

rank&file

May 2022
Volume 59, Issue 8



**Lacrosse Continues
Tradition Of Evolution**

Page 14



NOOR JONES/COLUMBIAN

rank&file

volume 59 issue 8

contact:

email

info@
gcmnews.net

phone

(703) 714-5511

editor-in-chief

theo schmidt

online editor

matt savage

social media

manager
aitana wells

stories editors

melanie george
reha newnaha

business

manager
emma mobley

George C. Marshall HS
7731 Leesburg Pike,
Falls Church, VA 22043

staff writers

reyna berry
will blackburn
josie hamilton
marie kah
eleanor mcaden
emma mobley
rebecca paz
ben pyatt
kirtana sathishkumar
justin sun
rishi vanka

adviser

daniel reinish

Rank&File is a public forum for students of George C. Marshall High School. The unsigned staff editorials reflect the opinions of the Editorial Board, which consists of the editor-in-chief, stories editors, online editor and social media manager. Columns are the opinions of the writers and do not necessarily reflect the whole newspaper. Rank&File makes a Fair-Use claim when printing photographs and illustrations that staff members do not produce. Rank&File does not accept letters that are libelous, obscene or disruptive to the learning process. Rank&File reserves the right to edit any letter for length or style and/or to eliminate inappropriate statements. Businesses and organizations that wish to advertise in Rank&File can call (703) 714-5511 or email advertising@gcmnews.net.

Rank&File is a member of the National Scholastic Press Association, the Columbia Scholastic Press Association and the Virginia High School League.

follow rank&file



@gcmranknfile



@gcmranknfile



@GCMranknfile



rank&file Podcast

table of contents

4 A new frame of mind

10 Student perspective on mental health

5 Prom date causes conflicts for Muslim students

11 Editorial: Copetition within sports teams is unhealthy

Table Talk: Coach David Rozmiarek

6 When giving back gives back

12 Caffeine: Problem or Solution?

8 Student Government Candidates: The New, The Old and the Radical

14 Lacrosse continues tradition of evolution

15 Senior rugby player commits to Army

Letter from the Editor

This issue is our seventh and second to last of the academic year. On a personal note, it will also be my final as Editor-in-Chief of Rank&File. I am proud of the progress this staff has made over the course of the year, but more so than that, excited for what they can achieve next year.

Already, new members to our staff have taken the initiative to innovate and take up projects on their own time. We came into this year with only three returning members on a staff of 16. In spite of that, this very young staff learned on the fly and has improved tremendously over the course of the year. The hard work, creativity and improvement of the staff is evident not just in

this issue, but also across multimedia and in collaboration with groups like GCMNow.

While my time may be coming to an end, this staff still has plenty of editions ahead of them, and I have colossal confidence in what they will achieve. Working with Rank&File these past three years has been special for me and I'm looking forward to seeing how the publication continues to grow and evolve in the coming years.

Theo Schmidt
Editor-in-Chief
Rank&File

A new frame of mind

A photographer's journey managing her mental health with a new medium

by rhea newnaha

When her sister introduced her to the art of capturing a moment, sophomore Regina Garcia fell in love with photography.

Prior to picking up the camera, Garcia managed her mental health through music, but she said she needed another art form to convey her feelings to both herself and others.

"I love to do portraits," Garcia said. "I love people's expressions and capturing them in their natural state because I think it's a great way to capture important moments and to capture people's natural way of being."

Garcia said taking pictures helped her become more confident in herself and grow out of her comfort zone.

"I normally photograph strangers," Garcia said. "I normally just walk up and ask, 'Hey, I'm an amateur photographer. I'd



ART BY REGINA GARCIA

Garcia's photo "Drowning" (shot in black and white) shows how the artist views depression as making someone feel like they are drowning. The photo earned a Silver Key in the 2022 Regional Scholastic Art contest in Fairfax County.



ART BY REGINA GARCIA

Sophomore Regina Garcia's photo "Control" (originally in color) addresses eating disorders. Garcia's works earned her a Gold and Silver Key in the Regional Scholastic Art Awards.

love to take your picture."

Garcia said taking pictures has helped her gain confidence, not just with talking to new people, but with finding the value in her work.

"[My parents are] always reminding me that even though I might not see the worth in my work, there definitely is," she said.

Garcia's parents helped foster her love for photography by driving her to photoshoot locations, buying her a camera and supporting her through her journey with photo competitions.

She has won two Regional Scholastic Art Awards, or Keys, in photography over the past two years.

"[My parents] didn't think I was going to win a Golden Key and they reminded me, 'Hey, this is your first time entering the contest. Don't get your hopes up,'" Garcia said. "But when I won, I felt so confident in myself. I [was] like, 'Yes, I deserve this.'"

Garcia said her sisters also play a role in encouraging her art.

"They're also always reminding me how my work is worth, and how even though my mental health might not allow me to see it, it has worth and it can help other people," Garcia said.

