

Modular Designs= Nothing More Than



PACKAGING

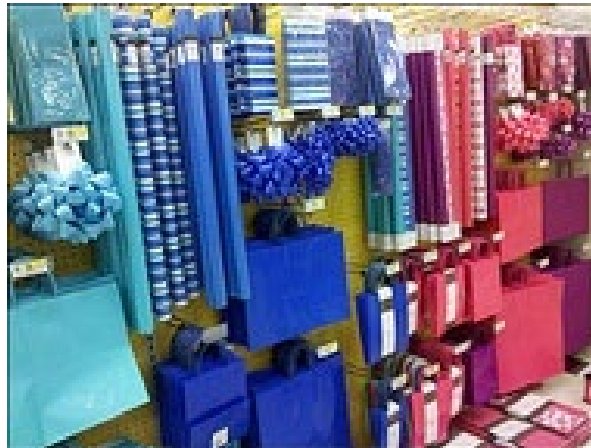


Ready. Set.

BOOK IT!

What do packages have?

- Some sort of a box
- Some sort of paper
- Ribbons
- Decorations
- Name Tags



Ready. Set.

BOOK IT!

- Packaging is an approach to design in which the designer leaves a space of a specific size empty on the spread.
(Think of lifting a photo area out and replacing it with a Package.)
- Then, this space can be filled with any of a number of pre-designed modules.



Why Package?

- Add consistency
 - Provide new entry points
 - Expand coverage
 - Adds excitement
 - Adds additional information
-
- Simplifies work for a designer, because the same designs can be used multiple times in a book without boring the reader if the module is changed each time.



Packaging Design

- Imagination
- Magazines
- Pinterest
- A mixture of quick reads, using at least two of the following: lists, quizzes, top 10 lists, charts, quote boxes, Q & As, infographics, fun facts, time lines, calendars, first-person narratives or small photo essays



Packaging Design

Types of packages

- Theme inspired packages
- Section inspired packages
- Photo packages
- Dominant element (photo), headline and story packages



Azeite de oliva

BENEFÍCIOS: é considerado o mais nobre dos óleos, por ser muito superior nutricionalmente. Os benefícios são comprovados por estudos científicos, mostrando que o azeite de oliva reduz o risco de doenças cardiovasculares, além de ser rico em antioxidantes, ajudando a combater o envelhecimento da pele. É rico em ácido oleico, que ajuda a reduzir o colesterol e a prevenir doenças cardíacas. Também é rico em polifenóis, que ajudam a combater a inflamação e a prevenir doenças crônicas.

COMO USAR: pode ser usado em saladas, cozidos, refogados, etc. Não deve ser usado para fritar em altas temperaturas.

COM QUE FRUTOS COMBINA: todos os tipos de frutas, especialmente as que são ricas em vitamina C, como laranja, limão, kiwi, etc.

Noz-pecã

BENEFÍCIOS: é considerada a melhor das oleaginosas. É rica em ácido oleico, que ajuda a reduzir o colesterol e a prevenir doenças cardíacas. Também é rica em polifenóis, que ajudam a combater a inflamação e a prevenir doenças crônicas.

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Margarina

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Linhaça

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Coco

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Macadâmia

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Canola

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Girassol

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Castanha-do-pará

BENEFÍCIOS: é considerada a melhor das oleaginosas. É rica em ácido oleico, que ajuda a reduzir o colesterol e a prevenir doenças cardíacas. Também é rica em polifenóis, que ajudam a combater a inflamação e a prevenir doenças crônicas.

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COM QUE FRUTOS COMBINA: todos os tipos de frutas, especialmente as que são ricas em vitamina C, como laranja, limão, kiwi, etc.

Nutrição

Não jogue no lixo

O óleo vegetal não é um nutriente essencial, mas é importante para a saúde. Ele ajuda a reduzir o colesterol e a prevenir doenças cardíacas. Também é rico em polifenóis, que ajudam a combater a inflamação e a prevenir doenças crônicas.

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Worth Repeating

The Columbia Broadcasting System turned in a superb journalistic best last night, running away with the major honors in reporting President Johnson's election victory. In clarity of presentation, the network led all the way... In a medium where time is of the essence, the performance of CBS was of landslide proportions. The difference... lay in the CBS sampling process called View Profile Analysis... the CBS staff called the outcome in state after state before its rivals. JACK TIGHE/The New York Times (11/4)

CBS News

2010 JAZZ

JAGA JAZZIST BEADY BELLE NILS PETTER MOLVÆR FARMERS MARKET ELEPHANT9

18-19.10.19.10

100 FRANKIE ROYAL

EDMONDS

the architect and the painter

GET THE LOOK: Suit: Ultimate Gray by Indochino. Shoes: Allen Edmonds Strand. Tie & Tie Bar: The Tie Bar.

Primer

A VISUAL GUIDE TO HOW YOUR SUIT SHOULD FIT

www.primermagazine.com BY ANDREW SANVELY

SHOULDERS
When you try a jacket on, you are really checking to see if it fits in the shoulders. It is one of the few alterations that is too expensive to be worth it. The seam should rest naturally on your shoulder. Lean against a wall. If your jacket touches first, it's too big.

ARMHOLES
If your armholes are too low, your whole suit will move when you stick your arm out. Opt for the modern, less boxy high armhole cut.

BUTTONS
If your buttons look like they're pulling, the jacket is too small. If you pull the bottom of the V straight out, it shouldn't come out more than about 2 inches. If it does, it's too big.

JACKET LENGTH
With your arms at your side, curl your fingers up. Your jacket should be resting in your hand. A suit jacket should cover most of your pants zipper and all of your butt.

PANT LEG
Suit pants will rarely fit off the rack. They're cut long, intended to be tailored. Opt for a modern, straighter cut that will create a sleek silhouette, instead of a frumpy, baggy one.

BREAK
Where the pants fold when they meet your shoe is called the "break." The pants should have one break at the bottom, and the leg should stop halfway down your shoe. This is known as a "medium break." While a personal preference, short is high fashion, and is hard to pull off, and too much break can look baggy.

LAPELS
Be conscious of the ties you'll be wearing with your suit, lapel width should correspond to tie width.

DARTS
To avoid a boxy silhouette, your suit should start in at the waist. Even on a pre-darted suit, you should have your jacket tailored to fit your body. The thinnest point should be around the jacket's main button (top on a 2 button, middle on a 3 button).

SLEEVE LENGTH
The back of the sleeve should just meet the bump on the pinky side of your hand, and should allow 1/2" of shirt cuff to show.

PLEATS
Flat front shown here, but if you opt for pleats, you must wear your pants on your waist, not on your hips, otherwise they will bulge.

COUFF
A classic look and a matter of preference. Cuffs look great with pleats. No cuff shown here.

Theme Packages

- *Will help drive the theme in areas of coverage.
Use font, graphics and colors from the cover*
- *Use additional spin-off phrases from the theme phrase as headlines for the package*





Use:

- Font from the cover
- Color from the cover
- Graphics from the cover

J.W.Mitchell High School, New Port Richey, Fl



Package Design



ODY PARTS.

all



25

ALL I
do is win

WIN, WIN,
WIN, WIN,
WIN, OH!

HERE'S THE STUFF

- 25 schmittlebums
- 18 unicorn bloods.
- all nuclear power plants
- 4 nuclear energy sources
- 12 of everything else.

over
there ladies



"THIS IS MY SIDE OF THE STORY MY NAME IS RICHARD AND I AM A LION. RAWR I'M THE KING OF THE JUNGLE BAM!"

WHITNEY.

both
SIDES
of the story

students talk about things they disagree on which is everything

"This is my side of the story my name is richard and I am a lion. Rawr I'm the king of the jungle bam!"

"This is my side of the story my name is richard and I am a lion. Rawr I'm the king of the jungle bam!"

FOR

AGAINST

"This is my side of the story my name is richard and I am a lion. Rawr I'm the king of the jungle bam!"

"This is my side of the story my name is richard and I am a lion. Rawr I'm the king of the jungle bam!"

over
there ladies



"THIS IS MY SIDE OF THE STORY MY NAME IS RICHARD AND I AM A LION. RAWR I'M THE KING OF THE JUNGLE BAM!"

WHITNEY.

ALTER HALTED

BEYOND THE PRIMPRING AND PREPPING IN A MODEL'S WORLD, WATSON RECALLS THE NECESSITIES FOR GAINING WIZARD STATUS.

- +eyes for seeing you with
- +forehead for having hair
- +hands for holding stuff

THE
NUMBERS
in short

ice cream through
the millennium

- 10 10 percent of teenagers have had sex with each other.
- 24 24 percent of that 10 percent are cousins



what's going on with her hair?! no wonder he doesn't "connect" he can't even look at her."

THE LIMITED

"This is my side of the story my name is richard and I am a lion. Rawr I'm the king of the jungle bam!" "This is my side of the story my name is richard and I am a lion. Rawr I'm the king of the jungle bam!" "This is my side of the story my name is richard and I am a lion. Rawr I'm the king of the jungle bam!"

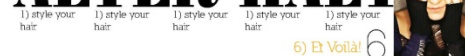
THE
NUMBERS
in short

ice cream through
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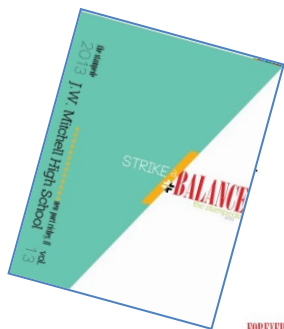
- 10 10 percent of teenagers have had sex with each other.
- 14 the other 14 something percent? well no one likes them so who cares.
- 24 24 percent of that 10 percent are cousins
- 63 63 percent of mitchell high school is part of that 10%

ALTER HALTED

BEYOND THE PRIMPRING AND PREPPING IN A MODEL'S WORLD, WATSON RECALLS THE NECESSITIES FOR GAINING WIZARD STATUS.



6) Et Voilà!



TALES of a TAG-ALONG

FOREVER ALONE. Jillian Leonard ('15) sits alone waiting for her friends to finish saying goodbye to their significant others. Well-versed in what to do in these awkward circumstances, Leonard chose to wait out the uncomfortable scene. "When something awkward (like them kissing) happens, I usually just look away," Leonard said.

two's company too!

Approaching their relationship traditionally, Jeffrey Krzyzszak ('13) and Gloria Reilly ('13) spend quality time as a couple.



Photos provided by Jeffrey Krzyzszak.



The role of a third wheel entails awkward moments, but Nicholas Calisch ('13) embraces this title, while the happiness of her group of friends and her own independence helps Jillian Leonard ('15) to do the same.

The uncomfortable look on Nicholas Calisch's ('13) face vanished as his friends, Luis Calle ('13) and Samantha Page ('13), took a seat across from him.

"Being a third wheel to Samantha and Luis is great because I get to have two best friends instead of just one," Calisch said.

Page felt that the friendship between the three of them created a more relaxed relationship between Calle and her.

"It makes it more casual. It helps us to have a serious relationship while at the same time keeping our own independent life," Page said.

Balancing romance with friendship helped Calle and Page to find a middle ground between seriousness and fun.

"Having a balance helps add more structure. Couples that are completely devoted to each other and abandon the rest of their lives become too dependent on each other," Page said.

Going out with her friends on their dates as a third wheel entailed unpleasant experiences for Jillian Leonard ('15).

"Third wheeling is kind of awkward. There are many times when I'm just standing there by myself and all my friends have their date or boyfriend with them," Leonard said.

Her friends' happiness led Leonard to find satisfaction as a third wheel.

"I like being the third wheel most of the time. I don't like always being tied down to one person and as long as my friends are happy, I'm happy," Leonard said.

