

Features: Assistant director of clubs and activities Laura Campbell explains the process of creating a club.



Opinion: A Nike ad, featuring a former football quarterback who kneeled for the anthem, generates public controversy.



In-Depth: ESOL program helps non-native speakers adapt to and thrive in the school environment.



Arts&Style: Avid music defend their choices on the Spotify versus Apple debate



Sports: nclement weather results in cancelled sporting events, disrupting athletes' academic studies and schedules.

rankatile

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

New Marshall Market distributes supplies to students in need

by nikita athawale

The Parent Teacher Student Association, along with assistant principal Kevin Wallace and senior Jane Hurley, implemented a food pantry in order to provide necessary nourishment for students who may not be able to access it.

Earlier this year, PTSA market committee co-chair Sarah Shamlal contacted Wallace about adding a potential pantry to the school. Hurley, an IB Diploma candidate, had also corresponded with a few staff members regarding a potential food

"[Hurley was] looking for a CAS project, and she approached a couple staff members saying [she] had an idea," Wallace said. "A bunch of teachers, myself included, were talking about the growing need in our building for this type of support. With those two forces coming together, this idea spawned and came about."

With the help of Wallace and the PTSA, the food

pantry, now called the Marshall Market, distributes approximately 20 bags of donations at the end of each week to those in need. Student volunteers meet in Student Services to assemble the bags.

"I hope to grow [the pantry] more throughout the year," Hurley said. "I know we need to do a lot of work to spread the word. I want more people to know about [the Marshall Market], not only to donate, but [...] if there are more people in need, I want them to find out about it so we can help them."

According to the Fairfax County Public Schools website, an estimated 28 percent of all FCPS students are eligible to receive a free or reduced lunch. Both Shamlal and PTSA market co-chair Rachel Stott said over 17 percent of Marshall students qualify.

"We're a high school, so [we have] to make sure all students are supported socially, emotionally and academically," Wallace said.



Senior Jane Hurley organizes containers for the weekly distribution of food supply donations stored in Student Services.

"One of those ways is being nourished. Students need to have the energy and the calories to make it through a day."

People can donate food supplies like soup, macaroni and cheese, trail mixes, granola bars and snacks through the PTSA Amazon Wish List or in the main office. The Market has also collected necessities such as toothbrushes, toothpaste, soaps, deodorants and feminine hygiene products.

"If a student is hungry and there is not enough at home, they can talk with their counselor and get a bag of items," Stott said. "It is hard to do your best academically if you are hungry. The Market is intended to address this issue and enable students to achieve their goals."

The PTSA intends to broaden their offerings in the Market by contributing to the Hispanic Thanksgiving dinner and providing food to families in need over breaks. They also plan to purchase winter clothing for students who may not have access to them.

"We've had both food and monetary donations," Shamlal said. "Everyone has been so generous [...] It takes time to get the word out and build students' confidence in the program. The market is new but ready to meet high demand."

news*briefs*

Community goes pink for breast cancer awareness

The Marshall Mob sold pink t-shirts from Oct. 1 to 5 in support of Breast Cancer Awareness Month.

Mob members sold the shirts in the cafeteria for 10 dollars with the help of

"I feel like [Marshall] has come together as a community to support breast cancer," sophomore Isabel Church said. "It's nice to see everybody wearing their pink shirts, and I [can] feel the school spirit."

Social studies teacher Patricia Coppolino, a survivor of breast cancer, said the Mob is on the right path to spread recognition for the cause.

"It is always a good thing to raise awareness for breast cancer," Coppolino said. "A lot of my students were wearing the [Mob] t-shirts or something pink on

The Mob donated part of the profits from the sale to Life With Cancer and the Class of 2019 for All Night Grad party.

by ema baca



Students dressed in pink for Breast Cancer Awareness Month cheer for Marshall at the football game against Annandale on Oct. 5.

Lack of parking space creates inconvenience

Students park outside gated complex; residents attempt to tow

by wade devinney

The addition of modular classrooms school grounds. reduced available parking space, making students resort to parking on the streets outside of the Renaissance apartment complex.

Residents of the complex have attempted to tow student drivers who parked their vehicles near the gated community.

Safety and security specialist Steve Williams said residents felt students

should not inconvenience them simply because of a lack of parking space on

"[The residents] don't feel it is right that [students] take up their street space," Williams said. "We tried to explain to them that it is a county road, and that's just the way it is."

Although the residents have requested to tow cars, Williams said they do not have the ability to remove cars from the street since it is a public road. Regardless, they can tow students for

parking inside the gated community.

"We cannot prevent students from being on a county road," Williams said. "[They] can be towed if they park in their subdivision because it's private."

Although residents cannot take action against students who park on the street, senior Paul Linza said he hesitated from parking there.

"I thought about [parking on the street], but I heard from seniors that there are consequences," Linza said.

Students like Linza are facing crowded commutes in the parking lot. He said he struggles to get in and out of school due to the lack of space.

"It's so backed up," Linza said. "I saw an accident [there] a couple days ago. Someone backed into another person because all the cars were right behind them."

Though the addition of modulars affected parking space, junior Ephraim Rayburn said that was not the issue.

"They just didn't hand out as many parking passes," Rayburn said.

The supervisor of the apartment complex declined to comment.

First Model UN conference prepares future delegates

Model United Nations held their first practice conference on Oct. 13 to help members prepare for public speaking, writing position papers and being in the diplomatic learning environment.

In MUN, members learn about diplomacy and international relations. Before each conference they receive the name of their assigned country and the debate topic. Their job is to come up with solutions related to their country's position.

"Staying true to your country's values is important," senior and club president Emaan Khan said.

Sophomore Ankita Raj said this conference helped her expand her knowledge on global issues.

"I think I learned more about how actual UN conferences work," Raj said.