One of Garcia's works, "Control," surrounds the topic of eating disorders and depicts a person holding a plate of tape measures.

"I'm a person [who struggles] with eating disorders," Garcia said. "When people that struggle with eating disorders see food, they don't see food. They see numbers. They see weight gain."

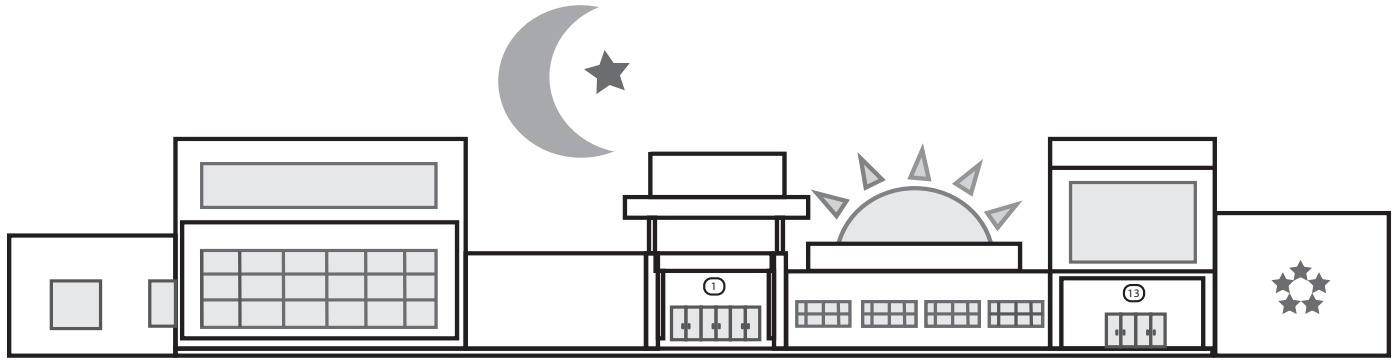
Another one of her prize-winning works, "Drowning," centers around depression.

"[The picture] is water splashing on a person, and it's a black and white photo," Garcia said. "It's to represent how depression can make you feel like you're drowning."

Garcia said she hopes to get her art into magazines and art galleries in the future.

"Photography is a great outlet for anyone that needs help expressing themselves," Garcia said. "It's a fantastic way to sort through your feelings and to gain confidence in yourself."

Prom date causes conflicts for Muslim students



ART BY REBECCA PAZ

by marie kah and ben pyatt

This year, the month of Ramadan falls during prom season, causing conflict for some Muslim students.

Ramadan is the ninth month in the Islamic calendar, in which Muslims around the world fast from sunrise to sundown.

"Prom falling on a day during Ramadan has been difficult to work around knowing I'll be fasting," junior Amna Kazan said. "It made me want to consider not fasting to avoid the drain of energy and have the full prom experience."

Junior Sara Safsaf said the SGA has

faced challenges when planning for prom because of its proximity to Eid, the last day of Ramadan.

"During Ramadan we typically spend a lot of time visiting and spending time with family," Safsaf said. "Finding time to go out and go shopping for dresses and shoes has been a bit more of a hassle than I thought it would be because of how busy I've been with my family during Ramadan."

Every year, prom is planned by the SGA's junior class. Junior SGA member Oriana Piazza said Ramadan was considered in the initial planning of prom.

"We brought up that prom would

be in the midst of Ramadan, but with the date the hotel was able to give us we had to make the decision between prom being during Ramadan or in the heart of IB testing," Piazza said.

Junior SGA member Jalil Ahmed-Litz, who is Muslim, gave more insight into why the decision to make prom during Ramadan was made.

"It is not easy or possible to choose a 'perfect' date because in addition to Ramadan, there are also conflicts with many events on the Marshall calendar, other religious holidays, and testing which is primarily in May," Ahmed Litz said.

NOW HIRING



Lifeguards, Park Attendants, Cashiers and Security Staff for the 2022 Water Mine Season

The Water Mine at Lake Fairfax Park, 1400 Lake Fairfax Dr., Reston, Va.

LIFEGUARDS | Starting Pay: \$12/hr.

Must be able to:

- Swim 50 yards without stopping
- Retrieve a brick from 5 feet
- Swim 10 feet under water

PARK ATTENDANTS | Starting Pay: \$11/hr.

Job Duties Include:

- Cleaning and maintaining the park and customer service areas
- Enforcing park policies and rules

CASHIERS | Starting Pay: \$11/hr.

Job Duties Include:

- Processing admission, rental and merchandise transactions
- Enforcing park policies and rules

Training Available

To apply, contact us at fc pawatermine@fairfaxcounty.gov
www.fairfaxcounty.gov/parks/watermine



For Inclusion and ADA Support contact
703-324-8727 TTY: Va. Relay 711

A Fairfax County, Va. publication 3/22

When giving back gives back

Three Statesmen receive recognition for their work in community service.