Finding a silver lining for Leonard and Calisch as third wheels proved easy when they stood by their true friends no matter the circumstances.

nicolelarsen design jr.
Rachel Cherry

TABLE FOR TWO. In an attempt to celebrate their anniversary, Gloria Reilly ('13) meets her boyfriend, Jeffrey Krzyzszak ('13), during her work break. Even with their busy schedules, the couple found time to dine at Panera on their two and a half year anniversary. "Spending time together allows us to release stress from the day and just be ourselves," Krzyzszak said.

THERE'S A CROWD. By spending time with his friends, Nicholas Calisch ('13) attempts to keep their relationship strong. Hanging out with two friends allowed Calisch to create a strong bond with both Luis Calle ('13) and Samantha Page ('13). "Being a third wheel for Sam and Luis is fun because we are all good friends, and they are amazing," Calisch said.



HOLY MATRIMONY
40% ONLY 40% OF PEOPLE CLAIM THAT THEY MARRIED THEIR FIRST LOVE.
ONLY 6% OF MARRIAGES MAKE IT TO THE 50 YEAR MARK. 6%

PO student life 015 relationships



A COLLECTIVE PERSPECTIVE. Conversing with fellow classmates, Kathryn O'Brien ('14) talks about the Salem Witch Trials, a topic of *The Crucible*, in her class' socratic circle. This type of learning tool encouraged students to share their feelings with others on the book. "I like discussing with classmates so we can hear everybody's opinion on the book and not just your own thoughts," O'Brien said.

THE TRILL. Peering at his tiles, Dustin Watt ('15) contemplates his next move. Tenth graders in Ms. Beth Seletos' (FAC) English class put together an Asian Scrabble party. "Seletos brought in eggrolls, and it was fun compared to a normal day," Watt said.

Dena Speropoulos



Dominique McKeown



Dena Speropoulos

THEMATIC SOCIATIC. Nicholas Ranocchia ('14) and Breanne King ('14) discuss *The Crucible* by Arthur Miller in one of Ms. Janice Foltz's (FAC) socratic circles. The utilization of a socratic circle spurred discussion among students regarding the text that they read. "It helps you get a better understanding of what you're reading because you get details and personal stories," Ranocchia said.

WRITE ABOUT A BOAT. During a class boat race competition, Jacob Clift's ('16) arms fly up in triumph just as his and Alexander Wright's ('16) boat glides to the finish line. Boat races in ninth grade English allowed for an engaging activity to merge with creative story writing. "I spent a lot of time on it, and my effort paid off in the long run," Clift said.



Sarah Langston

ITALIAN INTRODUCTION. Standing in front of the class, Kaitlen Long ('13) explains the personal significance of her pasta bag. Students in Dual Enrollment English gave a brief presentation using an object to tell the class about themselves. "I chose the pasta bag because I bought it in Italy and I like to travel... we're also Italian, so that correlated with me a lot," Long said.

Dena Speropoulos

dual GOES DOUBLE

Tensions high, the first week of school, and a presentation in front of a room full of new and unfamiliar faces. Kaitlen Long ('13) held pasta in her hand and presented it to each pair of eyes fixated on her as part of an icebreaker in her Dual Enrollment English class.

Rapidly growing in demand, Dual Enrollment English appealed to students. Doors swung open to take advantage of these free college classes via Ms. Harmonie Blankenship (FAC), who took on the role of the second Dual Enrollment English teacher.

Benefits included the ability to complete a college class or multiple college classes during high school.

"More people want to get their college credits now," Ruta Malasky ('14) said.

The course sustained popularity among

students for multiple reasons, notably the advantage it held over Advanced Placement- an alternative option for a higher level English class.

"[Dual Enrollment English] doesn't have one single test that determines whether you get the college credit; it's beneficial to people who aren't good test takers. Even if you get a C, you still get the credit," Emily Tinti ('13) said.

When seeking extra help, Mackenzie Nichols ('14), found the option to talk with both Blankenship and Vanno convenient.

"It makes it easier to understand the class more to be able to get two viewpoints on how to do the assignment," Nichols said.

For juniors, the opportunity to take D.E. English allowed for them to get their

A second Dual Enrollment English teacher joins Mr. Daniel Vanno (FAC) to accommodate juniors and seniors wanting an upper level English class with various benefits.

senior projects completed a year early.

"It's an extra English credit, so I don't have to take English my senior year. It gets my senior project over with... [which] takes a weight off my shoulders," Nathan Hendriksen ('14) said.

With two D.E. English teachers on campus, the required students rose and rendered these students the leisure of staying on campus for D.E. English.

"It's been kinda nice because you can take the higher level classes without having to go to PHCC," Hendriksen said.

Ultimately, the addition of a second English teacher met the need for a population growing in favor of Dual Enrollment courses, giving more students an opportunity to get a jumpstart on their college education in a high school setting.

—text: denasperopoulos, design: tr/



Sarah Langston

BALANCING act

In an attempt to balance lecture and hands-on learning in the classroom, Olivia Vieyer ('15) personalizes her yin and yang craft in Ms. Beth Seletos' (FAC) English 2 Honors Class.

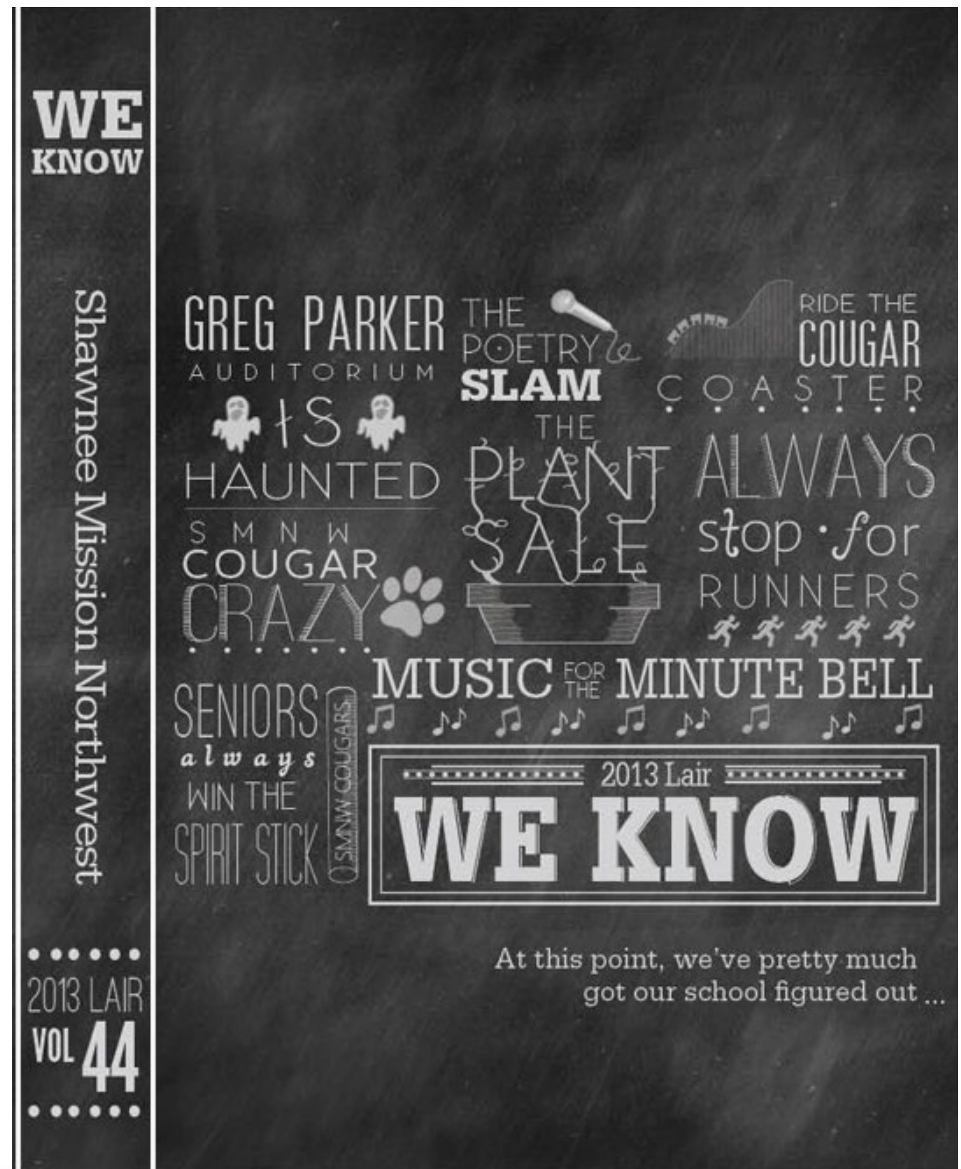


SPLASH SPLASH! Brenden Kranich ('16) gingerly places his boat in the water with the anticipation of racing it against another student's. Those in ninth grade English let their writing and construction skills collide in order to create a boat that correlated with their story. "We read a couple stories that were involving boats, so we wrote a report and learned to use sound words," Kranich said.

academics english

Theme Related Packages will Drive the theme coverage

- Providing an integral information to the theme
- Without them, the theme is more like a frame
- Packages force students to think beyond the story –What else does the reader want?
- Provide a visual break in the page-introducing negative space



Shawnee Mission Northwest, Overland Pk, KS

WE KNOW

Shawnee Mission Northwest

GREG PARKER THE HAUNTED COUGAR SLAM

IS COUGAR CHAZZ

PLANT ALWAYS STOP FOR RUNNERS

MUSIC MINUTE BELL

WE KNOW

At this point, we've pretty much got our school figured out.



Hands outstretched, the crowd reached to high five senior Cody Silva and the rest of the team after they won the game. It was tradition for the team to high five the crowd after the game. "I couldn't be more proud of how we did this year," Silva said. "After seeing the seniors from last year, we had a lot of players step up and we did better than most people expected. Finishing in the top eight is state is a big achievement and everyone worked hard toward it." Photo by Reagan Key

STORY BY ANDY ALVEY +
DESIGN BY MADEE ANDERSON

THE FULL 90:00

58 Sports



After the cougars missed another shot at EMAC on Sept. 11, goalie Seneca Steele shows his frustration. The varsity kept fouling the season with a record of 9-4-2 and made it to the state tournament. "The hardest thing about being a goalie is decision making," Steele said. "It's hard to know the right time to be in the goal and when to go out to the line to try to make a save." Photo by Rachel Davis



Keeping control of the ball, senior Bryce Aguir runs down the field at Wyandotte High School on Oct. 23 in the regional playoffs. The Cougars won 7-5 to move on to the next round of the regional competition. "I came here from SM West and I think moving here was a good choice," Aguir said. "I knew senior Cody and Tyler Rose from middle school and as I see how I was accepted by the team, I opened up to them easily." Photo by Mike Compton

Senior Andy Alvey wants his way down the field on Sept. 22 at CMAC. The Cougars won 4-0. "You don't realize how much something means to you until it's over for good," Alvey said. "My only regret is I didn't use as long as I wanted it to." Photo by Mike Compton

DESPITE A ROUGH START, THE BOYS' SOCCER TEAM REFOCUSED, RESHIFTED AND CAME READY TO WIN

Three losses were not an ideal way to start my senior season. Three games and a week and a half into the season, our team was already full of problems. Our captain, senior Cody Silva, suffered an injury that would bench him for the next two weeks. On top of that, our overall play was average at best. We lost four of our first five games and struggled to score goals. Something had to be done to turn it around.

After shuffling positions, which focused us on possession, a brand new team emerged. We got our first chance to prove it against the lethal Shawnee Mission South Raiders, who we beat 4-1, signifying a fresh start. Our joy was short-lived due to the fact that we played SM West in less than 48 hours. We wanted to match the result of last year's match game against the Vikings, which ended with us defeating them 7-0. We weren't able to match the score, but we did beat the Vikings 1-0.

The newfound success came at the most beneficial time in the season. Our schedule had us playing six games in 10 days. We built momentum, winning four of the six, and only narrowly losing to Massanut's elite Rockhurst. Not only were we winning games, but the team grew closer.

