, then, becomes one of misunderstanding of intent.

It is important to remember that all referees are human and are not likely to be purposefully showing bias at all times. In high school, there is virtually no benefit that comes with altering the outcomes of a game to pursuit one more than the other. Referees may tend to favor a certain team more if they are familiar with the team.

At a high school sporting event, officials have no economic gain when changing outcomes of games. Additionally, the Virginia High School League holds very specific restrictions stating that referees are not allowed to be assigned to schools they have graduated from or hold strong connections with.

Such rules do not exist at a professional or college level, and thus, there have been several scandals in the past concerning legitimate favoritism, whether it be general, sexist or racial bias by referees within sports leagues such as the NBA.

Regardless of how valid the claims are that referees are biased may seem on certain occasions, it is important to recall that high school referees do not make a ton of money to start with, and thus, are not as likely to be holding such strong bias for any personal gain.

Receiving unwanted calls by referees is never fun, but attributing a loss to an official is not the correct response. Athletes should attempt to learn from such calls no matter how unfair they seem and try to improve for the next game.

## New curriculum during final exams worsens stress

by jackson coerr

Exam week is typically comprised of hyper-stressful studying, frantic cramming before exams and attempting to recall information not covered since September. It seems unreasonable that, on top of all this, teachers should continue to introduce new material throughout the exam portion of the year.

Some, recognizing the importance of final exams, split up the curriculum so that they do not introduce new material until after exams. Others, feeling that they need to complete the entirety of the curriculum, continue to teach in spite of exams.

This is a necessary evil for all involved. Teachers expect students to retain a certain amount of material from the year, which can lead to compressed scheduling towards the end of the year.

It does seem remarkable that teachers have the ability to plan out their entire year before the school year, and yet still

end up behind schedule towards May and June. Common logic suggests that teachers would be prepared for this, and yet it never happens. There is no excuse for snow days this year. The school simply ends up behind schedule.

The seemingly logical solution would be to account for this; overload the curriculum in the beginning of the year, when less is occurring, and cover a smaller amount of material during the latter half of the year. Yet, the opposite occurs.

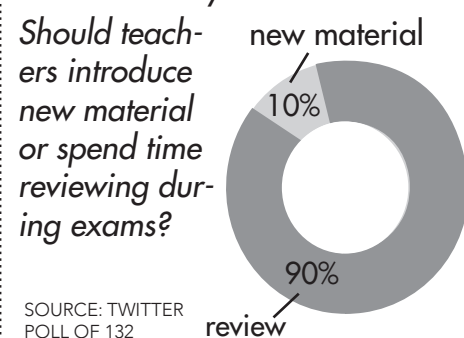
Regardless of cause, this is detrimental to students. IB exams are incredibly stressful, and for a school so proud of its vaunted exam results, educators do not seem to impress the importance of exams to its staff and students.

What instead seems necessary is a compromise of sorts. Students need to prepare for exams, and teachers need to complete a curriculum. There is no one solution. Perhaps, there could be an exemption in the days surrounding exams for

particular students.

An argument certainly exists, with a fair amount of merit, that says that exam preparation is the responsibility of the student. That is to say, students are aware of their responsibilities, which include both continued learning as well as exams. Teachers should not be required to accommodate students in this manner; rather, students are expected to be in control of their own destiny.

### review or new material? by the numbers



SOURCE: TWITTER POLL OF 132

# Sophomore aspires to turn bodybuilding passion into profession

by lauren elias

Passion takes on a whole new meaning for sophomore and aspiring competitive bodybuilder Joseph Karam. He said that, to him, passion is found in moments like taking his prepared meals to parties and going to the gym on a friday night. Karam said that the root of this passion is traceable back to when he first turned 12.

“I decided I wanted to change my body because I didn’t like the way I looked,” Karam said. “I lost weight within five or six months, and I decided I needed to put on some muscle, so I started lifting. [Losing weight] felt good, but I still wanted to get bigger.”

He said he started lifting not only to gain muscle, but also on account of his athletics.

“I was lifting to get big for football, but then I realized I liked lifting a lot,” Karam said. “Even on school days, [football] practice would end, and I would go straight to the gym.”