Maya Kanaan

Every year, 23 students countywide receive Fairfax County's Student Peace Awards, and this year, one of those select students is from our own halls.

Senior Maya Kanaan received this year's award for working to promote peace.

Kanaan is the founder and president of the Peace in Middle East Club, where members meet regularly to learn about the different Middle Eastern countries and how their conflicts impact children. The club also raises money to support education in the region.

"A lot of kids are the ones that are suffering from

[Middle Eastern] conflicts, so I wanted to make a change in a small way that I can," Kanaan said.

Kanaan said the biggest challenge the club had faced was coordinating a fundraiser to raise money for Lebanese children's school supplies. After many months of rejections from restaurants to support the drive, Kanaan said local restaurant Burger 7 agreed to work with them.

"I was thrilled that there was a long line when I arrived at Burger 7," Kanaan said. "This was our first fundraiser and I knew that with each burger sold, Lebanese children would be

"A lot of kids are the ones that are suffering from [Middle Eastern] conflicts, so I wanted to make a change in a small way that I can."

- senior Maya Kanaan

getting new school supplies."

The Peace in the Middle East Club raised \$480 from the Burger 7 fundraiser. Since then, they have raised funds for Afghanistan and are planning one for Palestine.

Kanaan said she felt truly honored to receive the award. She also said she

enjoyed listening to the other students' achievements and how they have promoted peace at the awards reception.

"I felt like I was part of an inclusive community," Kanaan said. "Despite how different the students were, we were all working together towards the same goal."

Kathryn Alonso

From organizing charity drives to volunteering through the Alzheimer's Association, senior Kathryn Alonso has led community service projects for as long as she could remember.

Thanks to that work, she is the recipient of 2022 Military Child of the Year Coast Guard Award.

"What inspired me from the beginning was seeing people everywhere in Puerto Rico just trying their hardest making and selling things in order to provide for their families," Alonso said. "I knew from there that I wanted and needed to help and make a change in some way."

Alonso said it is also inspiring for her to see the



PHOTO COURTESY OF KATHRYN ALONSO

Senior Kathryn Alonso receives her 2022 Military Child of the Year Coast Guard Award at Operation Homefront's awards gala on Apr. 7th in Washington D.C.

people receive the donated items.

"Just seeing how happy others are when they receive the items makes me want to continue to make others happy," she said.

Running food and clothing drives were the most difficult, she said.

"I would never know if anyone would donate," Alonso said. "People in our community are so generous,

though, and always came through, which was so amazing."

Alonso said she was "completely shocked" after realizing the organization Operation Homefront chose her as the award's recipient.

Operation Homefront recognizes eight adolescents from military families for their outstanding accomplishments. Seven of the awards represent each branch of the armed forces. The eighth recognizes the recipient for innovation.

"I was incredibly grateful," Alonso said. "When I received the actual award at the Gala, it felt so surreal. I was just in shock and couldn't believe it."



ART BY KIRTANA SATHISHKUMAR

Check for opportunities at:

- Naviance
- Schoology
- gcmactivities.weebly.com

How to spark community initiative, get involved: advice from the career center

College and Career Specialist Gardner Humphreys said community initiatives start with an idea.

"It doesn't necessarily have to always be a particular societal problem," Humphreys said. "It could be just getting involved and fulfilling a need."

The next step is research.

"Are there already some groups at school or locally that do similar work?" Humphreys said. "And if they do, is it a good idea to join that and just add your effort to that, or do you want to do it a little bit differently in a way that they're not doing it?"

Forging a new path comes with issues that the local clubs or nonprofits have already solved, said Humphreys.

"It's good to find out how to go about it so that you don't get frustrated, so the most amount of your help or money, whatever it is you're giving, gets to the people that need it the most," Humphreys said.

"Keep in mind that there are various ways to make a difference in a community. Whether it's small or big, you are still making a difference."
- senior Maya Kanaan

"No change is able to be made if you don't put yourself forward and be a part of the change."
- senior Kathryn Alonso

"Find what you are interested in and then spread that love to others in the community."
- junior Shaunak Sinha

Shaunak Sinha

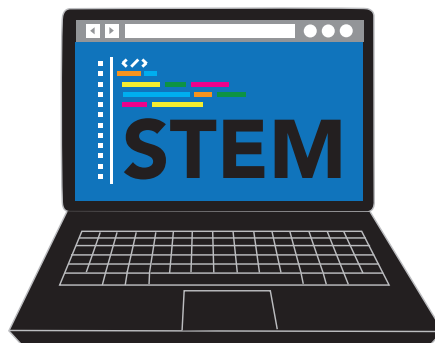
Science, technology, engineering and math have allowed junior Shaunak Sinha to help his community, and now he is receiving recognition for his work.

Sinha received the Vienna Optimist Award. It recognizes students at Madison, Marshall and Oakton High Schools in various fields, with winners known as students of distinction.

"I think the main way I try and make a difference in the community is through STEM, which I am passionate about," he said.