October was one of our biggest tests, as we faced two of the best teams in the state of Kansas, Clatsop East and SM East. Both games were tense, hard fought battles. Although SM East was successful in scoring a lone goal to beat us, we were able

to tie Clatsop East in double overtime with a score of 0-0. We also knocked off SM North, Leavenworth, and Lawrence Free State by a combined score of 14-1. The late success gave us the perfect amount of confidence leading up to our first regional game against the unknown Wyandotte Bulldogs.

For many of us, the first round upset in last year's regionals lingered. Despite playing at Wyandotte, we blazed through our first round, defeating the Bulldogs 7-0 and advancing to our regional final, where we would face Clatsop East again.

Playing them in the regional final was a challenge. The history between our teams goes all the way back to my freshman year, when Sam McGrille scored the only goal in a 1-0 defeat of the Eagles. But this game was different. Not only did we defeat our bitter cross-town rivals, but we also shut them out and scored two goals on them.

The next fixture had us facing Blue Valley Northwest in the quarterfinals. The game remained goalless through regulation time, which meant we were to play two 10-minute overtime periods and, if we remained tied, we would participate in possibly the most nerve-racking event in soccer: penalty kicks. Nine minutes and eight seconds had passed when a late goal ended our season. Losing in that fashion was heartbreaking, but seeing how far we came from the beginning of the season was inspiring. I couldn't have asked for a more exciting season.

KNOW IT YOU SEE IT WHEN

The Varsity boys' soccer team wears different uniforms during their season.

- HOME: ALL WHITE HOME KIT WORN WITH WHITE SOCKS AND WHITE SHORTS.
- AWAY: BLACK AWAY KIT WORN WITH WHITE SHORTS AND BLACK SOCKS.
- AWAY ALTERNATE: LONG SLEEVED BLACK LONG-SLEEVED AWAY KIT WORN WITH WHITE SHORTS AND BLACK SOCKS.
- AWAY ALTERNATE: ORANGE AWAY KIT WORN WITH WHITE SHORTS AND BLACK SOCKS.
- HOME BREAST CANCER: PINK HOME KIT WORN WITH WHITE SHORTS AND WHITE SOCKS. IT WAS SPORTED ON THE FIRST GAME IN OCTOBER TO SUPPORT THE FIGHT AGAINST BREAST CANCER.

Boys' Soccer 59



FOR SALE

spirit wear!

STORY BY SARAH GORKE • DESIGN & PHOTO ILLUSTRATION BY BRITTANY DOKSHORE

TWO HOURS BEFORE BACK TO SCHOOL NIGHT BEGAN, PARENTS HAD THEIR CHECKBOOKS OUT AND WERE READY TO SHOP

The 2:40 bell rang and students rushed to join the mob jostling to get out of the back doors. Cheerleaders set up mats while the soccer players waited to go to practice. The day died down like it always did, but the annual event of Back to School night was in three hours, and some parents had already shown up.

"Where do you want these shirts?" cheer parent Linda VanLerberg asked to spirit wear coordinator Heidi Godke.

"Just set them down anywhere," Godke said.

Parents began setting up nearly 30 booths supporting organizations that ranged from Key Club to the football team. The event always started at 6 p.m. but people were accustomed to coming early to shop for that season's spirit wear.

By 4:30 p.m., more people filed through the school doors and the noise level in the mall increased. People stood shoulder-to-shoulder and spirit wear started to disappear off the plastic tables. Students pre-ordered their class shirts from StuCo, parents ate Chick-fil-A sandwiches while trying to understand their child's route from class to class.

"So, your Micro class is in the art wing?" Heidi Knapp, junior Harley Knapp's mom asked.

"Yes, and then for my Spanish class go down this way," Harley said, pointing her finger in the opposite direction.

Their voices were overpowered by the screams of gymnastics co-captains Caitlin Chen and Amy Hein.

"Hey, look what you can buy for a dollar," Chen said, holding a

basket full of baked goods. "Oh, for \$2.50, you can buy a slice of pizza over there, and if all three of you buy a slice of pizza, I will knock it down to \$2 a piece. Oh, and we also have stuff to drink. Replenish your electrolytes, girls, you need to stay healthy. With \$1 you can buy a Gatorade and replenish your electrolytes."

"Caitlin, you should think about going into marketing," junior Abby Zimmerman said.

Just a few feet away, under three big canopies draped with strings of orange and black lights marching band members sold a wide variety of shirts, flashing sunglasses, sweatshirts, hats and socks.

"What size of shirt do you think would fit my seventh grade daughter?" a mom asked. "Oh, I like both of these. Let me text her a picture real quick!"

Ding-ding!

"Looks like she wants the pink one," the mom said.

"In my opinion, our spirit wear is the best because we have a wide variety and everyone always likes our stuff more than others," marching band member Courtney Saylor said.

Parents and students purchased more spirit wear and ate more Chick-fil-A sandwiches. Around 6:35 p.m. an announcement told parents to go to their students' first hour classes.

"Back to School Night... it's crazy just because everyone is walking around and everybody [is] shopping for the same thing," Hein said. "And then when the passing period starts nobody knows where they are going."

NOW you KNOW

THESE ARE VARIOUS
SPIRIT WEAR ITEMS
THAT WERE SOLD
AT BACK TO SCHOOL
NIGHT.

PREPARE LIKE A CHAMPION SHIRT: WRESTLING \$10

"For back to school night we decided to sell these shirts because they were the ones the coach gives to the team at the beginning of the season," wrestling spirit wear coordinator Connie Almoe said. "During the season the boys wear this shirt when they go to duals or tournaments."

COUGAR V-NECK SHIRT: CHEERLEADING \$15

"Helping my mom get the spirit wear ready really felt like I was working at a real clothes store," junior Sarah Godke said. "Because at back to school night, I talked to all the 'customers' and helped them decided which items to buy."

SENIOR SHIRT: JOURNALISM \$15

"I thought it was really cool because everyone was going to have one, and I know the senior shirts were a big deal because it is your senior year," designer Bailey Kopp said. "people have told me they like them. And I just wanted to do something special for my class."

TEE-SHIRT: MARCHING BAND \$15

"Our spirit wear is the best because we have a wide variety of it, and everyone loves them, more than everybody else," junior Courtney Saylor said. "It is not specific to band, it is more about the school and NW itself."

BUMFIRE SHIRT: SPIRIT CLUB \$10

"Usually it is up to the girls to be creative. We meet and bounce ideas off each other," senior Halle Snider said. "Finally we settled on an idea, and we thought it would be funny to say 'cougars are so hot', since we couldn't have a fire because it was too dangerous."

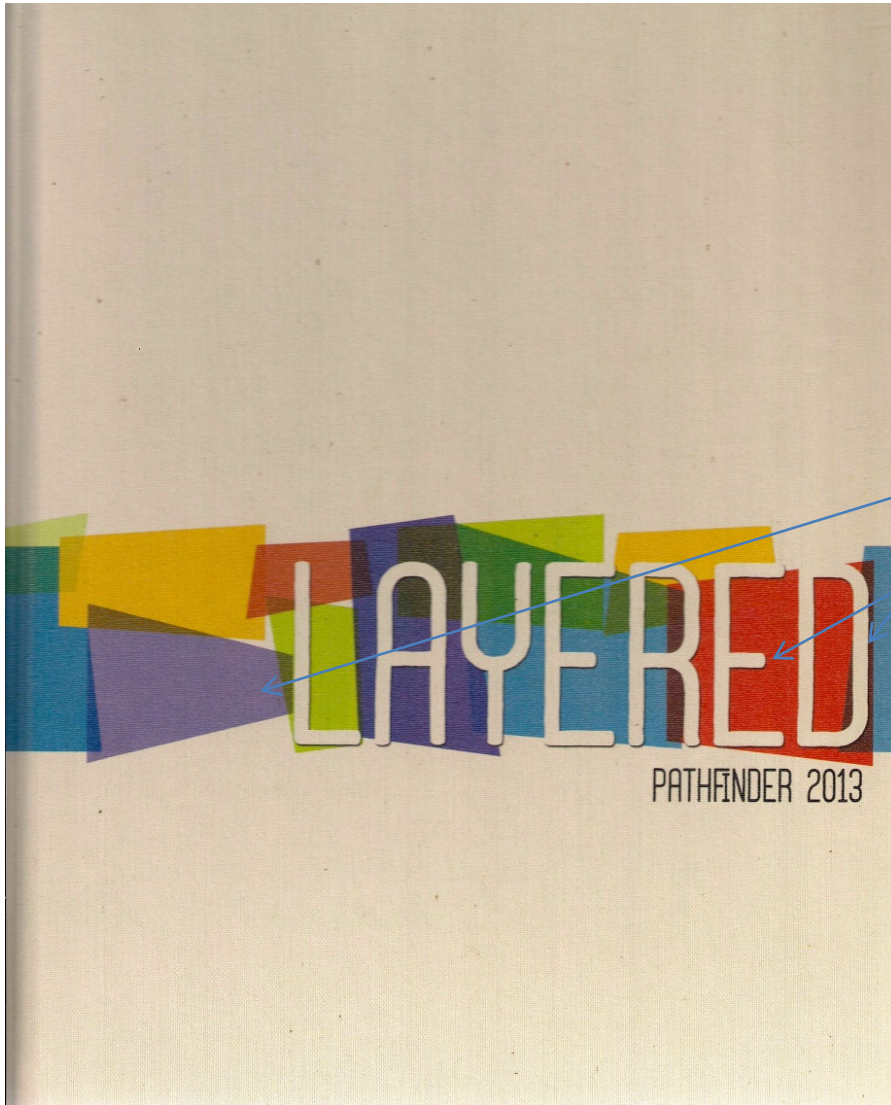
YOGA PANTS: CHEERLEADING \$10

"I thought the cheer spirit wear was really stylish this year," senior Sommer Wiebrecht said. "They were also super cute and athletic. I just really loved them."



Back to School Night

17



Oak Ridge High School, Orlando, FL

Use:

- Font from the cover
- Color from the cover
- Graphics from the cover



Headline Here

A subtitle will go right here and explain what happened with this event

“A great quote to answer the question will go right here that will have to be answered by this person and it will blow our minds.”

Crystal Sanchez, 11

LAY down the LAW

Headline Here

A subtitle will go right here and explain what happened with this event



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“A great quote to answer the question will go right here that will have to be answered by this person and it will blow our minds.”

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Crystal Sanchez, 11

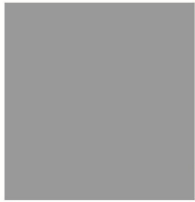
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Crystal Sanchez, 11

LAY down the LAW

QUOTE PACKAGES

Create Packages and save in libraries/Online Artwork

- Bring in Packages when needed
- Use colors from the cover/theme
- Use graphics from the cover/theme
- Vary the angle on your photography



The baseball team looks to captains to overcome season's obstacles, record

Fountain of Youth

With the makeup of the varsity team a majority of underclassmen, the young players on the team had to look to their captains, juniors Emanuel Jimenez and Carlos Ortiz, for leadership and guidance.

"It's a young team, and me having two years of experience in high school, I see things differently than they would," Jimenez said. "It's hard for me to get things through to them."

The team has struggled to play other powerhouse teams in the district, but came

up with a win against Cornerstone Charter Academy in February and Evans High School in March.

However, the captains and others recognize, with playoff season approaching, all a team needs is to turn it on in the end. "We have potential but we need to get better," said Junior Jedziel Ramos, who transferred this season from Freedom High School.

—by Deion Scott



Photo by Crystal Sanchez



Far Left: Sophomore P.J. Kennedy prepares to catch a Hammon High School runner stealing.

Left: Sophomore Caleb Colon warms up with sophomore catcher Jordan Rivera.