Khan has been involved with MUN for six years.

"Winning is not always the goal," Khan said. "The experience is more important as you learn from both your achievements and drawbacks."

by sahar jiwani



WADE DEVINNEY/RANK&FILE

The addition of modulars has decreased available space in the parking lot, making student drivers park outside of the Renaissance apartment complex.

Five steps to creating a club:



The first thing a student needs to do to create a club is to find a sponsor for their club.

"You need a sponsor before you get into the paperwork," assistant director of clubs and activities Laura Campbell said.



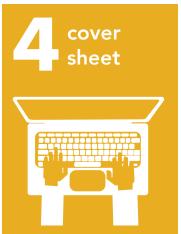
After that, the student must fill out an interest form of at least 25 students. Investment Club officer and junior Ben Dabich said he did not have trouble with his. "We asked people in our classes if they were interested," Dabich said. It took about a week to fill it out."

compiled by grady dillon & isabella gulick



Thirdly, a student has to create a club constitution telling what the club is about.

"Kunal Choksi, Thomas Sweeney and I, [...] drafted a rough draft, Dabich said. "After the draft was created, there was a long editing period to finalize the constitution."



Next, you will need a cover sheet for your club to feature what it is about.

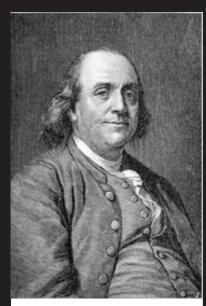
"The cover sheet was easy to make because we made it after we finished the constitution," Dabich said.

"We had to include the name of the club, the school year date, and include if we would go to areas out of school for the club."



Once all of the steps are complete, Campbell sends the student's paperwork to the Fairfax County Activities Office for approval. If they deny the club, Campbell will help

"One of my roles is sending applications to the FCPS Activities Office once they pass building-level approval," Campbell said.



"Instead of cursing the darkness, light a candle."

- Ben Franklin



"...that smells amazing too!"

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Teacher emulates internet personality Ninja through Fortnite livestreams

by dmitry butylev

 $S_{
m holds}$ cience teacher Jeremy Wade popular video games such as Fortnite.

Wade began holding livestreams on the platform Twitch last spring, and continued to do so during summer vacation. He said he typically played Hollow Knight, but his favorite video game to play is Fortnite, due to its unique look and gameplay from a third person.

"When I started building my PC, I made it properly to both support high quality gaming and fine video streaming," Wade said. "I wanted the optimal quality of gaming experience for the game I was playing: higher frame per

second, [and] better graphical resolutions. I also built it with an idea that it would be able to stream while [I am] playing games."

While he said he did not think it was a successful effort in terms of view count, he wanted to stream because he liked how lots of other people were watching him play games.

"I saw many people streaming my favorite game [Fortnite]," Wade said. "Their way of entertainment by talking to their viewers and followers was joyful

He said after witnessing the growing popularity of the "let's play" genre of video content, as well as the growing number of online streamers, he was inspired

to make livestreams himself. An example of such a streamer is the recently popular Tyler Blevins, more famously known as "Ninja", his screen name.

"Ninja's streams [looked like] a lot of fun to do as a hobby, [and] I think that I have the kind of personality and the visual quality that streamers need to have," Wade said. "So, I decided to give it a shot."

Wade said he will eventually be able to do a few more streams, but only after he finishes all of the work he has to do for his job as a science teacher. Over the summer months, Wade said he attempted to hold livestreams on a semi-daily basis on weekdays from 12pm to 3pm.

"It was really hard to follow



Chemistry teacher Jeremy Wade, also known as his gamer tag Cygnus_X2, wins a matchmaking game in Fortnite with a total of 10 kills. After each game, he goes back through his stream and compiles a few memorable moments to post on YouTube

the schedule that I put on for my streams," Wade said. "I found it difficult to maintain even for one week when I was active."

Although he attempted to stream regularly, Wade said he does not let his hobby interfere with his job as a teacher.

"It is a hobby I don't have to worry about," Wade said. "[Livestreaming] has not affected my work in any way."



BEN HARPER/RANK&FILE

Left to right: Junior Grace Arteaga, freshman Jason Romero and junior Naidelin Herrera Zarate engage in a relay race at Latinos United meeting. "This club is about bringing the community together," Arteaga said. "We do these activities to get to know each other and make friends. Most of us are Hispanic, and we all like to stick with our traditions at home and sometimes when we do dinners we have different foods from our countries and I feel that's another way we like to spread tradition." As such, Spanish Honor society will hold a potluck soon.

Heritage month unites community

by ben harper

Members of Latinos United and Spanish Honor Society recently celebrated their culture during Hispanic Heritage month, which from Sep. 15 to Oct. 15.

Hispanic Heritage month started in 1988 under President Ronald Reagan, and is meant to honor different hispanic cultures and their contributions to society.

In order to learn more about their culture, members of Latinos United attended a Ted Talk that hispanic members of Capital One held. They told the audience anyone can succeed, no matter where they are from.

"They struggled with a lot of obstacles when they were younger due to them [...] not being able to speak English,"

junior and president of Latinos United Grace Arteaga said. "They gave us hope that we can be something in the future."

The speakers said they all had poor upbringings, but were still able to become successful.

"It was people just like us," junior and member of Latinos United Kiara Cornejo said. "Some people at the event weren't even born in the US, but they all got to this level [of success]."

As for Spanish Honor Society, members said they intend to host a party in order to celebrate their Hispanic

"We're planning [to hold] a potlock Spanish Honor Society," senior and member Andrea Quintanilla said. "We will celebrate the history of our cultures [to] show why this month is important."

Latinos United sponsor Silvia Montes said she feels Latinos United brings the community together.