Sinha's efforts include teaching middle schoolers about coding languages HTML and CSS and making their own

websites as part of the organization Elevate the Future, as well as interning at A-List Empire, a student-led STEAM



organization to help create software to teach kids around the world. Sinha is also the programming captain of the

robotics team and a member of Aviate, a non-profit organization aiming to educate about aviation and the aerospace industry.

Sinha said his science fair project, which utilized machine learning to optimize wave energy, indirectly helped his community.

"The hope of this project was to make wave energy more sustainable and offer it as a reliable alternative to

ART BY KIRTANA SATHISHKUMAR AND AITANA WELLS

fossil fuels," he said.

Despite his resume, Sinha said he is not done yet.

"While these projects do make their own sort of impact, I still feel like

Student Government Candidates: The New, the Old and the Radical

The school planned to announce the winners of the SGA election on May 2. Rank&File talked to incumbent and non-incumbent candidates about their goals for the future.

Class of 2025

Incumbent: Chloe Hoang

Freshman Chloe Hoang said she ran in 2021 for SGA “because over quarantine, I was really closed off from everyone else, so I thought it would be a good way to connect with them.”

She decided to run again this year to continue planning events and working with her peers.

Hoang said she believed the SGA’s different classes worked well together this year, but that there are ways they could improve.

“I think we should’ve had spirit days that were already popular and ones that we knew students were gonna like,” Hoang said. “Instead of Netflix day, we could’ve done ‘bring anything but a backpack day,’ which I think we all would’ve really enjoyed.”

She said she hoped students would be comfortable reaching out with ideas and suggestions.

Non-incumbent: Samad Quraishi

“I decided to run for SGA in order to make Marshall a more fun place for everyone,” Quraishi said. “I had some great ideas I wanted to see turned into a reality, and this was a perfect opportunity for me to do so.”

Quraishi experienced some anxiety during his speech where he discussed his goals. He wanted to create a fun environment for the freshman class, implementing “anything but a backpack day” spirit days and making prom and homecoming a fun event for all students.

When discussing Advisory, Quraishi said, “I, and many other students feel that it was an ineffective program that took time out of ways that could have been used in different, and more productive ways for students.”

Quraishi said he believed he would bring a new perspective to the table and learn as he gains experience.



JOSIE HAMILTON/RANK&FILE

Class of 2024 incumbent Manahil Jawaid delivers her student government campaign speech to her class on April 26.

Class of 2024

Incumbent: Manahil Jawaid

Sophomore Manahil Jawaid decided to run for SGA for a second consecutive year with the hopes of holding her spot. She said she initially wanted to become a member of SGA for college applications but then realized her passions ran deeper.

"SGA isn't a point on your student resume, you are elected to speak for your class and to try and ensure that their voices are heard and heeded," Jawaid said.

During her sophomore year on SGA, Jawaid worked with fellow members to plan and design prom, came up with spirit weeks and assisted upperclassmen with their duties.

"Roles in SGA can be as mediocre or impactful as you make it out to be," she said.

Jawaid said she decided to run for SGA again because she loved the concept of it and wanted to continue to improve the organization and its impact, now with a year's experience.

"My future plans include two main things which are key to my candidacy: transparency and student involvement," she said. "Students have to know what we are doing on their behalf so they know how to get involved."

Non-incumbent: Leen Abu Gafra

Sophomore Leen Abu Gafra said she decided to run for SGA to provide better representation for the Class of 2024 in decisions that impact the school.

"My goals would be to make sure the Class of 2024 gets heard when it comes to spirit weeks and any type of event that includes our class," Abu Gafra said.

Abu Gafra said if elected, she wanted to increase participation during spirit weeks, be a voice for the student body and make Advisory a more comfortable class if she is not able to get rid of it completely.

"My hope for SGA in the future is to create an environment that everyone feels safe sharing their opinion," she said.

Abu Gafra also planned to target school spirit.

"I plan to increase Marshall school spirit, at least for our class, by making sure they get a voice when it comes to decisions for themes and events," she said. "Hopefully making everyone want to participate a little more."

Abu Gafra said one thing she would change from last year is the barrier between SGA and the student body.

"Hopefully by having someone like me who is very outgoing and has strong communication skills, everyone will be happy with the decisions we make," she said.

Class of 2023

Incumbent: Jalil Ahmed-Litz

Over the past three years, junior Jalil Ahmed-Litz has become somewhat of a Marshall celebrity.

While it's his fourth year running for SGA, Ahmed-Litz said it's his 15th year in the Marshall community.

"I've done community resource fairs, I've helped in organizations that deal with domestic violence shelters and families," Ahmed-Litz. "I wanted a way to not only help Marshall but give back to a family that means so much to me."

Ahmed-Litz said he felt strongly about the organization.

"I love doing it," he said. "It almost gives me a sense of purpose in what I do. This feels like a method in which I feel confident and feel I can do the most."