Karam has garnered over 5,000 followers on Instagram, where he regularly posts progress photos. He attributes his popularity to promotion from more popular accounts.

“An account [on Instagram that] has like 200,000 followers reached out to me and shouted me out, and that’s what really got me started,” Karam said. “I only got started posting about four months ago, so I’ve gained like 4,000 followers in four months, and that’s pretty cool.”

But Karam said that he focuses more on improving his lifting skills than how many followers he has.

“At the end of the day, it doesn’t matter about your social media, it matters about your body,” Karam said. “But I really don’t walk around in a tank top or anything like that to show my muscles. I just keep it underneath.

There’s a time and place to show that.”

Karam said that the place to show his skills is in his difficult training.

“[The training] is crazy,” Karam said. “It’s so hard coming to school because you feel dead, but you have to get through it. I barely have time to sleep or anything, but I love it, so I do it.”

Karam said he finds motivation to do his

schoolwork in of hopes of pursuing an athletics-related career in the future.

“I’m definitely going to college and hopefully study business because maybe one day I could open my own gym,” Karam said.

Karam said his parents hold more traditional values when it comes to his academic future.

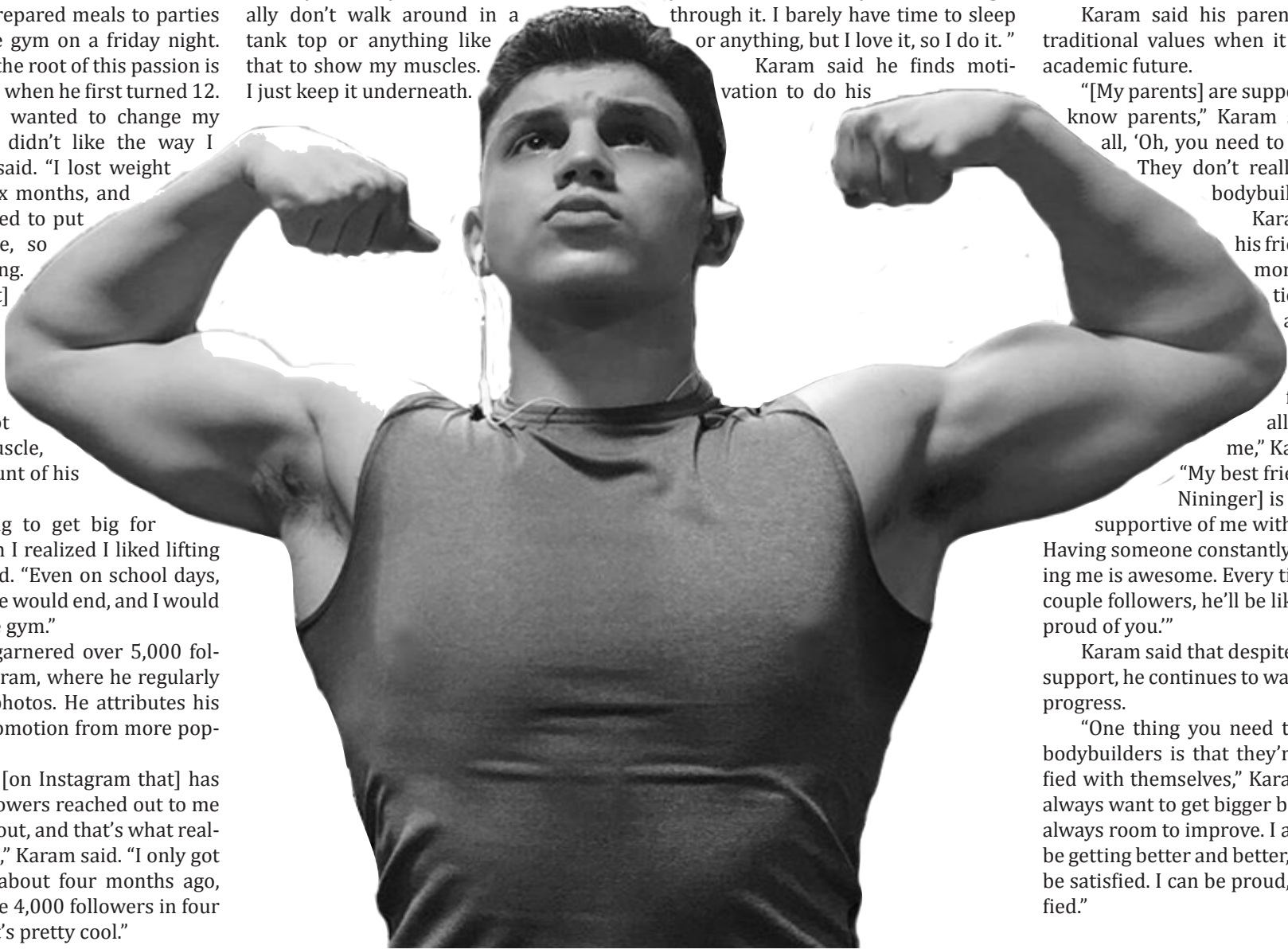
“[My parents] are supportive, but you know parents,” Karam said. “They’re all, ‘Oh, you need to go to college.’ They don’t really understand bodybuilding.”