"We try to celebrate our heritage by coming together and making kids who come from different countries or have hispanic parents who've come from a different country feel more welcome," Montes

Spanish Honor Society president and senior Valerie Castro said the club uses their culture to connect with oth-

"We think it's very important to learn more about and use our culture and Spanish-speaking ability as a way to connect with different Hispanics and Latinos," Castro

Dead language; not a dead program Despite small enrollment, Latin program promotes an all-encompassing

culture dedicated to study and exploration of Roman history

by amelia gee

lthough Latin is a dead Alanguage, it is by no means a "dead" program.

Out of all of the language courses available, the Latin program is by far the smallest, with an enrollment of 89, but the culture of the program remains prominent.

Latin teacher Brian Kane said he perceives different interest levels among his students.

"The Latin student [...] usually is one who doesn't want [to] speak, so modern languages kind of scare them," Kane said. "They're more into reading and [tend to be] more quiet."

would be better suited in a language such as Latin, which relies more on reading and writing.

"There's also a lot of kids [...] that actually have difficulty with hearing [...] so they wouldn't really be successful in a Spanish class," Kane said. "They can't process what they [can't] hear very quickly."

Furthermore, Latin offers different outlets that appeal to students.

"Latin I think has kind of a reputation of being an 'elite' subject," Kane said. "It's something that attracts kids that want to stand out in terms of their course selection. Any

He said other students language you take is going to help [improve your] vocabulary [...], [and] it's going to help your writing skills. Since Latin is the root of so many languages, we like to claim that it has the largest impact."

> The Latin program offers a range of activities outside of the classroom. Kane is the faculty sponsor for the Latin Club and the Latin Honor Society.

"[The] Latin Honor Society tutors [and the] Latin club [...] hang out once a month [to socialize]," Kane

The Latin Club also participates in the Certamen Quiz Bowl, an inter-school event covering questions about the Latin language, Roman history, mythology and Roman daily life.

Senior and Latin Honor Society member Laura Boyle said she has wanted to take Latin since fourth

In her sophomore year, Boyle ended up earning the Latin Student of the Year award.

Boyle said Latin helps people to appreciate the construction of the English language.

"I would definitely recommend [Latin] because it is one of my favorite nerdy little things," Boyle said.

Junior and Latin student Joe Thiringer said he



Senior and IB Latin student David Truong studies from a textbook to brush up on his Latin.

enjoys how Kane chooses to innovate with new teaching methods within

"I like Latin because Mr. Kane [...] presents us with new ways to teach Latin," Thiringer said.

New Fashion Sustainability Team readies materials to participate in first competition

by sahar jiwani

competition in late Novem-

Junior and club president Alicia Gonzalez said she founded the team in order to raise awareness about the importance of the sustainability of fashion and clothes.

The students on the team said they plan to discover ways of recycling unwearable clothing.

Through these efforts, they endeavor to create a more sustainable way of shopping, creating and thinking in preparation for the competition.

Gonzalez said she has been interested in fashion for as long as she can remember, but recently her consciousness of it has

"I have become aware The new Fashion Sustain- of and passionate about admental sustainability in the fast fashion industry," Gonzalez said.

> During this past April, Gonzalez was involved in an annual event the Fashion Revolution Organization hosts for Fashion Revolution Week.

> "They contacted me asking if I would like to lead a team for the first ever Fashion Revolution High School Competition," Gonzalez said. "Of course, I said yes."

> The purpose of the Fashion Revolution High School Competition (FRH-SC) is to spread awareness about the importance of sustainable fashion in the high school community.

> > "I think the Fashion

Sustainability [competition] video guide about seven oburges students to be active, contributing members to the competition. A ability Team is prepar- dressing the issues of ethithe group and creative proing a portfolio to submit in a cal production and environ- cess with an end date and document our experiences product in mind," English teacher and club sponsor Heather Hilton said.

With this in mind, Gonzalez brought together a group of seven people to take part in the club with her. Senior Zoe Belland said she joined the team because she has always been interested in fashion.

"This club has really allowed me time and space [..] in a group full of support and creativity," Belland said.

The team engages in activities such as going to thrift stores and visiting museums to learn about fashion and upcycling old garments in preparation for the competition.

They will need to have a complete write-up and jectives for acceptance into

"We took photos to there," Gonzalez said. "Some of us wrote down different quotes to compile into a Google Slides presentation and make a digital portfo-

Gonzalez said her favorite thing about the competition is how the work it requires manages to bring everyone who is interested in fashion and sustainability together in their excitement for working towards the projects.

"[But, at the same time,] it is a little bit stressful [since] they have several deadlines for submissions, so getting those in on time might be a bit of a challenge," Gonzalez said. "But I am fully confident that we will be able to do it."



COURTESY OF ALICIA GONZALEZ

Fashion Sustainability Club members Zoe Belland and Claudia Gonzalez shop for sweaters at Unique, a thrift store in Falls Church. Belland said collaboration is the foundation of the club, and her favorite part of being on the team is their shar-

"Each member has unique skills and ideas, and it is incredible to be sharing them in a medium we all enjoy," Belland said.

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Teachers should offer public speaking alternatives to accommodate those with medical diagnoses

by jay kosumi

As a result of public speaking anxiety, several high schoolers are protesting and questioning the necessity of in-class presentations.

Following a viral Twitter post by a high school student on Sep. 8 stating, "Stop forcing students to present in front of the class and give them a choice not to," the protest garnered attention across several media outlets.

Public speaking anxiety affects approximately 73 percent of the population, according to a study from the National Institute of Mental Health.

A 2016 article *Time* magazine cites data from the same source, reporting that a total of 6.3 million teens have had an anxiety disorder in their lives. While people should not take mental disorders lightly, the protest for abolishing presentations has generated controversy.

On one hand, students who support the initiative argue that having to present in front of the class guarantees underperformance.