Ahmed-Litz said the senior calendar is fairly light.

"Not in particular, I think it depends on the senior calendar," he said. "The big things are towards the end of the year, the senior gift, the graduation speaker, the senior trip."

Ahmed-Litz remained hopeful for the following year.

"Something that creates more of a school community in a [spirit sense] because it's something we've been lacking a little bit," he said.

Non-incumbent: Gavin Rahnavardy

Junior Gavin Rahnavardy was the only new candidate for the rising senior class.

While Rahnavardy said his goals for the upcoming year remain "undecided," his reason for running was direct.

"For college, I guess," Rahnavardy said. "College credit. And because I'm just so eager to join the SGA."

Rahnavardy said he found the process of applying "easy."

"I had to fill out a form, teacher recommendations, make a speech and that's pretty much it," he said.

Rahnavardy said he recognized he may have to work with school administration to implement some of his ideas.

"After every home game football [win], mandatory storming the field," he said.

When asked by Rank&File about whether he thought the idea was feasible, Rahnavardy was optimistic.

"We'll have to break down some walls [with administration] but I think that it's possible," he said.

As the only non-incumbent in the race, Rahnavardy said he hoped to bring something new to the table.

"I just hope the SGA can actually implement some real change," he said.

Student perspective on mental health

by reyna berry

With tests piling up and summer waving its smug fingers from two months away, the last quarter of the year is far from the easiest. Regardless, fourth quarter can be a time for reflection.

For some students, like president of Marshall Minds Matter club and senior Grace Chamberlain, this school year has felt like a success regarding mental health awareness.

"Compared to last year when we had to be all virtual, we definitely saw a spike in [meeting] attendance, which was really encouraging," Chamberlain said.

She said in-person events like the club's February "Share the Care" week were successful.

"We've gotten a lot of participation," Chamberlain said, "Those [events] are always fun and a good way to promote our message."

Junior Aila Seaman also said Marshall Minds Matter was a good resource for students.

"For students who want to openly talk about mental health, [it's] a great club to join," Seaman said.

However, Seaman said there are still issues with how mental health is perceived at school in general.

"A lot of times, especially around exam season, both students and teachers brush off feeling overwhelmed as something that is just part of 'high school culture,' Seaman said. "If a student is really struggling with their mental health, they might not reach out for help because they think that constantly feeling tired and anxious is supposed to happen to everyone."

Chamberlain said there is a disconnect between students and teachers when it comes to stress and anxiety.

"If we encourage more conversations about mental health at Marshall between students and teachers, I think that stress can go down quite a bit," she said.

There have been events during the school year sponsored by administration or student groups to try to spread this awareness, but some, like the assembly on April 14, have been controversial.

"The assembly was good," said freshman Carlotta Florio. "I liked it when she



RAYAN AFIF

Marshall Minds Matter members meet. "Our primary goal is to promote conversations about mental health," president and senior Grace Chamberlain said.

came and talked about her son, which is kind of hard, you know?" Florio said, referring to speaker and author Anne Moss Rogers. "[But] I felt a bit uncomfortable because I've had friends think about suicide. But it was successful."

Chamberlain agreed.

"I enjoyed Anne Moss Rogers' speech," she said, "But I did hear that for some people, it made them a little bit uncomfortable, which I can understand because she talks about a lot of serious topics in her presentation."

Chamberlain said the uncomfortable feelings she saw could have been related to how the assembly was explained



ART BY RISHI VANKA

beforehand.

"It was kind of advertised in Advisory as talking about resilience and coping strategies, and she's not going to talk about [her son's death] the whole time," she said. "Whereas I felt that it was a common thread throughout the presentation, and I think that threw a lot of people off guard."

For some students, like junior Lilyana Martinez, small group conversations help mental health awareness.

"I always like smaller discussions, because it's more intimate and you get more feedback and more personal stories," Martinez said.

Considering general mental health awareness, students had differing opinions on how it is perceived in the student body.

"I think mental health isn't talked about much and people could be scared to share about their own struggles," freshman Marissa Sherman said.

Chamberlain agreed.

"I don't think that there's necessarily a negative stigma around it, like ostracizing people who struggle with their mental health or excluding them in any way," she said. "I think it's just not talked about enough."

Martinez said she believes there are stigmas around mental health, especially when terms like OCD and ADHD are used in non-medical situations.

"When it comes to students, I think people might invalidate someone else's mental health and use it as kind of an additive, like, 'Oh, I'm so OCD,'" she said.

Martinez said discussions at the beginning of the year in small classroom groups could be helpful to mitigate these kinds of responses.

"Not just anxiety and depression, but I think OCD should be talked about; I think ADHD should be talked about; I think autism should be talked about," Martinez said. "I wish it was just presented in a better light than it is."

If you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741

Editorial: Competition within sports teams is unhealthy

Sports are known for being beneficial to one's physical and mental well being. However, in the competitive environment which we reside in, this isn't a reality.