Top: Varsity boys baseball players gather with head coach Rob Meloney after their Feb. 22 game against Hammon High School.

Former track champion returns to coach crop of talented underclassmen in bid for state title

Rise and SHINE

After former coach Bill Stamper stepped down as the girls track and field coach after several decades building up one of the premier programs in the country, people seemed to forget about the program.

But former Stamper prodigy Odeika Bent, who took over as head coach this year, is bent on bringing the program back to the forefront of the athletic department.

"I coach because I love the sport," Bent said. Bent's plan is simple: utilize the talents of underclassmen like sophomore Sharrika Barnett and freshman Deandre Johnson.

Last year, Barnett made her mark on the program as a freshman, placing third in the 300 hundred hurdles. This year, she's seeking a victory.

"I think hard about my competition," Barnett said. "I need to train hard to beat them because they are training hard. I need to outwork them." Barnett first ran track while living in Jamaica and continued to run when she arrived in the Sunshine State.

"(Running track) runs in my family," she said.

"I had no choice."

While Barnett works toward placing first in state, Johnson is just beginning his work on getting there.

"I thought [high school track] would be hard and challenging," Johnson said.

This above-average freshman runs with a purpose, splitting 52 seconds in the 400 meter run. It must run in his blood, considering his mother ran the same event for the same high school.

"I guess I'm filling in [my mom's] spot," Johnson said. "It's like running takes me to my own zone," he said.

But while he continues to get his feet wet competing at the high school level, he is on pace to keep impressing coaches and players with feats like placing third in the 400-meter run at the Metro Freshman Sophomore Championships March 16.

"I just go out there and show the older guys I can run," Johnson said. "I just think about winning and go out there and win."

—by Deion Scott

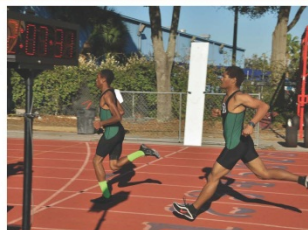


Ready or Not

In the hot Florida sun, senior Johnny Dorseau lines up to run the 800-meter run at Lake Brantley High School March 13. Dorseau typically runs mid-distance and sprints. I felt like (running the 800) was a challenge because I never did it before," he said. Photo by Deion Scott

Catch Me If You Can

Crossing the finish line at 2:07.31, junior Malik Glass finishes the 800-meter run in third place, slightly ahead of senior Angel Gomez. Glass got interested in running by watching the Olympics. "I fell in love with the competition, and I get to meet new people," he said. "I feel exhilarated because it's a great competition, and there are some pretty fast people out there." Photo by Deion Scott



THE TRIP

POPS takes college tour visit over spring break

Members of Professional Opportunities Program for Students spent spring break, March 24-28, traveling to various colleges in North Carolina. "I actually found out about a lot of colleges that I didn't know," senior Idarlyn Baez said. "It opened my eyes to who we are and where we can go."

North Carolina A&T

North Carolina Agricultural and Technical State University seemed to be the best choice for sophomore Bianca Rivera. "I like the environment and it seems to be a great place to get a degree in the nursing field," she said.

Winston-Salem State University

"I really liked Winston-Salem State University," senior Iyre Taylor said. "It was very quiet, and there wasn't much noise. It's a place where I can see myself being focused."



Bianca Rivera, 11; Lakesha Cruse, 11

Determination Never Fades

Rounding the last turn, senior Jazmin Rhodes heads toward the finish line in the 800-meter run, finishing sixth with a time of 2:38.06. Rhodes did not want to run track this year but couldn't wait spending time on the team with best friend, senior Cathia Tatis. "Coaches see the potential we don't," Rhodes said. Photo by Deion Scott

Dashing Duo

Junior Jazmine Woodard and sophomore Sharrika Barnett shoot out of their blocks in the 100-meter dash. The girls placed first and second respectively, with Woodard coming in at 12.46 seconds. "It's not one of my favorite races to run, but I had a positive attitude toward it and did my best," Barnett said. Photo by Deion Scott



How High?

Senior Victor Love clears the bar during his last attempt at the high jump at Lake Brantley High School March 13. Love placed second in the event, clearing 5'9" to beat out athletes from Evans High School and Orange City High School. "I like the preparation before jumping," Love said. "I go into another world." Photo by Deion Scott

Rest for the Wind

Senior Cathia Tatis takes a break on the grass after running the 1600-meter or one-mile run. Tatis has been a long-distance runner since her freshman year and placed first in the event with 5:44.42. "Running for me was always a love-hate type of feeling, so although I'm happy that it's finally over, I'm going to miss it a lot," she said. Photo by Deion Scott

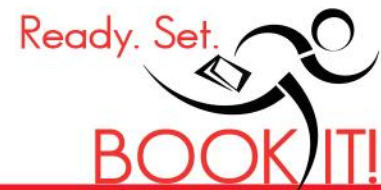
Andjela Bukorovic, 09
"My favorite part of the year was going to St. Leo University and USF with AVID"



Deionte Cobbs, 10
"My favorite part of the year was joining and being on the wrestling team for the first time"

IN THE

SECTIONAL Packages



Sectional packages are designed to appear in one section of the book only:

- Still use theme fonts
- Still use theme colors
- Are specific to a certain section



Sectional Package

ROOM AND A VIEW

Graduation returns to George Mason University Patriot Center and there isn't a bad seat in the house

After watching friends and family previously graduate at packed Hayfield High School, the senior class was more than willing to shell out the \$10,000 needed to return to the George Mason University Patriot Center. "I'm one of the few that wasn't really bothered by graduating at Hayfield, but returning to the Patriot Center was somewhat of a second nature. It was returning to something we knew," said assistant principal Mr. Alex Case. "It was honestly disorienting. We couldn't wait in the tunnel, so we were seated, then we had to get up, leave, and do the procession," said senior Owen Jones.

While taking in the festivities, student onlookers took the chance to plan ahead for their own graduations. "All I know after watching is that I'm not wearing heels. I don't want to be the kid that trips on their way across the stage," said senior Brittany Alderman.

Instead of paying for a speaker, the senior class chose three of their own to deliver the address, among them Clara Wear. Wear began her graduation speech, raving, "Students, teachers, guidance counselors, and coaches. Overly emotional parents, annoying little brothers and sisters, the enthusiastic women to my left with the cowbell, and the people in the back who accidentally walked in here, probably thinking this was a basketball game." Wear's speech quickly got everyone's undivided attention and set the tone for a personalized and well attended graduation ceremony.

Ariel Dunay

Inside a sea of excited cheers, the desire of being graduates elicits the traditional toss of caps in the air. Graduates, Russell Bradley, Morris Brooks, and Nicki Campbell celebrated their new alumni status. photo by Tim Parker

Hands down, it was the most listened to graduation speech I ever heard.

Wear's wit and wisdom mesmerize the class and crowd

Out of the bounty of house graduates, there were chosen to deliver a selectatory address. Graduate Clara Wear's unique delivery style kept the crowd engaged. Instead of the usual modesty shining about the best year of life and future plans, Wear decided to tackle the topic of the average student. Wear's comment regarding average students being the ones who leave school every day at 2:05 p.m. and are happy with a C, while the non-achievers cry out as a minor was met with thunderous laughter and applause. By personalizing the reality of student life, Wear perfectly connected with the crowd in a way rarely seen.

Ariel Dunay

senior Clara Wear

COUNTDOWN 4:21 LIFE

The moments leading up to the most anticipated day of the senior class involved nervous fidgeting with the awkward, cumbersome graduation caps, double checking the time until the start and final smiles to classmates still seated as the new graduates join the procession from the Patriot Center.

JOSIA CHICAS

LIKES FOOTBALL

DANIEL HALL

WANTS TO BE AN FBI AGENT

JULIO SANCHEZ

LIKES CHIPOTLE

JONATHAN CLAY

LISTENS TO JACK JOHNSON

BILLY BOGER

LIKES TO WATCH 21 JUMPSTREET

CIERRA JANE

LIKES TAYLOR LAUTNER

After leading in their fellow graduates, senior class officers David Taylor and Jennifer A. Hall gave their class speeches. Shari Brown Kirkland on stage. Both Taylor and Kirkland were selected to introduce speakers and lead the pledge of allegiance at graduation.

photo by Tim Parker

Caught up in the emotion of the moment, senior Michelle Riggs' Cap often leaves while fellow graduate Jon O'Connell helps adjust her cap. The bond of memories coupled with the reality of the last moments together as a class gave seniors a heightened experience.

photo by Tim Parker

All eyes on the crowd, senior Neesa Al-Sadawi, Ryan Litter and Oshun Adejumo looking search for their families as the senior class continues their procession. With first names at the beginning of the alphabet, the five were among the first to receive their diplomas.

photo by O'Shannon

Whole Book Link

Sectional Package

Ready. Set.  **BOOK IT!**

Walsworth yearbooks

Summer Workshop

Sectional Package



The weather was **HOT** and uncomfortable. It was a feeling that you got used to over time but you had to be able to take the heat to play football.
Junior Demetrius Peterson



Fall athletes sacrifice their final days of summer to get prepared for the season.

MINOR ADJUSTMENT

Endorsement: Brad Schaefer, David Jones, Robert Sacchetti, and Duncan Brink observe their teammates. They endured their first experience of cross-country and summer two-a-days workouts.
photo by Brad Schaefer



Three weeks before studying, testing, and homework started piling up, student athletes began the hard work and stress of the school year. "I think it's just a really great way to start off the school year. It's something to change school and you get to be with your friends before you have to worry about grades," said Junior Rocio Ramirez.

A number of fall sports, including varsity football, began the season with new coaches. "Coach Davis is a really cool guy. He's tougher than other coaches I've had, but he has good intentions," said senior Alex Amico. New coaches meant new coaching styles, and a fresh atmosphere during practice. Returning football players were introduced to Coach Davis during off-season workouts, but other sports, such as cheerleading, met their new coaches the first day of tryouts. "I was crazy nervous. With our old coach, we knew what it took to make the team we wanted. We had no idea what the new coaches would expect from us," said sophomore Alexis Thomas.

For freshmen, fall sports were also an introduction to school sports as a whole. "Going into tryouts, I thought it was going to be hardcore, but I was ready to work," said freshman Kylie McPherson. "It was awkward, because I had just moved here. But by the time school started, I had friends that I knew and could say hi to in the hallways," said freshman Stephanie Doyle.
Patrick Sutherland



Endorsement: Ryan Hayden takes a brief break to stay hydrated during a hot summer practice. The football team practices from 9 to 11 a.m. a day, six days a week.
photo by Brad Schaefer



GRADING UP
SUMMER PRESEASON CONDITIONING IS INFAMOUS FOR ITS HEAT, AND ATHLETIC GEAR ONLY ADDS TO THE MISERY. "All of my goalie gear is so heavy, so I get that much quicker than everyone else,"...
sophomore Eve Hargrett
"The nice thing about cross country is that you don't have to wear gear, so you stay cool."
senior Lauren Price



RUN EVERY DAY

It didn't matter how hot, wet or just plain miserable it was outside. Cross country runners had to log miles in each day as they prepared for a grueling season in the ever-competitive Patriot District. With a large contingency of underclassmen turning out for the team, getting the runners experienced on the courses was imperative.

"Our practices were usually in the morning so that helped. It was worth waking up early because we got to run while it was still relatively cool," said Junior Chris Serrano.