Due to their anxiety, their poor delivery of the content will prevent them from receiving a high score.

They also argue they should have alternative ways of demonstrating their understanding of the material, such as through essay submission or one-onone presentations with the teacher.

On the other hand, those that disagree with the statement believe communication skills are a necessity that students need to learn, and requiring them to present can help them overcome their anxiety.

They argue that adapting curriculum requirements to the demands of individual students enables them to avoid obligatory tasks.

But if students

conditions are eligible to get accommodations, such as extended exam time, that raises the argument of whether they can request arrangements for presentations too.

with medical

Personally, I disagree with the idea of making presentations optional, let alone abolishing them entirely.

Jobs in various fields such as marketing, broadcast journalism, teaching and law, value strong oral skills as a

vital component in new applicants.

Therefore, in-class presentations are a good way to help prepare for the future.

Making presentations

public tional speaking would anxiety affects proapproximately v i d e **73%** of the an expopulation c u s e f o r stu-

who just want to get out of the task. This outcome would invalidate the struggle of those who actually suffer from an

dents

anxiety disorder.

I believe that if presentations pose a trigger for students who have a clinical diagnosis of with anxiety, teachers should only allow those students to request alternatives.

A better option for those students would be to present in front of a smaller group, or alone with the teacher.

Another possibility for them would be to record the presentations at home and then submit them to the teacher for grading.

If so many kids find in-class presentations to be anxiety-inducing, teachers could focus on reducing the stress surrounding them.

While stress is a large issue among teens in general, teachers should adapt to the needs of those with severe public speaking anxiety.

With more independence, teens neglect parents

by ema baca

 \mathbf{A}^{s} teenagers start high school and become more independent, their parents often turn into targets for arguments. Children used to consider the simple, yet meaningful phrase, "I love you", a part of their everyday routine.

Whether it is before you go to school, or after going to bed, most children exchanged the phrase with their parents. As teens gain a new sense of independence, parents often hear the words "I hate you," rather than "I love you."

From what I have noticed, students engage with their friends at school, and later

Instead of appreciating the people that have been there through good and bad, teens fail to acknowledge the sacrifices their parents have made for them. Teens often view their parents as the annoying people that ground them from using their cell phones or seeing their friends.

It is important to appreciate the people that raised you. I think students focus more of their time on studying, friends

return home with a terrible at- or sports and forget to acknowledge their parents.

> It is unrealistic for teens to spend all of their time with their parents, but drifting too

far apart will have a negative effect. It is difficult for parents to guide their 53 % of students do children not say "I love you" success when to their parents every there is more of a disconnect between them to Science Daily, North Carolina

State University analyzed data from more than 10,000 students and their parents, and proved parental involvement is a more significant factor in a child's academic performance than the qualities of school itself. Research showed students who had a strong relationship with their parents performed better academically in comparison to those who had a weaker relationship.

Although growing up means becoming more independent, it does not mean you have to forget about your parents. I do not think teens realize how much their parents appreciate the words "I love you" from their children.

I believe it is possible for teens to improve the relationship with their parents if they begin to use the phrase more

Language students need more exchange programs

by brynn norwood

 $D_{\text{ing an established}}^{\text{espite already hav-}}$ foreign exchange program, it is a disadvantage to language program participants that there is not one for Spanish or Chinese.

Recently, several students in the French exchange program arrived back from France. During their time in Par-



homes of French-speaking families. Later on this school year, Marshall families will host the foreign students.

While multiple students in French courses enjoy the French exchange program, administration should consider other languages such Spanish, Chinese and Latin. All students enrolled in a language class deserve equal opportunity to travel to a

country with that language.

One element to keep in mind is budget. Spain, which has a similar flight time, is conceivable. Traveling to

als participating in the Asia, which is typically as an issue. Students might not be used to or comfortable with such an extensive travel time. Despite student funds, the long flights may be too problematic.

Nonetheless, Fairfax County Public Schools should make an effort to provide students with the opportunity to travel abroad. The exchange program provides an educational experience and gives students the opportunity to speak their language in a country among native speakers. These programs can also sharpen language skills and allow students to perform better in the classroom.

chance to meet and interact with people from other cultures.

Each of the various languages should have an exchange trip. Currently, the language department is limiting the exchange programs to French, Spanish and Chinese.

In addition to the French exchange program, a trip to Denmark is also available to students. This trip allows students who are not enrolled in a language course to participate in the program as well.

Additionally, dents who find their language class boring or a waste of time may

The program can find the value in their program stayed in the 12 plus hours, can pose also give students the language through travel. This motivation could potentially ease anxiety.

In my experience, I tend to enjoy my classes more if I believe the class is beneficial and worth my time. Furthermore, my perspective on the class changes from a chore or a requirement to something I look forward to learn more about.

There is a difference between learning and living the culture associated with language. Teachers drill it into your brain in a classroom. But, when you visit the language's country of origin, you also learn about a culture that is different from your own.

Nikes: just burn it?

Kaepernick protest reflects change

On Sept. 1, 2016, San Francis-co 49ers quarterback Colin Kaepernick sparked a nationwide controversy when he chose to kneel for the national anthem. But, Kaepernick's protest is noth-

Black athletes have always used their publicity to protest the United States government's discriminatory policies against African Americans.

From Muhammad Ali's refusal to serve in Vietnam to Tommie Smith and John Carlos sticking up black power salutes at the 1968 Olympics, athletes have always used their platform to protest injustices.

Kaepernick said he would not stand up and give his support to a country that oppresses black people, particularly one in which police brutality is so prevalent.

Nike's endorsement of Kaepernick by putting him as the face of their "Just Do It" campaign is a good step in the right direc-

While it certainly led to controversy, the ad campaign has generated a record level of

engagement with the brand.