Not only are players competing against teams in their district, they're competing against their teammates. Try-outs set up the environment for the rest of the season: compete to see who can be the best and beat the best. The competition never ends. Once teams are made, the next competition is for playing time.

Playing time is said to be a reflection of hard work and commitment, but this saying clouds the reality that in sports, work ethic isn't the only factor.

With an ever evolving and improving generation of athletes, competition

amongst each other has taken its toll. Sports are supposed to be an active, fun activity after school. They have turned into a daily ongoing competition between friends and classmates.

It's said that healthy competition is good, but to what extent? Pushing yourself past your limits may give a high for one week, but burn out is inevitable. Sports are just another example of pushing students to try their best and not rewarding them accordingly.

Athletes are already thrown into a competitive environment by default. Their focus should be on team play and beating their competition, not beating their teammates, especially when those teammates are their classmates, peers and friends.

Rank&File: Video Journalism



International Night 3/24/22



Earth Force Poster Build 4/20/22

Scan the code
to watch
these videos
and more!



Table Talk: Coach David Rozmiarek

New JV boys soccer coach reflects on team in light of 8-game winning streak

• compiled by melanie george

How have the players changed your approach to coaching?

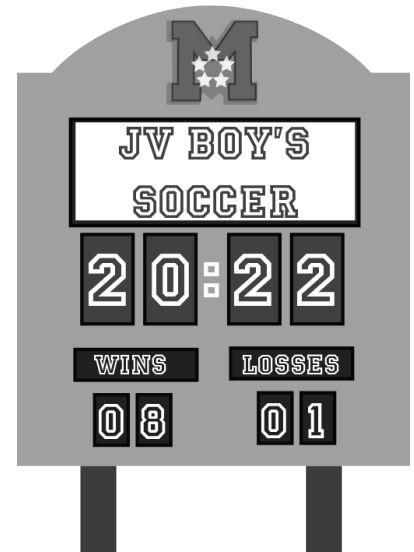
The players have helped me become a more flexible coach. Starting out I had a very structured idea of what I planned to put into action for JV to succeed. However, I [came] to find out you must adapt to the unique talent pool you have on your team, and enable them by changing the team's playstyle to fully take advantage of player strengths.

What have you maintained or changed from last year?

To be frank, when I became the new JV head coach I wanted to do a complete overhaul of the team from last year. The level of success JV soccer had last year was not indicative of the talent level here at the school. With a little digging and investigating, I quickly realized multiple flaws in last year's playstyle and tactic. The key changes I have made came down to the formation we run, as well as how we implement that formation.

What has it been like to have an eight game winning streak this season?

For me, being a new coach, it has been extremely gratifying because it tells me I chose the right players and chose the right system to employ. Undoubtedly, the bulk of the credit goes to the play of the team, without them playing hard and putting the game plan into action the eight game win streak does not come to fruition.



ART BY REBECCA PAZ

Caffeine: Problem or Solution?

Rank&File investigates caffeine intake among students

Faculty Perspective

According to the Mayo Clinic, teenagers should be drinking a limit of 100 milligrams (8 ounces) of caffeine a day. However, some teenagers drink up to 800 milligrams daily.

Substance Abuse Prevention Specialist Allyson Jacobi said coffee is considered a psychoactive drug.

"Because caffeine produces the feeling of alertness, it is classified as a stimulant," Jacobi said. "Most stimulants have no medical use in the U.S. but have high potential for addiction, which are classified or controlled as drugs."

Jacobi said caffeine speeds up messages between the brain and the body.

"Caffeine enhances dopamine signaling in the brain," she said. "Therefore, a common use is to help students feel a heightened awareness, more awake, and to provide a boost of energy."

Health and physical education teacher Ryan Wood said caffeine is partially responsible for a larger problem with students' sleeping habits.

"I will say that sleep is definitely an issue in today's school system, and it's

a subject I talk about quite often with students," Wood said. "A lot of students I speak with stay up until one or two in the morning doing school work, and it obviously has a multitude of dangerous impacts: hormonal [effects], mental health, blood pressure, etc."

Wood raised concern about the attention paid to the issue.

"We seem to have a huge focus on every other factor contributing to mental health issues amongst teens except for one of the biggest drivers which is sleep deprivation," he said.

With two kids and two jobs, Wood said he personally started to rely heavily on

caffeine for energy.

"I actually just cut down because my caffeine intake got way too high, and it started to really affect my sleep and started to cause digestive issues," he said. "At my peak within the past year, I was probably up to 600 milligrams in a day."

Self-discipline allowed Wood to decrease his caffeine reliance, and his advice to students seeking to do the same is to get the sleep that they are using caffeine to prevent in the first place.

"Being tired due to lack of sleep is always going to cause more caffeine intake," Wood said. "More caffeine intake will lead to even worse sleep, and the cycle continues."

BAIRD The Wise Investor Group

Your financial life is complex.

You need a trusted partner.