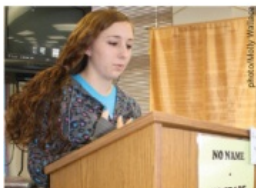
In the mid-August heatwave, sophomores Isabella Lark, Natalie Rukbach, Anna Sammons, Zoe Smith, Kaitlyn Ross take the road to cross-country as they warm up for their pre-season race at Ball Run Regional Park in Polk County.
photo by Brad Schaefer

JACK APPERSON LIKES TO EAT STEAK JONATHAN MERKER WANTS AN ASTON MARTIN JONATHAN KRISNITSKI LIKES BASEBALL JORDAN CROSNO LIKES MAGIC WOK LESYA MELNYCHENKO WANTS TO BE A TEACHER ELIZABETH REGAL CRUZ LISTENS TO LANA DEL RAY

Whole Book Link

effortful. Presenting in Honors English I sophomore Isabella Juarez plays the saxophone. "Presentations help students learn by teaching you about different cultures," Juarez said. Juarez entertained the class for extra credit.

speak your mind. In AP Government, senior Alana Raffalli participates in a class debate. "This is an activity for outspoken students, so passive or quiet classmates get talked over. It is, however, a great way to make people more outspoken in debates and sharing their opinions," Raffalli said. Each participant spoke for about five minutes.



How do you feel about presentations?



SENDRY SIMON 12 **HAYDEN HOEVENAR** 12

"It's pretty scary because I have a thick accent, but it's not that big of a deal."

"I don't like speaking in front of big crowds because I get nervous and I get stuck. I don't know what to say."



photo/Christie Beck



psychology 101. In AP Psychology, junior Rachel Pierre discusses Ivan Pavlov's contribution to the field. "Presentations enhance your learning experience because it's something visual and less boring," Pierre said. Pierre dressed up for extra credit.

take the risk. While presenting in AP European History, sophomore Elizabeth Burkhead acts as a famous historical ruler. "It was a good experience because I got to educate everyone else about Maria Theresa," Burkhead said. Each presentation needed to be a minimum of five minutes.



Favorite presentations

[15.7%] POSTER
DRESS UP 13.9%
39.2% POWER POINT
[SKIT 22.4%]
8.7% SPEECH

Talk terrifies students

people faced their fears of public speaking

As she walked to the front of the classroom, her body began to tremble and she felt her knees start to buckle.

"I hate talking in front of people," senior Lindsey Hall said. "It's scary because I feel like I never know the right thing to say or if I'm going to mess up and not only be embarrassed, but get a bad grade."

Fear of public speaking is the number one fear in America, according to Speech Topics Help. However, Florida education standards required presentations in classrooms. Teachers were encouraged to integrate presentations into their curricula to prepare students for life after high school as public speaking skills were vital to excel in the real world.

"You learn new ideas and things you didn't know before [through presentations]," freshman Harold Landwehr said. "It prepares you for the real world because you have to talk in front of people."

Sunshine State Standard L.A.C.1.4.3 required teachers to teach strategies for informal and formal discussions, including listening, connecting to and building on ideas of a previous speaker, and respecting the viewpoints of others.

Speaking skills are a part of our benchmarks. In the workplace most jobs consist of speaking skills and if you don't know how to communicate your thoughts or ideas you can't get your point across," English teacher Stacy Liebman said.

Although teachers felt it important to incorporate public speaking, some students didn't find it necessary or helpful.

"Presentations don't help students because no one listens.

It's so boring and you don't know if the information is valid. You know that teachers actually know what they're saying because they went to college and got a degree in the subject," Hall said.

Aside from the feelings students got before speaking in front of a class, sometimes they felt presentations as the most rewarding way to learn new things and prepare oneself for the future.

"I don't like writing notes; I learn better visually. Sometimes it's better to see my friends in front of the class because it's not the same voice giving me information all the time," junior Tyler Archer said.

Students who enjoyed speaking in front of others benefited. They gained experience from practicing the vital skill.

"My favorite presentation was when I did a speech. I got third place in county; it was really fun. I got to travel and go to other schools," Landwehr said. "Presentations make me a better speaker and when [people other than a teacher] are talking, I'm more attentive and I learn a lot more."

The use of public speaking helped Landwehr and other students make a difference in his community, through sharing ideas and thoughts. Speaking in school helped prepare students for the future, increased self-confidence and taught students how to make their ideas interesting and profitable.

"[Students] have to come up with a plan and execute it. So they learn a lot about time management and organizational skills," Liebman said. "I think if presentations are relevant they should be in classes but not just having them to have projects [made by students]."



PHOTO Packages



Photo Packages

- Group two to five common photos
 - Two to three is optimal
- Use some sort of lead-in to separate captions
 - Color
 - Lead-in
 - Numbers
- The group should have only 2-6 point separation
- Vary the sizes and shapes of the photos
- Use strong Photo composition rules



Photo Packages



Ready. Set.



BOOK IT!

blast FROM THE PAST

1976
The first junior vandy team was created. They competed and participated with the marching band.

1980
Bravettes raised money by holding bike sales and selling pep ribbons to buy new uniforms and go to camp, where they earned a superior trophy. One of the members also earned the Star Ribbon for her solo.

1996
The team consisted of 13 members and performed with the Flag Corp at the football and basketball games.

[1] *blown around.* Senior Emily Underline dances in the circus-themed Bravettes show. "We were able to get creative, but I wish we would've won," Underline said. The Bravettes took second place. [2] *look.* At a pep rally, senior Emily Underline dances to entertain the crowd. [The pep rally] was a great way to be ourselves," Underline said. Underline was one of two captains on the team. [3] *monkey madness.* Dressed as a monkey, sophomore Amy Wilkey hangs on freshman Rachel Martinez's back in Bravettes. "I like to entertain the crowd," Wilkey said. "We play the monkey because of her unique crowd." [4] *cheer.* Performing for the crowd, junior Andrea Geronzo walks in the homecoming parade. "I felt proud to represent our school. We add to school tradition and we have pride," Geronzo said. The Bravettes did a quick showing in the parade. [5] *pump it up.* To get the crowd involved during a pep rally, senior Sydney Geronzo cheers on the sidelines and gets the crowd pumped. "The pep rally was fun, spirited, exciting and a great time to showcase the talents at Boone," Geronzo said. Geronzo started dancing at age six.



girls RAISE FUNDS to compete

classified as a club, bravettes looked for resources to make it to competition

Lights glaring in their eyes, the girls formed a tight line-up and prepared themselves for a defining moment they would never forget.

Competing was not an easy task for the Bravettes. Because they were a club, they did not receive funds for uniforms, competition fees, traveling or supplies. With competition on their minds, the girls had a series of fundraisers to attain enough money to compete.

The team collected almost \$1000 to pay for the competition fee of the United Dance Association regionals in February. They sold temporary tattoos and worked with restaurants like Tijuana Flats and Chick-fil-A to hold fundraisers where they received a percentage of a customer's bill from ones who said they were there for the Bravettes.

"The fundraisers were fun because we got to wear tattoos on our faces and just chill and eat at Tijuana Flats," sophomore Delaney Foskett said.

The multiple fundraisers were the ideas of coach Jamie Hoffmann, who was a new addition to this team. Through her experience coaching, the Bravettes progressed and appreciated her constructive criticism.

"We've grown closer as a team with Ms. Hoffmann. I feel like the team has improved a lot because of her," freshman Ashley Simkovich said.

Other than fundraising, the team had extra practices to prepare for competition. With practice three days a week, they conditioned harder and built their routine to perfection. This required the dancers to practice outside of school and maintain constant progression.

"I get very excited for competition. We work about seven hours a week and train really hard. To finally perform in front of judges and actually make it happen, and even place, is a feeling I can't even describe. We push ourselves harder and harder every week to build up our stamina for our high level routine," sophomore Brittany Hope said. [Taylor Kester]



all tattooed up

To raise money for competition, the Bravettes held fundraisers on and off campus. Junior Carly Larr sold and applied a tattoo to senior Christina Williams during lunch. "It was hard to sell the tattoos, but I thought it was a good idea to raise money for competition," Larr said. Bravettes and Larr also fundraised at Chick-fil-A and Tijuana Flats to save up enough money for transportation and competition uniforms.

Swim team records first victory in over 30 years; part of a Cinderella story season

The swim team's first home meet of the season was also its most historic—the team notched not only its first win of the season, but it's first win in over 30 years.

"It felt great to know that I was getting a part of the beginning of our new swim team's journey," junior captain Ivana Kennedy said. "I couldn't have been more proud of my teammates and all their hard work and diligence."

The win was such a big deal, that local news station Fox35 picked up the story and aired it during its evening news broadcast.

The Fairytale

Senior Angel Gomez was the only swimmer to advance past districts—and in only his first year on the team.

"My favorite thing about being a part of the swim team is that since it's my first year, I get to try new things and meet new people," Gomez said.

Competing at districts for Gomez was the ending to a Cinderella season.

"It was the best feeling. I couldn't contain my smile."

—by Regine Pierre



Photos by Kaithe Warent



Far Left: Junior Ivana Kennedy exits the pool after her swim against Cypress Creek.



Left: Members of the swim team prepare to swim the backstroke during the Cypress Creek meet.

Top: Junior Josh Smith swims the butterfly stroke during the Cypress Creek meet.

Interaction Action

With his classroom used as a backdrop for the interview, reading teacher Michael Faber carries on with class as usual by assisting his students. Faber said City Year provides many opportunities for his students to gain one-on-one interaction in the classroom. "They can provide relationship building as well as discipline control for the classrooms," he said. Photo by Cristina Martinez



Ready for His Close-Up

Freshman Angel Valentin waits for the signal to start speaking for the Central Florida News 13 interview about City Year. Valentin told the interviewer he appreciates City Year and the help they give him understanding his work. "I was nervous [being interviewed], but it felt good being interviewed for the first time." Photo by Cristina Martinez

Lend a Hand

City Year member Kim Bezoenik assists freshman Eduardo Hernandez and others in Michael Faber's reading class. Bezoenik was part of the team of City Year members covered by Central Florida News 13. "I think Oak Ridge has an awesome community," she said. "This is unlike anything I've ever seen." Photo by Cristina Martinez



Help is VESTED

News 13 spotlights City Year's efforts to mentor freshmen students



Big Brother is Watching

City Year member Alex Ocampo assists freshman Yimer Cardon in Michael Faber's reading class Sept. 7. Ocampo said the relationships he builds with students like Cardon are similar to big brother/sister relationships. "I feel excited to have other people help me," Cardon said. "City Year can teach you things you don't know." Photo by Cristina Martinez



Storyed Leadership

After bringing in City Year last year, Principal Leigh Ann Bradshaw talks to Central Florida News 13 about the program's significance to the school. "We had the opportunity to share the positive impact that City has on Oak Ridge with attendance and improving school culture," Bradshaw said. Photo by Cristina Martinez

CHIP IN

Golf team enters second season as official campus sport

Small but mighty, the three-person golf team lacked enough players to qualify for team competition but competed in individual play throughout the season. Per nine holes, freshman Lina Brhoun averaged 44 strokes, freshman Wesley Pierre averaged 52 and senior Tristan Wilson averaged 56 strokes. This was Del Green's first season as head coach.



Hole-in-One

Achieved when a player hits the ball directly from the tee into the hole in one stroke. "I almost hit a hole-in-one, and I was disappointed that it didn't go in," freshman Lina Brhoun said. "But I was ecstatic that it almost went in."

Par

The amount of strokes a player is given to hit the ball from the tee to the hole. "At each hole what would go through my mind is 'Don't get overconfident,'" freshman Wesley Pierre said.

Photo by Cristina Martinez



Victoria Hill, 12

Digital Video PRODUCTION

By the Numbers
Digital video production produces daily morning show

The number of students it takes to create morning show. The morning show is shot during Jernewine Jackson's second period digital video production class. It takes the students about 20 minutes to film the show.

03

The number of cameras used to record the show. One camera is stationed two on either side of the table and one centered

01

The number of green screens used to produce the morning show. The screen was built by the students.

02

LCD screens that show all the cameras, what the director does, and the prompter



Makolm Smith, 12



Ja'Nysha Mills, 11

"Being in ORTV is definitely different. Having everyone depend on you for news is a lot of pressure, but it's fun and exciting."