Karam said that his friends are much more enthusiastic about his up and coming career.

“[My friends] all support me,” Karam said. “My best friend [Colin Nininger] is especially so supportive of me with everything. Having someone constantly supporting me is awesome. Every time I gain a couple followers, he’ll be like, ‘Hey, I’m so proud of you.’”

Karam said that despite this constant support, he continues to want to see more progress.

“One thing you need to learn about bodybuilders is that they’re never satisfied with themselves,” Karam said. “They always want to get bigger because there’s always room to improve. I always want to be getting better and better, so I can never be satisfied. I can be proud, but not satisfied.”



COURTESY OF JOSEPH KARAM

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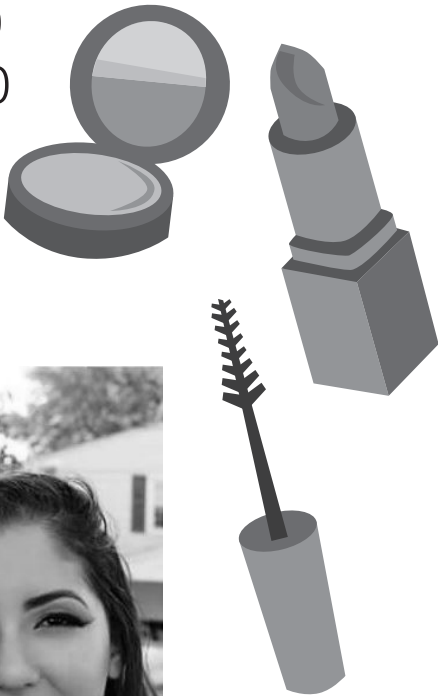
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# Cancer survivor inspires as coach

by ethan zack

A mongst the varsity girls tennis team’s numerous victories this season, it may be surprising to learn there was a shakeup in coach leadership. Tennis coach Arlene Fitz-Patrick guided the team through each successful game, all while recovering from cancer.

“I’ve never coached before and I love being around kids,” Fitz-Patrick said. “Also, because my daughter [Ashley Fitz-Patrick] is a sophomore [and] she’s going to be graduating soon and she’s going to college, this is a time for us to be more together.”

Fitz-Patrick said she believes her approach to coaching has been effective in leading the team.

“I don’t change their strokes because they have their own personal coaches,” Fitz-Patrick said. “It’s more [of] me keeping the team together, keeping the spirit up, motivating them [and] inspiring them to play their best.”

Though the high school tennis scene is a departure for Fitz-Patrick, she found that the experience was valuable to the players.

“Some players think that it’s a waste of time, but they don’t see the other aspect of tennis like representing your high school [and] being proud to be part of the team,” Fitz-Patrick said.

Tennis has been instrumental throughout Fitz-Patrick’s life, especially in the formation of her family, and remains a large part of it to this day.

“I joined [the United States Tennis Association] and I met so many people,” Fitz-Patrick said. “That’s how I met my husband. My daughter, Ashley, is also [on] the high school team so it’s just our life. It’s like we breathe tennis.”