Visit our website for the essential financial insights and advice of our popular podcast series, and see how our award-winning advisors can apply their expertise to build a customized plan to help you take control of your future.

Let Us Help Guide You.
Visit thewiseinvestorgroup.com
Or call us at 866-758-9473.

11951 Freedom Drive
Suite 1000, 10th Floor
Reston, VA 20190



An 8 ounce cup of coffee contains around 100 milligrams of caffeine



A 12 ounce energy drink contains around 111 milligrams of caffeine

According to KidsHealth, the daily recommended amount of caffeine for teens is considered 100 milligrams.

ART BY ELEANOR MCADEN/RANK&FILE

● compiled by eleanor mcaden and justin sun



"I've had to take school supplies out of my bag to store Red Bull; it's a problem."

- senior Caitlin Golden



"I do have chronic migraines, so caffeine does help me regulate that."

- junior Shakira Akhter

Student Perspective

Despite health concerns over teen caffeine consumption, students still drink it.

Some students see caffeine as a problem, others see it as a solution and others just like the taste.

Junior Sam Peden said he drinks three to six cups of coffee a day.

"School doesn't really care about my schedule, and my other activities are pretty tiring, so if I want to have a prayer of getting stuff done, coffee helps a ton," Peden said. "It's not super healthy, but it is a tool."

Even though he sees it as a useful tool, Peden said it becomes a problem when it interferes with his sleep.

"When I am using it to compensate for sleep, I can feel very disconnected," Peden said. "I feel very delirious, and I'm always far from aware of what's going on around me."

Junior Arina Banks does not see caffeine as a problem. It has been a part of her life since late elementary school when she started drinking coffee.

"I would say [caffeine] definitely has had a positive impact," Banks said. "For me, it's not exactly so much an

energy booster as it is a mood stabilizer—it just puts me in a state where I'm more ready for whatever comes at me that day."

When Banks did a 23andMe test, it told her a healthy amount of caffeine her body can handle based on her genes. She uses this as a guide for how much she has daily.

"I drink, what is apparently genetically, the recommended amount of caffeine for me, which is three cups a day," Banks said. "Sometimes that might be two cups depending on what mood I'm in or how much energy I have."

The test results impact how much caffeine Banks drinks but so does her culture and school commitments.

"If I'm having dinner, I am European, so I typically have a cup of espresso," Banks said. "But typically on the weekdays, I avoid that because I want to be able to get to bed at a reasonable time."

Banks said drinking caffeine runs in her family.

"People in my family line have been alright drinking lots of caffeine, it hasn't caused any sort of negative health effects," Banks said. "For me personally, I've found that, because I've been

drinking it from such a young age, I've just developed a strong tolerance to it, meaning I don't get as affected by a single cup or two cups as some people do."

Unlike Banks, sophomore Layan Albarghouthi's culture dictated a stop to coffee when Ramadan began.

"I started cutting out all caffeine about two weeks before Ramadan started so that I could get used to life without it and I wouldn't have to fast [with] all the withdrawal symptoms," Albarghouthi said. "It was a personal decision to cut it out because last year, I didn't do it, and I had the worst headaches in my life."

Albarghouthi said her addiction to caffeine started in 2020 with a whipped

coffee trend popular on TikTok. Since then, her habit has taken off and she has resorted to stronger beverages like energy drinks.

"It feels as if I've built up a tolerance to it, so I need to drink a lot of it for it to take effect and the most efficient way for me is energy drinks," Albarghouthi said.

Albarghouthi's parents had to intervene in order to limit intake of caffeine.

"[My parents] didn't actually stop me until I started to drink energy drinks often. At that point they sorta realized I had an addiction, so they cut me off."

For Albarghouthi, caffeine may not be the answer, but other students with different lifestyles see caffeine culture differently.



ELEANOR MCADEN/RANK&FILE

Junior Sam Peden drinks coffee and prepares for an exam in English teacher Matthew Horne's class during Learn.



CHLOE WANG/COLUMBIAN

Lacrosse continues tradition of evolution

by rishi vanka and aitana wells

From its Native American roots to the modern day, lacrosse has made numerous changes to its rules over time.

Unlike Virginia high school sports, lacrosse makes annual edits to its rulebook.

"When I played in high school, there was technically no out of bounds," varsity girls lacrosse head coach Valerie Gibbons said. "You could run for as long as you wanted to until the [referees] blew the whistle."

Nowadays, the rules are increasingly explicit. In fact, with the additions of minor crease regulations and the floating hash, a new change to the field, the sport has changed significantly since it first started.

"Typically, before COVID-19 started, I would take the entire coaching staff to the National U.S. Lacrosse Convention to [continue] education as coaches so that we can stay updated on all the news," Gibbons said.

Lacrosse's rules have even seen changes since the beginning of the COVID-19 pandemic. In past years, it was illegal for players to rake the ball into their stick. These days, it's a bit more complicated.