According to recent reports from ESPN and CNBC, a month after the ad Nike's stock has gone up 6.25 percent, adding almost 6.38 billion dollars to the company's value.



In my opinion, Kaepernick's actions will go down like those athletes years ago.

endorsement of Nike's Kaepernick's bold protest display society's willingness to change.

Nike deserves customer backlash

by grady dillon

Nike's stock market and reputation took a significant dip as a result to their advertisement. Nike customers uploaded thousands of videos burning their Nike shoes, jackets and other products in frustration of the Colin Kaepernick-Nike collaboration. While I do not

agree with customers burning their expensive Nike products, they should be unhappy. Ιn

the

49ers'

final 2016 season game, quarterback Kaepernick opted to kneel during the national anthem. Soon after, other players around the NFL followed his lead, which incited boos from the crowd. These spectators had good reason to do so, as

watching your favorite team

Francisco

disrespect the American flag is not a pleasant sight.

Although burning Nike products is irrational, there is no reason to buy things from a corporation that advertises with a figure disrespecting America and its flag. The 2016 NFL ratings and Nike's stock exchange plummeting has demonstrated the effects of kneeling.

According to the Denver Post, "ratings through the first nine weeks [of the 2016-17 season] plunged by double digits. 'Monday Night Football' ratings are down by more than 20 percent." NFL's ratings were strong in 2015 with a total of 1.9 billion views, but ratings plunged because of the political outbursts of NFL players like Kaepernick, and now Nike is suffering from their advertisement deal with him. According to The Wrap, Nike lost 3.75 billion dollars in their market cap.

Despite customers taking it too far by burning their Nike products, their actions came from a source of frustration most people should feel.

tweets

Lynchburg Classic done. First Place Percussion, First Place Music, First Place Colour Guard, First Place Visual Effect and Overall Grand Champion! Way to go Marching Statesmen! #acmband #marshallpride



Marshall Band @gcm_band

Congratulations to @gcm_ band for taking home ALL of the hardware this past weekend at the Lynchburg Classic Marching Band competition. Well done grand champions! #marshallpride



letters

Support needed in hard times

It was like a movie. Like my life was some perfect story with the perfect family, faith, friends and social status. In reality, I didn't have those things, and when my health went, so did most of my friends and parts of my family.

Then, you would expect that after years of struggle, a miracle would happen. I would miraculously heal and then my life would be better than ever before. I believe in miracles, but I have not experienced one yet.

It took the doctors three months to realize I needed an MRI. It took them four months to realize I still wasn't better. It took them six months to realize having nightmares every night was an issue that required action. It took them seven months to realize I was sensitive to medicine. It took them eight months to realize I needed to go to the emer-

They gave me five drugs and they still have no idea how to stop the constant excruciating pain. They took about 20 vials of blood to realize nothing. All the hope I had rested in [religion]. And sometimes even those did not feel like enough. But, occasionally the things and actions weren't the support I needed, the words from others helped me through the hard times.

> Isabel Church 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.

Flaws in the communication systems hinder information

 $T^{\text{he disjointed communication}}_{\text{system currently in place is}}$ causing mass misinformation amongst the student body.

Out of the four main methods of getting information out to students, the announcements system is the mode of communication people rely most heavily

While the announcements are probably the most popular information platform, nobody pays attention to them. Additionally, the announcements are inconsistent and only broadcast once or twice daily.

Even if Principal Litz does make the announcements, they go by too quickly for people to

retain information. Although a lot of teachers do make a point of quieting their classes during announcements, only a few teachers enforce it strongly enough for students to truly listen.

Relying on the announcements for club information is unreliable, as it depends on whether the class is quiet enough to

Other than the announcements, the only other school-administered communication systems are the bulletin boards and television screens throughout the school.

To their credit, the numerous bulletin boards are located where many people can and will see them: the stairs. Also, all information on the boards is reliable, however they are oftentimes full of fliers detailing events that have already passed.

Making the relevant fliers harder to see defeats the purpose of having them in the first place. They are also inconvenient for use. There is no time to stop and scour the boards between classes to try and find where the Harry Potter Club is meeting.

The television screens are also inconvenient. While the bulletin boards are at least large in number, TV screens are few and far between. There are not enough of them in the building, and the ones that are present are not located in very strategic

Instead of placing them in areas like hallway ceilings, TV

screens are instead located in places such as a corner of the lobby. Also, while fliers offer quick information that is ready to read, screens display a slide show that takes far too long to repeat itself. No one walks up to an obscure screen and hopes it will show information they might need.

Lastly, word-of-mouth is the least reliable. Asking someone else for information is both quick and easy to do, but that information is easily alterable between as it transfers through different people. Suddenly, "Key Club meeting" becomes "Glee Club meeting".

Communication within the school is not effective enough and leads to many misconceptions.

Word-of-mouth:

Bulletin Boards:

Announcements: inaudible, and no one pays



too cluttered to be useful; inefficient for

few in num-

ber; ineffective

T.V. Screens:

essentially a game of telephone be-

FCPS policy fails to allow fundraising for those in need Our school prides itself collection of club dues, a money within the school recent event has left me prevent teachers and sacrificing in the interest regulations and their in-

of the "Statesmen Stars" stands for community. But, the frivolous regulation of the exchange of money within the school challenges our ability to sustain this so-called "community".

As an active member of the Marshall community, I have experienced countless instances of frustration with rules surrounding the transfer of money. Whether it is SGA's inability to fundraise during Learn, or issues surrounding the embittered with FCPS and state policy surrounding the collection of

Former teacher James MacIndoe's son, Finn, has been in the ICU for several weeks without a concrete diagnosis.

Hospital bills are costly. Although MacIndoe moved to Colorado at the end of the school year, he is still a beloved member of the Marshall community. But, regulations surrounding the transfer of students from organizing endorsed fundraisers to support MacIndoe.