Breanna Dickson, 11

"My favorite part of the school year was during volleyball season, dancing in the locker room with my teammates."



19

Raquel Lozano, 10

"My favorite part of the year was the first week of school [and] the first pep rally of the year in the old gym."

Package photos that have a Common story



These **TWO** Photos have a commonality. Thus, they are packaged with a group caption

These **THREE** photos are packaged together. The separation between them is 2-6 point. There is a **GROUP Caption**.



"The most memorable moment was when our characters performed *Nothing On*, and my pants fell down during the performance... laughs ensued. The fact that it was so unexpected added to the hilarity!" Chase Douglas (12) said.



memorable moments

"The week before the show was definitely a [favorite] memory of mine. We would practice our acting every day, and we would not rest until everything was perfect. That means no relaxing, talking or goofing around. There was a lot of work put into that week, and I do not think the play would have been nearly as good without it." Simon Brake (10).

As Leah Senseney (12) and Steven Gresh (12) perform the first part of the fictional play *Nothing On*, the pretend director sits among the audience and gives critiques. "It was funny that the director in the story was sitting in the audience. He blended in so well that some people didn't even notice him until he said his lines," Senseney said.

Walking down the stairs, Nicole Beltran (10) makes her cast member about to swing an axe directly at another character during the fictional portion of the play. Beltran thought quickly, springing into action, pretending to halt the chaos by grabbing the handle of the axe.



As the owners of the house are away, Madeline Jentsch (12) makes herself right at home utilizing the phone for her personal use. Jentsch was supposedly watching the house in the fictional play *Nothing On*, but instead she decided to take advantage of the situation. "One of my characters was Mrs. Clackett who was hilarious. She did the craziest things that no normal person would ever dream of doing. I got really into the character and how crazy she had to act. I had a lot of fun playing her," Jentsch (12) said.



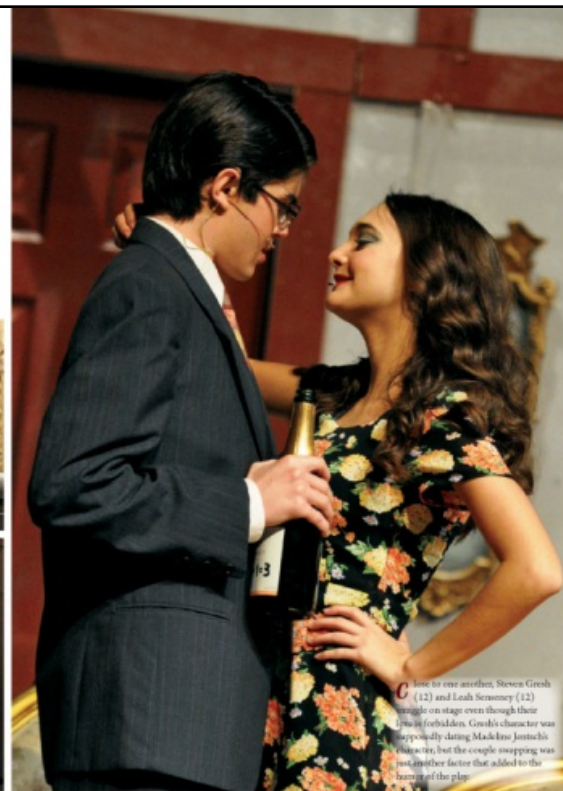
Inspired as a shikhi, Chase Douglas (12) plans to rent the house in the fictional play *Nothing On*. Douglas' character also attempted to avoid all the mayhem that was going in the house. "I am glad I was able to play the shikhi. I wanted to conquer a fun and challenging role. It also gave me a chance to practice my Indian accent," Douglas said.



Surprised due to the fact that there was meant to be only one bungalow and those that appeared on the stage, Dylan Prentice (11), Simon Brake (10), Nicole Beltran (10) and Graham Pearson (12) act their part in being confused. This was a planned blunder in the fictional play that added yet another humorous touch.



As the performance progressed, the cast of the fictional play *Nothing On* became disoriented and disastrous. The cast continuously mixed up their lines and did not do anything correctly. The cast attempted to retore order, but failed. This made the audience erupt with laughter as the errors occurred because they were planned.



Close to one another, Steven Gresh (12) and Leah Senseney (12) struggle on stage even though their lines are perfect. Gresh's character was supposedly dating Madeline Jentsch's character, but the couple snapping was just another factor that added to the humor of the play.

Theater department's fall play showcases talented actors and set designers.

making some noise

by grace mull and dorian floyd

The lights dimmed, the audience settled in their seats, and the curtain rose to reveal the fall production of *Noises Off*. The cast of *Noises Off* assumed their positions and entertained the audience with the performance of a play within a play. "The play is about a group of actors trying to put on a play. Their personal relationships and struggles get in the way and the play ends up being a mess," Crew member Amanda Lee (11) said.

The concept of the cast performing a fictional play, *Nothing On*, while portraying what happens behind the scenes of the fictional play was confusing to some cast and crew members.

"It was a challenge being in a play within a play, especially because I had to play two characters in the show and one had a British accent," Leah Senseney (12) said.

The cast quickly began to understand the concept of the play, as well as the wit and humor that

resulted from this complex type of comic plot.

"I really liked all of the physical humor. Most shows we do are not usually this physical," Graham Pearson (12) said.

The fictional play the cast members performed was meant to be a brilliant dramatic piece, but comically turns out to be a disaster.

"In the second act you see everything that happens backstage. Everyone starts fighting and trying to kill each other with an axe. More craziness happens and by the end everything has gone wrong," Annarose Kennedy (10) said.

The idea of a play within a play allowed performance errors without the audience knowing.

"We knew we could do anything on stage and the audience would love it. Because the play was supposed to be disastrous we were able to be crazy and have fun on stage," Simon Brake (10) said.

The actors and stage crew's fall production was indeed something to make some noise about.

"In the play, you get to work with people on a really personal level."

- Leah Senseney (12)

taking the stage

The play's cast was led by seniors looking for one last performance before they bid a fond farewell to the high school stage. Talented seniors cast in principle roles included Graham Pearson, Leah Senseney, Steven Gresh, Madeline Jentsch, and Chase Douglas.

"I have performed in all of the plays and musicals since I was a freshman. I have really enjoyed exposing myself on stage. I also met my best friends being in the drama department. I am going to miss being a part of these wonderful productions," Jentsch (12) said.

For four years the drama department has been fortunate to have some many dedicated students interested in being involved with productions.

"I have been with the seniors since I first started doing the shows. I have never known any shows without them. We have had so much fun these past years," Emily Cochran (11) said.



Can you see the different packages?

52

long drive /// At the Loudoun Golf and Country Club, Scott Mumpower drives the ball in a match against Brian Woods and Woodgrove High School. "I just tell myself to play smart and have fun. The only thing I can do physically is stay in shape and practice," Scott said. *(photo by M. Burt)*



you know you're A GOLFER when...

"You reach in the hole to pick up your ball after a good hole. Also when you are complimented on a shot by a golfer that's better than you." */// Michael Shouse*

"It's snowing outside and you're still playing. You're wearing a couple layers of clothes which makes it hard to swing the club. Soon you start using your hunting clothes and hand warmers just to keep warm so you can keep playing." */// Troy Mumpower*

Valley vs Vikings

COURSEWORK

The team hosted a match against Brian Woods and Woodgrove High School at Loudoun Golf and Country Club, the Vikings' home course. Adam Gates and Edward Decker compete in the match. /// "I golfed in five matches this season. To qualify for the matches, during the practice before, we had a playoff round," Adam said. *(photo by M. Burt)* "Golf is a sport where you don't have to have an adrenaline rush every minute of the match. You have to learn how to relax and not freak out if you have a bad shot," Edward said. *(photo by M. Burt)*




/// GOLF

swing life AWAY

TEAM GOES UNDEFEATED IN ALL SEASON MATCHES WHILE SIX PLAYERS MOVE ON TO DISTRICTS AND ONE PLAYER GOES ON TO STATES.

"You get to make new friends at every tournament. There aren't too many sports where you get to talk to your opponent during the match and learn a little bit about them." */// Scott Mumpower*

"I've played golf for almost my whole life, but I never played it competitively. I thought I'd join the team and give it a try." */// Matt Simpson*

"I don't like to take more than a few days to a week off from golf. I practice a fair amount over the winter and take a few lessons. During the high school season, our team practices every day that we don't have a match." */// Ian Hildebrand*

"I play golf because the people at Valley and on the team are really fun to be around. They're really nice people." */// Drew Hare*

"When I was one year old, I started playing golf. Also, I wanted to play golf because I used to like Tiger Woods, but today no one really inspires me to play. I think knowing whether I win or lose, I will always have another day to come back with a better score, motivates me." */// Trevor Colby*

"Every day we were out on the golf course, we would joke around and just have fun no matter what. We would sing songs, dance and have a good time." */// Adam Gates*

"I like golfing because it's me against myself, but you're still a part of a team. I like to listen to my iPod and block out everything around me." */// Mark Shayka*



hitting it off

In a match against Heritage High School, Ian Hildebrand, Matt Simpson, Scott Mumpower, Mark Shayka and Dylan Hickey compete. Trevor Colby and Andrew Hare ride in a golf cart with Coach Troy Mumpower. /// "Before a match, we hit a few buckets of balls and kind of just hang out. We just mess around to relieve the nerves of our first shots," Matt said. *(photo by M. Burt)* "It takes skill, determination and luck to be on the golf team. It takes a good attitude toward your coach, teammates and most of all, yourself." Dylan said. *(photo by M. Burt)* "To mentally prepare for a match, I listen to my iPod to calm myself down. I also stretch, hit balls and practice when I can," Trevor said. *(photo by M. Burt)* "My favorite part of the season was going to Independence Golf Club for a three day long tournament. We missed school and got to hang out together, all while playing a sport we love," Mark said. *(photo by M. Burt)*






PROM PREPARATION

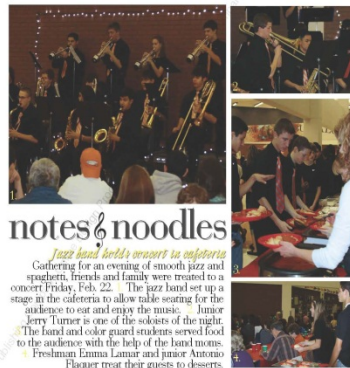
Fashion design students held a prom fashion show

As spring approaches, seniors anticipate one of the biggest nights of their high school career: prom. In order to help seniors decide the right dress and mix to wear, the fashion design classes hosted a fashion show Feb. 26. The fashion design students asked Davids Bridal and Mena Warehouse to supply the outfits. Not only did this show allow people to view different styles and colors of outfits, it was also for a good cause. The tickets cost five dollars, and all the proceeds went to the Susan G. Komen cure for cancer.

1. The male student models pose in tuxedos. 2. Junior Micah Mauderer and senior Abel Velazquez take the stage. 3. Senior Jennifer Johnson preps for the show. 4. Junior Rebecca Castillon waits patiently as cosmetology students do her hair. 5. Senior Hannah Patterson smiles as a cosmetology student applies lipstick. 6. Senior Jennifer Johnson, senior Rachel Wong and sophomore Hailey Mapson pose while the audience applauds. 7. Senior Karylin Diaz shows off her dress. 8. Junior Tina Marie Perez is escorted by senior Antony Le. 9. All of the women models give the audience one last look at their dresses.



Photo by Lindsay Sussano and Andrea Reyes



notes & noodles

Jazz band leads seniors to cafeteria
Catering for an evening of smooth jazz and spaghetti, friends and family were treated to a concert Friday, Feb. 22. The jazz band set up a stage in the cafeteria to allow table seating for the audience to eat and enjoy the music. Junior Jerry Turner is one of the soloists of the night. The band and color guard students served food to the audience with the help of the hand mimes. Freshman Emma Lamar and junior Antonio Plaque treat their guests to desserts.