"Nowadays, you're allowed to do it, but only when there's not another player in reach of the ball," Gibbons said. "If there's some chance someone else might

be able to get it, it's considered illegal. That's kind of inconsistent."

Girls varsity team player and senior Laura Crone had her own conflict with a different rule change related to obstructing opposing defenders.

"Usually you can stack defenders on a hash mark on the eighth," Crone said. "One person can push their teammate to help them get a faster first step. This year, me and [junior Addie Soucek] tried that and they said we weren't allowed to do it anymore."

Crone said the free movement rule is significant to gameplay because players are no longer required to start on a whistle.

"When I first started playing, [it was hard to get used to]," Crone said. "It was like a shot [or] the chase, whoever's closest to it gets the ball rather than it being an automatic turn."

The rules concerning faceoffs, which are how play begins, have also seen changes in recent years.

"Last year when I played, I did not have to go for the ball," boys JV player and sophomore Jack Zabrowski said. "I could stand up and hit the guy across from me and then turn around and pick up the ball."

Zabrowski said the rule was changed in the past year.

"This year you actually have to make a play for the ball before you can actually get physical," Zabrowski said. "I have to

attempt to clamp the ball and get it out or something like that, before I can have any contact with the guy I'm going up against."

Zabrowski said there has also been a significant difference in the enforcement of physical contact penalties between years.

"It's mainly concerning the way you can hit people," he said in reference to the slash, a type of penalty. "Last year, one or two hits they [considered] a slash. But this year, I've had times where I've been smacked. It's been a slash and they just haven't called anything."

As the sport of lacrosse evolves, the rules are likely to continue evoking mixed reactions among its players and coaches.



KATHERINE MCDERMOTT/COLUMBIAN

Senior Whitney Booth heads to the goal on girls lacrosse senior night on April 26, a victory against Wakefield.

Senior rugby player commits to West Point

by rebecca paz

Despite the school's lack of a rugby team, senior Dylan Liskey achieved his goal of committing to a team for college.

Liskey recently committed to play for the United States Military Academy at West Point, or informally, Army. Liskey has played a range of sports, including football and wrestling for Marshall and rugby for his club team, Vienna Youth Rugby.

"I feel proud of myself knowing I have made a challenging choice and yet know that I have a long road ahead of me and have to keep my head on straight if I want these goals to come true," Liskey



SOFIA LISKEY

Dylan Liskey eludes trailing defenders.

said.

Liskey said the success of his teammates on his Vienna Youth Rugby team helped him get to where he is now, accomplish his goals, and was gratifying for him to see.

"The most important thing about accomplishing this goal was dedication and support as I had great relationships around me to support me as I put all my effort towards becoming a better rugby player and person," he said.

Liskey recognized many people for their positive impact on him and the help and guidance they have provided him throughout his years of playing. He said they helped him navigate the challenges he has faced both on and off the field, helping him accomplish his goal.

"People who stand out are my closest friends on and off the rugby team, as well as the coaches and my parents," Liskey said. "They've helped guide me through all the challenges it has brought both on the rugby field and between ourselves."

Liskey said he is impartial about there not being a rugby team at Marshall because he believes that in the United States, rugby is not as common of a sport as baseball or football, but he hopes to be



SOFIA LISKEY

Dylan Liskey looks on with teammates before a rugby match.

a part of the mission to change that.

"It is not common enough for every high school," he said. "Yet, I know one day it will be. In order for me to achieve that goal and spread what rugby has offered me to other people, I will have to work as hard as I can to build a bigger platform for rugby."

Along with building strong relationships like he did at Marshall, Liskey said he believes the biggest factor in any sport is a player's attitude.

"If you aren't wanting and loving that every stride or that every tackle then you can't perform at your best," Liskey said. "Learn to flip your attitude on a switch from school and friends to sport."

GCM Student Media would like to thank all of our patrons whose contributions have helped make the printing of this magazine possible.

one-star patrons

Chris Poteat
Philip Condron
Ellen C. Savage
Amy Lu
Grady Dillon
Shirley Alexander
Kylie Henigan
Shannon Schumer
Pyatt-Openshaw Family
W. Wade Devinney
Hannah Levitan
Cecilia Sun
Olsden Family

two-star patrons

Deepti Newnaha
Kendis McAden
Scott & Martha George

three-star patrons

Allison & Simon Hamilton
Teri & Doug Vickery

four-star patrons

Maureen Berry
Will Shin

five-star patrons

Emily Schmidt
Jim & Lisa Reinisch

Rank&File depends financially on our patrons and subscribers. For more information about our magazine and receiving it through the mail, visit: www.gcmnews.net/subscribe

The **2022 edition** of the
Columbian Yearbook is...

**COMING
SOON**

And we have a feeling it'll be...

**WORTH
WAITING FOR!**

Not sure if you ordered?
Check with **Mr. Reinish** in **Room D211**,
or email **columbianyearbook@gmail.com**.