The FCPS regulations

letter to the editor

meant to protect the community have instead crippled our ability to support a Statesman in need. I understand financial regulation is necessary; however, it is important to consider what we are

of financial accountabil-We are sacrificing

our community by preventing Marshall staff and students from collecting money to

support a teacher who gave so much to this school. We are sacrificing our hu-

manity; instead of doing the morally right thing, we are abiding by a needlessly regulatory piece of legislation. Above all, it is important to understand the relationship that we are sacrificing. Financial

ability to assist community members in need create tension between students, staff and administration.

It is important for all levels of a school system to trust and respect one another; however, I find it difficult to respect administration that enacts and enforces rules that do more harm than good, and deny assistance to someone in need.

> Ella Tynch senior

Red, White & Newcomers

compiled by brynn norwood, isabella gulick, jay kosumi & dmitry butylev

international breakdown:

 $E^{\text{very year, Marshall welcomes}} \\ \text{new students from all over}$ number of different languages spoken by the the world. According to statistics

Marshall student body

by dmitry butylev

from the main office, students

come from 97 different coun-

tries. The administration simpli-

fies their transition process by

helping them adjust to the school

new surroundings," registrar

Elizabeth Barrand said. "[When]

they register, they often need a

language translator, so we usu-

ally get somebody to help with

tries to encourage every foreign

student to join clubs or activities

that may interest them based

on their individual ideas and

hobbies. Culture-based clubs

offer a sentiment of familiarity

Barrand said the school also

language translation."

"We help them adapt to the

& isabella gulick

environment.

number of countries represented by Marshall student body

1,000,000

number of immigrants in

37,000,000

number of immigrants in the United States

to students coming from other countries.

ESOL department eases cultural transition process

50% of the

student body

are minorities

"Our diverse environment makes adapting a simple process," Barrand said. "Some ways Marshall helps international students feel at home is by offering

many cultural clubs." Foreign dents who lack proficiency English have to go through English for Speakers of Other Languages (ESOL) program. aim of the program is to help instudents ternational develop language proficiency and content understanding in

ESOL-adapted subjects.

"[As an ESOL teacher], my role is to establish a proper academic knowledge that will assist [the students] during their mainstream classes," ESOL teacher Anne Marie Stratos said. "The difficult part is meeting the needs. Not all of the students have the same level of

> requirements [...] I try to make things understandable through visuals, gestures and couraging them to work

> > in groups."

attention or basic

Stratos said she STUDENT SERV is aware of the difficulty of meeting all of their students' learning requirements. After a county-wide change in the ESOL program, international students now have to take both ESOL and English classes.

"Previously, students had to reach a certain level of in-language proficiency in order to take a particular course," Stratos said. "Right now, they have both ESOL and English classes combined and it makes the learning process for them difficult."

ESOL teacher Sarah Smith said even though she agrees on the difficulty of meeting all of her students' requirements, the rewarding part of her job is watching them grow and improve.

"I love all my students and the fact that they come from different places," Smith said. "They all have different cultures and experiences, but at the same time [...] everyone is the same. When you see them grow, it is very re-

A tale of two Europeans:

Two writers share their experiences as international students

I moved here from Albania in January 2017, mid-sophomore year. This was the first time in 16 years I had ever changed not just schools but also my place of residency. Understandably, this transition to a country on the other side of the planet was overwhelming at first. Marshall is much more spacious than my old high school; the student body is 20 times larger with a more diverse racial and cultural composition. I struggled to adapt for the remaining part of my sophomore year, both socially and academically. I had to take tutoring for Algebra every single day until the end of the year to catch up with the pace of the

I also did not have an easy time making

friends and felt very isolated at first. Although I took comfort in the fact that I was not the only international student, it felt weird having to explain to people where Albania was located when, for 16 years, that was the only place I had ever known. At home I speak Albanian with my parents, but English with my eight-year-old brother because his level of fluency in Albanian is not as high.

Looking back almost two years later, I feel as though an entirely new life started for me once I moved here.

When I recall memories from freshman year, it seems like they happened ages ago. I remember being against the idea of leaving when my mom first gave me the news, but now I can honestly say this transition was the best thing to ever happen to me.

> Jay Kosumi News Editor

I literally started a new life by coming to this high school three years ago. I saw many perspectives by adapting to the school's atmosphere and meeting new people.

It was very difficult to find a way to talk and collaborate with people in Russia. Imagine your first grade class starts with 33 students that you see every single day and you have all of them for every period you attend. Your class slowly shrinks into 20 students by 11 grade, and you eventually graduate with people who "survived" these eleven years with you. My first obstacle toward my effective learning and communication was a sort of language barrier. I tried to adapt to the way people spoke and the vocabulary they used

> on a daily basis. It helped me develop a way of understanding a foreign speech to me, because I only used to study "broken British" back in my Russian school.

The teaching technique here reminds me of a private school in Russia, where everyone received equal attention from a teacher and was treated fairly. At Marshall, teachers do not

scream at you and lower your grades depending on what you look like and what they think about you.

In-school rules are way more strict than in my previous school. My friends commonly were able to leave the building and get to the grocery store to buy some Red Bull or cigarettes and then return before the bell rang. The way bureaucracy works in schools here amazes me.

> Dmitry Butylev Website Manager

Venezuela



Banned Books Week

Banned Books Week celebrates the freedom to choose literary works without censorship

by sophie tedesco

Banned Books Week takes place annually from Sep. 23 to 29. The event celebrates freedom of speech and expression, and fights against the censorship of books in communities. The theme of Banned Books Week for 2018 is "banning books silences stories."

According to the American Library Association, there were 356 book challenges,

which are attempts to restrict access to those books. 41 percent of those challenges took place in high schools and high school libraries.