Fitz-Patrick’s experience as a tennis coach was something of a renaissance for her, as she had spent a large portion of time prior dealing with her cancer diagnosis.

“It was very difficult,” Fitz-Patrick said. “When you’re sick, you always think you’ll live forever and then suddenly, death comes knocking at your door. It makes me feel more grateful that I caught it at the very early stage. I’m better but during that time, it was very difficult. My only goal was to get better.”

Fitz-Patrick recounted the process of treating the cancer, which was made all the more difficult by an accident with a house fire.

“I was very proactive with my treatments,” Fitz-Patrick said. “It was like a rollercoaster with every [chemotherapy]. It’s one week up and two weeks down, one week up and two weeks down. Then, I had radiation [and] then we had the fire. Your view of life changes.”

Faced with numerous hardships, Fitz-Patrick said she



COURTESY OF ARLENE FITZ-PATRICK  
Girls varsity tennis coach Arlene Fitz-Patrick poses for a selfie with her team after winning the Capitol Conference.

found support in her friends from the tennis community.

“I had a lot of friends who brought dinners for us,” Fitz-Patrick said. “[The tennis community] was so amazing. All my tennis friends, they had this website and they would write down who was in charge of [each] day and what meal they’ll bring, and this went on for seven months. I’m really grateful because it’s kind of hard to be in bed [while] my husband has to work and my daughter has to go to school.”

Once the treatments were finished, Fitz-Patrick accepted the offer to coach the girls varsity tennis team.

“This helped me because it was something new to me,” Fitz-Patrick said. “I’m learning and so it makes me happy that the girls are really thriving. I’m happy that I’m playing tennis again because I couldn’t play for eight months.”

Reflecting upon her journey, Fitz-Patrick advises anyone dealing with hardship should continue to persevere.

“My advice is to think positive and always think that life will be amazing if you open your eyes and ears,” Fitz-Patrick said. “Even with suffering, there’s always light at the end of the tunnel. If you just try your best in anything, you’re going to come out as a winner.”

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## sports**briefs**

### Field athletes defend sport against misbeliefs

Unknown to most, the field team practices twice a day; weightlifting before school and field practice in the afternoon.

“There are no off days,” sophomore and varsity field athlete Annaliese Wan said. “We do morning and afternoon practices and being able to wake up and get to those on time.”

The two field events shotput and discus include throwing an object as far as possible. Field focuses a lot of energy on promoting individual athlete success, rather than team success.

“It’s unique and individualized,” Wan said. “You’re on a team, but it’s your own personal best. It’s like swimming. [It’s] very individualized and a lot of technique. It’s a good feeling, being involved in a Marshall sport.”

With a heavy spotlight put on the track portion of track and field events, it can often upstage the field events and its athletes.

“People overlook the sport,” Wan said. “They think it’s not a sport. I swear if a random person were to pick up a disc, they wouldn’t be able to throw it any distance.”

The shotput and discus events are overshadowed by their more popular partner, but the field head coach Jose Portillo comments on the uniqueness of a field athlete and their sport.

“We aren’t really the oddball out, but we are the outlaws of the track and field,” Portillo said. “It’s a different environment and it’s a different type of athlete that can do this kind of stuff.”

by chloe pignano



CHLOE PIGNANO/RANK&FILE  
Senior and varsity field athlete James Beitz throws a discus as sophomore and varsity field athlete Delaney Stuart watches on. “You really feel powerful when you send a disc flying over 100 feet,” Beitz said. “You feel a sense of pride and accomplishment when it happens.”

### Spring green days prepare teams for their next season

Fall and winter sports teams began training for their upcoming seasons with green and yellow days, which are practices and weight lifting sessions.

Since February, the football team started weightlifting in the morning, along with light practices after school.

“The trainings have benefited me by keeping me in shape, so I’m ready for the season even before it starts,” freshman and football player Mayuk Sengupta said. “It also can help with other winter sports since a lot of players play more than just football.”

In addition to green and yellow days, the boys basketball program takes advantage of the opportunity to attend a team camp over the summer to stay in shape.

“Going to team camp will help team chemistry and get us ready for the next season with the new system,” sophomore and junior varsity basketball player Ryan Schlaffer said.

by tenzin tsering