Photo by Nigel Smith



"Yeah! You're so good!"

Avery Nallendore, 12



"This year's team is really coming together and it's so much fun playing with them."

Jordan Yant, 12



"Playing catcher is way different than playing pitcher. It's like a whole different view of the field."

Malaya Cano, 11



IT'S ALL IN THE TIMING

Varsity softball rebuilds with young team

Trying to get one for the W column, the Lady Buffs varsity softball team went against the Keller Indians Mar. 12, but fell short losing 4 to 11. At the beginning of the game, the Indians walked the Buffs several times, but by the end of the game the Indians took the lead and the points.

With only three seniors returning from last season, the young team used this season to rebuild with the underclassmen.

1. Going for home plate, junior Makayla Cano scores against the Indians. 2. Running as fast as she can, freshman Vanessa Avina tries to get to first base before she gets out. 3. Swinging her bat with all her might, sophomore Autumn Martinez hits the ball hoping to score a run. 4. Ready for the swing, senior second base and short stop Avery Mullendore gets in her stance and waits for the right moment. 5. Reaching for the ball, freshman Leeanne Losowicz stretches as far out as she can. 6. Senior first base player and pitcher Jordan Yant throws out the first pitch. 7. Making contact, freshman Samantha Brodhax hits the ball.

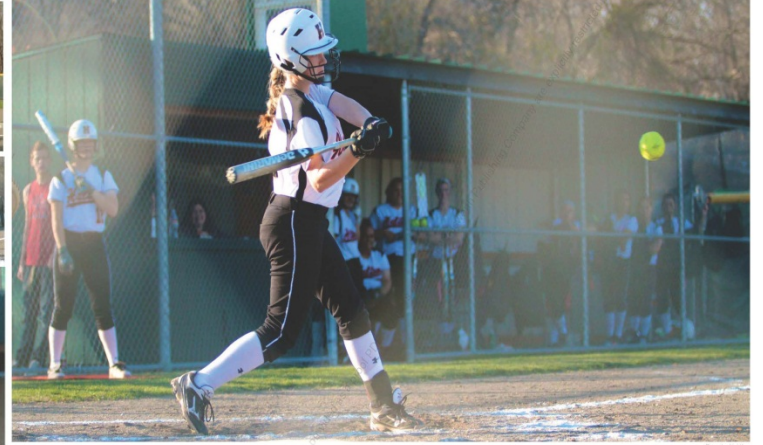


Photo by Yui King



Photo by Lindsay Sussano



Photo by Lindsay Sussano



Photo by Lindsay Sussano

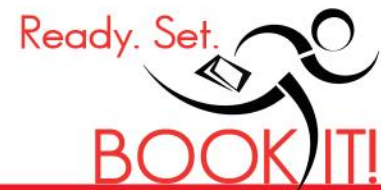
CLEAN-UP CREWS

Buff's Give Back

Giving back to the community one Saturday each year has become a tradition. Saturday, Mar. 2, students from various organizations met at several places in Halton City to clean up trash as part of Buff's Give Back. Close to 20 organizations gathered to pick up trash and plant trees. With many people working for the community, it came with a rewarding feeling afterwards. "I feel proud that I took action instead of just thinking about what I could do," junior Megan Jobory said after taking part in giving back. "I had a great time and enjoyed helping make the park a better place to be at," junior Jerry Turner said.

1. Junior Megan Jobory rolls a tire while clearing out trash as a member of band. 2. Junior Jacob Rodriguez rummages through the creek and 2 picks up a tube to add to the collection of trash. 3. Coach Ackmann pushes the wheel barrel with Dalton Holdstock following behind. 4. Junior Jerry Turner and Long Nguyen use teamwork to carry trash out as part of band. 5. Seniors Jenna Dinkham and Miranda Garcia pick up trash along the road as part of choir. 6. Seniors Jennifer Arrequin, Kaitlyn McIntire, junior Keagan Gilson and senior Janie Norez have fun while cleaning up the side of the road for choir.

Story Telling Packages



HEADLINE

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Low

W Nes dolor a volo id que net rati berit, quatur? Nequatia andae nimus. Nam est, ad eicil eiuscie ndernatem. Et presequos est, eos et laborpo recUr a ducia nes et latemos voluptas a volorit entur aut rem que do- lum essumqui nos molo molupti corruptur autet latum denissi tatium dendunt

Word to Define

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Word to Define

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Crystal Sanchez, 11; Mariel Vega, 11

HEADLINE

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Story-telling PACKAGES

Create Packages and save in libraries/Online Artwork

- Bring in Packages when needed
- Use colors from the cover/theme
- Use graphics from the cover/theme
- Vary the angle on your photography



Varsity girls softball players discuss favorite moments from historic season that saw winless streak broken against Evans High School



At Evans, Jess [Carter] had the ball, and the girl on third took off running and fell when coming back. She then started crawling, got out, and crawled some more. It was pretty funny!" **Tiana Martinez, 11**



During the Colonial game, I made three outs playing shortstop. I usually play catcher so it was a whole new experience, and I was proud."

De'Osha Clark, 10



The double play against Freedom [was my favorite moment from the season]. We got players out on first and home. Our defense was really strong that day."

Mariel Vega, 11



"When we played Evans, I hit a real good line drive. It was my first of the season. Then right after that, I stole three bases."

Jennifer Rios, 12

Breaking Out

Pressed and Pancaked

Sophomore Bobby Burgos "pancakes" his body, attempting to save a spike from Orlando Christian Prep March 21. This was Burgos' second year as a Varsity player. "Driving and missing wasn't the best," Burgos said. "But the win made it all the more better." Photo by Cristina Martinez



Two Against One

Sophomore Deangelo Antoine attacks against Wekiva High School March 21, earning a kill. The varsity team later lost to Wekiva 0-3. "We played hard but didn't execute," Antoine said. "I tried to kill the ball more than half the game." Photo by Cristina Martinez

Keep Calm and Win

Between sets against Orlando Christian Prep March 7, the team huddles to regroup after losing the first set. The motto for this year's team was "work hard, finish hard" which the team took to heart, beating OCP 3-1. "Even though we may not all be close during the game, in that huddle, we are," senior Mike Humphrey said. Photo by Cristina Martinez



Pancake the WARRIORS

Boys varsity volleyball team notches second win

On the night of March 7, the boys varsity volleyball team faced Orlando Christian Prep at home. The game was the second for the squad, and having won the last game the boys wanted to keep the winning streak alive.

"We did good at our first game and we were prepared to do the same at this one," sophomore Bobby Burgos said. "Our mindset was 'skin it to win it,' meaning

skin yourself up and win or lose with no marks."

The boys lost the first set 21-25. However, the closeness of the score in the set allowed the boys to approach the second set with an improved mentality—which proved pivotal as the team overtook OCP in the second set.

"Coming back and winning the second set was all the courage we needed," freshman Ulises Medina said. "It was a perfect example of just because you're down it doesn't mean you're out."

The team went to win the third and fourth sets to close out the victory.

"The team showed what they can really do, and I expect this all season," assistant coach Alex Jackson said.

—by Ashley Gibson

Back Court Support

While senior Mike Balcarcer yelled from backcourt, sophomore Deangelo Antoine, senior Dontavious Perkins, and sophomore Bobby Burgos, set up block against the Orlando Christian Prep spike. "Mikey [Balcarcer] and me are friends on and off the court, so having him support me means the most," Perkins said. Photo by Cristina Martinez

Play From The Roots

Sophomore Joseph Class-Lopez sends his jump serve to Dr. Phillips' serve receive formation April 2. Class-Lopez started playing volleyball in Puerto Rico against the Orlando Christian Prep spike. "Watching the other players, I saw how serious they took the game and wanted to be just like them." Photo by Cristina Martinez

TOP 2 MOMENTS

The young team defies odds this season to compete at Metro

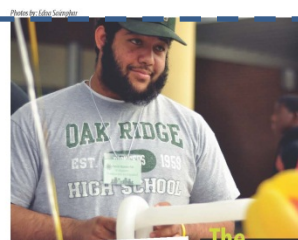


PEOPLE-WATCHING

LIFTER DISCUSSES PLACING THIRD AT METRO

Demarius Stewart, 11
"I felt excited because I knew I made it to sub-sectionals. I plan and hope on making it to districts and placing first representing Oak Ridge well!"

Photo by Alicia W. Winters
1: Randall Burton, 11
2: Green Lanot, 10



The Fun Fair

Students and families attend multi-lingual fair March 2



The Multilingual Family Resource Fair, hosted at the school and sponsored by the county multilingual services department, gave community members a chance to see what the school has to offer.

"The fair provided helpful information for students and parents," senior SGA member Michael Balcarcer said.

Top: Senior Michael Balcarcer earns volunteer hours at the fair. Bottom: Senior Alyssa Johnson entertains the crowd.

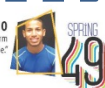
Games and prizes drew the crowd and the tables set up with program information. Students who previously performed in the talent show were asked to perform for the crowd that day.

"Performing gives me such a rush. I was really happy to sing for them," senior Alyssa Johnson said.

—by Ashley Gibson

Michael Collazo Rivera, 10

"My favorite memory this year was when [Orlando Ballet] came to perform 'The Nutcracker' for us for the first time."



Bilien Saintjacques, 10

"My favorite memory this year was the beginning of basketball season."

class warfare. After dinner preparing, Principal Sen Ross decided to bring back senior vs. junior Powderpuff. The game on Wednesday Oct. 17, raised money for student workbooks and game-hoarding rights to the senior class. The four junior captains made the field hand-in-hand. After dinner practices had been, and junior team gets the day passed. "I enjoyed playing because when I found out it was cancelled last year I was afraid I wouldn't get to play," Eric Miller said, senior team. "Powderpuff was so fun, being the kicker was pretty hard. I liked it a couple weeks and scored two extra points which was great. Ross told senior team, 'I played because I love football and it was a great time in my fourth,'" Katie Phillips said, senior team.



Senior team: "At the senior and junior girls' football game on the field, senior players Katie Wimmer and Katie Wimmer were completely prepared, we showed our senior team and prepared to get back on the field quickly. The senior team was just thinking how great the game of 2013 is." Katie Wimmer said, senior team.

the girls are BACK

THE TRADITION OF POWDERPUFF RETURNED OCTOBER 17 IN A HEATED MATCH BETWEEN THE UPPER CLASSES WITH THE SENIORS COMING OUT ON TOP.

Wednesday, October 17 finally gave the seniors what they'd been waiting for for two years: a game of powderpuff.

First seniors, Courtney Holbertman, Allison Penning, Kay Trumbador, Kaitlyn Beharovich and Chloe Spillner, gettomed Principal Sen Ross in the hopes of earning back the privilege.

The five girls wrote new rules for the potential players, planned ways to reduce tension between the teams, and had multiple meetings with Principal Ross and Health and Physical Education Chair Joyce Phillips.

"We couldn't just accept her decision from last year to ban Powderpuff forever," Courtney said. "We had to try."

"I was so glad Mr. Ross decided to bring back Powderpuff, we all wanted a chance to prove to the community that Valley is just as classy as ever," Kaitlyn Wimmer said.

After weeks of separate practices, senior and junior players prepared to face each other

when the game rolled around.

"We taught them some drills with tackling and catching. We basically told the girls to run the ball a lot because it seemed to work better than passing," Junior Coach Ian McNaughton said.

At 7 p.m. as a constant battle for possession began and lasted throughout the game. However, with an early touchdown in the first quarter, the seniors pulled ahead and managed to keep their lead for the rest of the game.

"The seniors definitely seemed better than the juniors," Caitlin Corbani said after watching the game. "The juniors only seemed to know about two plays."

The scoreboard at the end of the game read 14-0 in favor of the seniors.