Librarian Krissy Ronan said Marshall has not banned any books and does not have a policy of restricting access to reading materials.

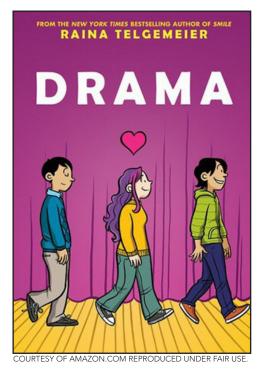
"I think that, as a librarian, I find it hard to support people

who want to ban books or prevent people from reading books that they disagree with or choose that might have beliefs they don't support," Ronan said. "I think for the most part, I want students to feel free to choose what they want, and if a family or a group doesn't like a certain book or disagrees with some of the beliefs that book might represent to them, maybe

they shouldn't read it. I don't think it's their right to prevent other people from reading

The following books are some of the top ten most frequently challenged books

Marshall has not banned any of these books, and as such, a lot of students have read



Drama

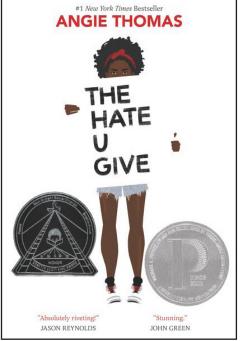
"I really liked the book Drama because it is a graphic novel, and I enjoy those. The art was really cute, and I liked how the story was centered around theater. I honestly do not think it should be banned. It is really not that harmful of a book, and the topics in the book aren't even that controversial compared to what is on T.V. In general, I just think it's stupid that [Drama is sometimes] banned because [it displays] homosexulaity. That doesn't seem like a valid reason to me. It just seems like [people] are trying to hide the fact that [homosexuality] exists."

- junior Lena Smith

The Hate U Give

"The book introduced me to the Black Lives Matter movement. After reading the book, I got interested in our country's gun laws. Reading [The Hate U Give] sparked an interest in politics, which makes Government a lot more interesting. I think it is ridiculous to ban this book. Reading it gave me a new perspective on police brutality that I hadn't seen before. People need to read books like this. If we ban every book that makes people uncomfortable, then we will end up in the society from Fahrenheit 451. We should not ban these books; we should embrace them because they show us things from a new angle, and make us evaluate our prejudices."

- sophomore Sydney McCarthy



Streaming Wars: Spotify versus Apple Music

Which music streaming platform dominates over the other?

by hannah levitan

M usic plays a significant role in teens' lives, and as a generation born into technology, music platforms are continu-

Apple Music and Spotify often go head-to-head to claim a title as the top music streamer.

With over 99 million people streaming through Spotify compared to Apple Music's 50 million subscribers, Spotify takes the lead as top streaming service

"It is really easy to find new music," senior Alex Pigeon said. "You can do that much easier on [Spotify rather than Ap-

Spotify offers a variety of features to enhance users' experience, such as their Discover Weekly and Release Radar

"[Spotify] has the Discovery Playlist that they make for you based off of what you listen to," senior Gabriela Stapleton said. "I listen to that a lot because I end up discovering new songs. I have found a lot more diverse music than I would have found on Apple music."

Although both services offer a student discount, Spotify includes extra benefits, such as access to Hulu Limited Commercials and free SHOWTIME Streaming Services.

Despite Spotify's add-ons, a few students prefer Apple Music, as it synchs with their Apple devices.

"I have used both [Apple music and Spotify]," junior Nate Rosenbloom said. "I prefer Apple music because it is built into the phone and is more accessible."

Apple used to only sell individual

songs, resulting in a shift to Spotify, a service providing free music at the expense of frequent advertisements.

"[When I first downloaded the Spotify app,] it was one of those free applications that has free music with some advertisements," junior Shams Al Jassar originally would have to pay for each in-tify streaming app on her phone.

monthly fee may use Spotify.

my parents don't want to do," sophomore has roughly 40 million active users. Ayah Hwail said.



said. "Apple Music did not exist, and you Sophomore Sahar Jiwani opens up the Spodividual song [on Apple music] that you Both services provide a subscription for the wanted. There was not a subscription same price at \$9.99 a month. Both of their family plans go up to a maximum of six As a free service with a subscription people. Apple Music has almost 10 million option, students who prefer not to pay a more songs in its library compared to Spotify and has a free trial that lasts three months "I like Spotify more than Apple Mu-compared to Spotify's 30 day trial. Spotify sic because [Spotify] gives [users] the on the other hand has a better platform in opportunity to play music for free in- order to discover new music. Spotify has alstead of paying \$9.99 per month, which most 170 million monthly active users. Apple

Kanye West's advocacy for mental health awareness makes up for delayed album release album in order to record parts of it in Afhis life. by ben harper



DEF JAM RECORDINGS/REPRODUCED UNDER FAIR USE.

The album cover for Kanye West's upcoming album, Yahndi, is supposed to be date to his new album Yahndi. a play on the album cover from his 2013 album Yeezus.

Critics have called it one of his most experimental and polarizing releases with songs such as "I Am a God" and "Black Skinhead"

Online music website Pitchfork rated the album a 9.5 out of 10, but also faced criticism from fans of the artist. Yahndi releases on Nov. 23 in order for West to record parts in Africa. The album is rumored to feature 6ix9ine and deceased rapper Xxxtentacion.

It has been a controversial year for Chi-**L** cago rapper Kanye West, whether it be his now infamous "slavery was a choice" comment on TMZ, his feud with Canadian rapper Drake or his support for President Donald Trump, which has drawn ire from

He is now pushing back the release

Yahndi, which is a follow up to his 2013 album Yeezus, was supposed to come out after his performance on the Saturday Night Live premiere.

But fans were left confused with his antics during the show, including dressing up in a Perrier bottle costume with Lil Pump and playing the song "Ghost Town" with a "Make America Great Again" hat on before talking about how the cast bullied him backstage for his support of President Trump after the show was over. More importantly, there was no album.

West said he is pushing back the

Controversy is nothing new to West; he has always faced controversy from his "George Bush doesn't care about black people" comments in 2006, to him interrupting Taylor Swift at the 2009 Video Music Awards.

While he has always recieved plenty of hate, this is different.

In a recent interview with TMZ, West talked about how he considers himself to be the "alien Ye," and how the past albums he released were "superhero rehibilitation."

He also talked about how he views himself reincarnated in different eras of

West has been very vocal about his bipolar disorder, and how it affects him and the people around him. He has said the real Ye is out and off of medication.

On his recent album Ye, tracks like "I Thought About Killing You" and "Yikes" talk about how his bipolar disorder affects

The cover of his album even references his bipolar disorder, declaring "I hate being Bi-Polar it's awesome" on a picture of a mountain in Wyoming, taken hours before he released the album to the public.

West has certaintly started a conversation about mental health and bipolar disorder, a topic the media does not bring up enough. Bipolar disorder affects an estimated 5.6 million people, or 2.6 percent of the U.S. population.

While West is not trying to set himself up as a mental health advocate, his openess about his struggle and his willingness to talk about it in his music is and a important topic of disscussion in the mainstream media.

While acknowledging his advocacy is not meant to condone or write off his recent antics on his bipolar disorder, West pushing back his album and the release of his previous music sparks an interesting conversation about mental health in the mainstream media.

Inclement weather interrupts sports schedules

Heat, heavy rains force athletic department to reschedule games

by will shin

Severe weather has led to the cancellation of a total of eight sporting events this year, presenting problems with the student athletes' schedules, studies and sanity.

The weather, ranging from 90 degree heat to pouring rain, has cancelled two races for the cross country team as well as seven games for the field hockey teams.

With all of the cancellations and reschedulings that have occurred in the past few weeks, players have had to better manager their tme in order to manage the added hurdles in their lives.

"Now we're having so many games during the week because of all the makeups," junior and JV field hockey player Julia Slivinski said. "Because of all of the make up games, we've had less time to practice [and] less time to work on what we need to fix. It's making us less prepared."

Senior and varsity cross country runner Ben Smith said he agreed.

"No one has been able to post many times this year [which] means every race counts, even the muddiest and the hottest ones," Smith said. "It also means that we don't know what will happen in the postseason. We don't know what other teams can do, so we've got to make sure we're focused and doing our job to win these championship races."

Director of student activities Joe Swarm said the administration is more inclined to reschedule games rather than cancel them because of how passionate students are about their sports.

"I know [rescheduling] is not ideal for anyone,"



PHOTO COURTESY OF MILESTAT. REPRODUCED UNDER FAIR USE

Junior Sydney Smith runs through the rain at the Great American cross country invitational in North Carolina. Heavy downpour has cost the cross country team two out of six of their meets.

Swarm said. "In a perfect world, you have a schedule and everyone knows what it is, because [...] you have projects, you have exams, especially in an IB school."

In addition to making the sports aspect of a

student athlete's life more difficult, the situation also takes away time from their studies.

"When I get home there's no time to do anything because of all of the games," Slivinski said.

sports**brief**

Football program modifies workout to address injuries

The football season, across all levels of competition, has produced a total of 11 wins and four losses, as well as injured arms, fingers, knees and heads. Injuries have affected the teams' performance, and are forcing backup players to rise to the occasion.

Specific injuries have caused the varsity football team to promote junior varsity players to fill the roles of injured players.

Sophomore Sam Kronzer filled the role of varsity defensive lineman after the varsity team called him up in response to an injury.

"Moving up to varsity is definitely a challenge," Kronzer said, "but everybody has to be willing to take on the challenge and do the best they can."

As a precaution to prevent further injuries, the football program implemented a new stretching curriculum consisting of multiple kinds of stretches.

"We implemented a combination of both static and dynamic stretching at the beginning of every practice," freshmen football defensive coordinator Greyson Smith said. "I believe our current stretching regimen will prevent further injuries for the rest of the season."

by owen maguire



AMELIA GEE/RANK&FILE

Senior Gavin McNabb kneels on the sideline. He is unable to play due to a torn ACI

New coaches increase competition for athletes

by wade devinney

Coaches Kristi Bzdafka and Shane Kellogg are joining the athletics program in the winter and spring, respectively.

Coach Kristi Bzdafka will be taking the head coach position of the gymnastics team following the departure of previous head coach Christie Mc-Cormack.

Bzdafka has seven years of coaching experience at multiple clubs. She was a compet-

itive gymnast at Kent State University, and is a member of USA Gymnastics.

"We know that Coach Bzdafka will continue to develop our student athletes with the goals and high expectations they have learned as Marshall Gymnasts," the Marshall activities department said in a press release.

Shane Kellogg is a girls soccer

"The athletics department is very fortunate to have Kellogg to lead us into the future"

Joe Swarm athletic director

coach who has eight years of travel experience. Kellogg also has previous Marshall experience coaching boys soccer from 2011 to 2014. He then transferred to Centerville High School.

"I am thrilled to return to
Marshall," Kellogg said. "The
administration is very sup-

Kellogg is also a business and technol-

ogy teacher and co-sponsors the Fu-

ture Business Leaders of America club

portive and the [athletes] are great to work with, so I am glad I was able to come back and be a part of the Marshall community again."

Athletic director Joe

Athletic director Joe Swarm said in a press release that the athletics department

is grateful to have Kellogg back.

"We have enjoyed success under previous coaches, and we are fortunate enough to have Kellogg to lead us into the future," Swarm said.

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