"Everybody was talking about the game, it seemed like a fun thing to watch. The game was totally worth my time," Jettie Mingo said.



Senior cheerleaders practice.

all GROWN-UP

Lakers players, Disney characters and more traditions. What the kids on Oct. 20, spirit week is "When I Grow Up" day. Other spirit days included Mickey Day, Disney Day, and Class Color Day. Disney Day (D) had students in costumes while Lakers fans wore in the morning and Class Color Day (C) had students in their class colors. "I decided to be a Disney character because I want to be a Disney character when I grow up," said John. "I decided to be a Disney character because I want to be a Disney character when I grow up," said John. "I decided to be a Disney character because I want to be a Disney character when I grow up," said John.



YOU KNOW IT'S SPIRIT WEEK when...

"Everybody is dressed up however they want and the walls are decorated for homecoming. Oh, and when you see a sponglebush walking down the hallway!" Jack Degroot

"It doesn't matter what you wear, you can be completely out there and it's totally okay. Some people stop being afraid and nobody gets judged for what they look like." Kristen Cobb



inside the BIG TOP

Class parent members from all grades set up shop in their respective halls after school Wednesday, Oct. 17, to compete for the best decorated hallway. Gabriella Hadenberg brought up circus animals, Carlie Gallagher and Lauren Park put up signs, and Christina Chavens showed up balloons. The next morning, judges declared the sophomore's hall as the winner. "I helped create ideas for the hallway and made some of the decorations. I decided to help us could be with all of my friends," Gabriella said, senior team. "We wanted to be unique with the circus theme, so we decided to theme it towards Halloween. By making part of it a haunted circus," Carlie said, senior team. "It was so much fun and I liked getting to meet new people. It was just another great way to get to know the school," Christina said, senior team.

"I'm more than just a 16-year-old girl, I'm aspiring chef!" Katelynn Wolfe



Forced Fashion

Langards trending new IDs are required

Last year students were comfortable with the rule about carrying an ID, but not having to wear it at all times. But this year, an old rule has been reinforced for security reasons. Even though students are upset about having to wear their IDs, they found a creative way to cope with the rule and express themselves. Instead of feeling lamed by simple lanyards, students like senior Selena Pena have turned lanyards into a fashion statement. "I like my lanyard because it's shiny and it goes with everything," Pena said.

Selena Pena, 12



Jose Urzua, 11



Carly Dowell, 12



Holligh Venable, 10



Karla Samlee, 11



Jacob Peterson, 10

Costume Change

Students Speak About New Uniforms

While some students were busy picking out outfits for the first day of school, others involved in cheerleading, marching band and highsteppers were busy firing for new uniforms for football and marching season.

"I don't really like the new uniform because it is really itchy, but I do love the sequins and unique style that it has," junior highstepper Jose Urzua said. "The new uniform is so girly, it's just like me!"

Others had mixed feelings about the changes at first. "When we were ordering the new uniforms, I didn't know if I was going to like them," sophomore cheerleader Holligh Venable said. "But, I think they turned out really cute!"

It also took the marching band a while to get warmed up to the uniform change. "At first they were very uncomfortable, but after awhile I got used to it," junior Karla Samlee said. "In the end, we all looked really nice!"

Other band members thought the new uniforms enhanced their performance. "I like the design and the different and updated look it gives the band during performances, although it can be tight and difficult to move in," sophomore Jacob Peterson said. Despite the mixed reactions, all agree those on the sidelines and field during the half-time performances deserve the updated look.

TURNING HEADS

Aliens Invade Sept. 14

The introduction of an alien spirit day gave people the chance to dress up as their favorite sci-fi characters from movies like *Avatar* and *Star Wars*. Other costumes may not have been alien-like, but they were definitely out of this world. Freshman Sorenne Hooper poses with her alien doll. Previous teachers Matt Pinner and Andrew Bendley show off crazy wigs. Junior Elizabeth Wanless gives an alien greeting. Junior Dean Phillips sports spacey accessories. Sophomore Sydney Anderson made antennae out of a headband and foil. Sophomore Riccia Wright's color coordinated ensemble stood out in the halls.



10

CATCHING the CARDINALS

Freshmen football teams take on MacArthur



To kick off the season at Birdville Stadium, freshmen A and B teams played Irving MacArthur Thursday, Sept. 13 at 5 and 7 p.m. Although the A team came up short 25-51, the B team was victorious with a final score of 14 to 7. "It was not easy but we got the job done as best we could," B team defensive back Elmer Chavarria said. "A team defensive back Londell Bailey tackles a ball carrier from MacArthur. A team corner back Dandre Reed runs to score a touchdown while Andrew Herrera blocks a defense man. A team wide receiver Michael Nickens attempts to block the opponent while Reed makes his way to the 60 yard line. B team running back Paul Kozak pitches the ball to Natee Chandrakasen. Chandrakasen gets leavaght down at midfield. B team defensive back Elmer Chavarria and line backer Zachary Folbert take down MacArthur's running back."



September 9-15

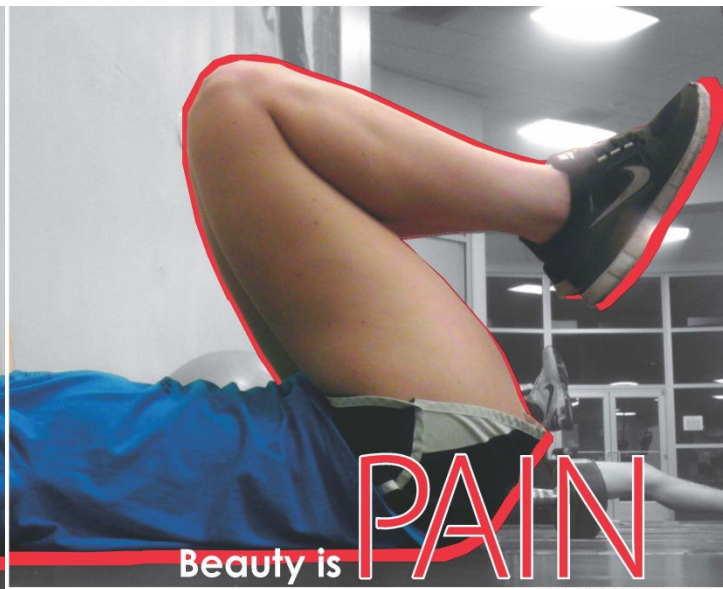
11

BOOK IT!

"I stick to my routine and try my best to make it to the gym four to five times a week. I work every muscle in my body, so I can become a lot stronger."

- Nico Mangos, 12

Crash time: In preparation for her club soccer season, senior Darbi Filliben works her abs at LA Fitness. "I love the feeling I get after a good workout. I feel accomplished and better prepared for soccer," Filliben said. photo by Isabelle Samak



Beauty is PAIN

by Isabelle Samak

More energy, better workout: On her way to the gym, senior Tai Stonebreaker takes Amino Energy. "I like taking a pre-workout, because it gives you the energy you need to jumpstart your workout without having to worry about the post-workout crash," Stonebreaker said. photo by Isabelle Samak

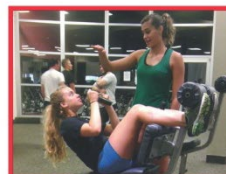


Why we strong: Junior Spencer Lindsay pours milk into a bottle containing whey protein powder. "Whey protein helps my muscles replenish after a hard workout. I drink a protein shake everyday I come home from the gym," Lindsay said. photo by Isabelle Samak



For some students, consuming pre and post workout supplements improves workout quality

BY THE WAY



"I enjoy training with my friends so the motivation and dedication can wear off on me. They give me painful sets but after my workout, I feel incredible."

- Claudia Gabel, 11

Gym craze expands as students push for a healthy lifestyle

There were mall rats: students who shopped till they dropped. But then there were gym rats: students who dedicated themselves to working out. "I go to the gym because I want to stay fit and healthy. My main goals are to get toned and stronger so no one calls me weak any more because of my petite size," senior Melissa Garcia said.

Students realized the importance that working out played in maintaining a healthy body image and fighting off the growing problem of obesity. Some athletes even used the gym to stay in shape for off-season conditioning.

"I'm at LA Fitness two to three times a week to stay in shape for club soccer. The gym is the only way I can get a good amount of weight training and cardio in one workout session," senior Darbi Filliben said. Even though cardio and lifting

weights were traditional workout choices, students explored new ways to make exercise entertaining. They took up yoga, danced in trendy Zumba classes and played basketball to stay in shape.

"Playing basketball at LA Fitness is a more exciting way to do cardio than running on the treadmill. You're still getting exercise and you have fun playing," senior Chris Mitchell said. Working out with a personal trainer or friend was also a motivation in students' workouts.

"[Senior] Kristle Jordan and I work out together all the time. We are constantly trying to push each other to add weight or lift more reps. The motivation helps both of us every time we go," Garcia said.

Joining a gym helped students dedicate themselves to a healthier lifestyle as well as showcasing their discipline to achieve their fitness goals.

gym and weight loss 29

28 features gym and weight loss

BOOK IT!



just keep
PUSHING

The Heat won their season opener over the Hawks Aug. 26, largely thanks to guard Marvin Gundy after an attack and Michael Jax helped defend his team.

"As a linebacker, my job is to make every tackle and fill up any space. Making tackles for the defense means being a part of something bigger than myself, my team and my school," Gundy said, proudly.

"I remind myself as a line player with the ball in my zone. I have to do whatever it takes to get the play off my mind of those can survive. I can get a full sprint and attack with a single blow. Game time," Gundy said, again in a shout.

"Being on the defensive line next hard for me because I'm smaller than a lot of linemen, so I have to be quick and have a good technique," Michael said, again.

—James



when...

"You make sacrifices and give complete dedication that only a few people can achieve. When being a part of the team means the world to you. When football is your life." **Matt Cushman**

"Wing Wednesday is your favorite day of the week; you arrive first at school and you're last to leave and when your season is year-round."

© Ryan Harris

"You're part of a small group of boys that gets the privilege of walking out on the field in front of all of your peers. Not to mention the buffet of food at 'Vars dinners.'"
 —Connor O'Neil



behind the

On the side-lines of every game, players cheered on their teammates and prepared to get back on the field. Hunter Hunter cheered after a successful play and Caleb Trump dropped his mouthpiece while turning back onto the field. "I live about every year of the program and also am coached to cheer for my brothers on the field," Jacob said. "I'm just here. I'm not on the field to get on the field my brother was, watching and I dropped it out of my



■ just another GAME

the intense rivalry between Woodrow and Yalley was based on a game called *Shut Out*, in which the two teams met on Woodrow's football field. The Woodrow team was 24-21, which looked like a decisive victory to those watching from the jungle. But Martin and Lucan Clark looked behind the game and Laramie Clark took down an opponent. "With the whole team of Paradiseville watching, in a football I never played," it was a game I'll never forget. It was the last time I got to play with all of my friends." For now, glory is in the past. "I was sad, not because the whole school was there. It was a pretty fair fight with our old school," Laramie Clark gossiped last week. "But Martin always liked [my] way to beat our opponents and beat it just another time to beat as a team." Commoners said, glory is a myth.

tearin' up the FIELD

DESPITE TOUGH COMPETITION AND AN OVERALL RECORD OF 3-7, THE VARSITY TEAM'S HARDWORK AND PERSISTENCE GENERATE A SEASON OF PASSIONATE SCHOOL-WIDE SUPPORT.

"It's so awesome seeing 'the jungle' at all of our games because all of your friends are cheering for you and experience the game with you. It makes me want to play that much better because I want to give them something to watch." // **Greg Regan**

"My favorite part of being the coach is seeing the players succeed. When everyone is having success on the field it makes all the work worth it." // **Head Coach Danny McGrath**

"I'm a competitive person so I strive to be better than I was last year. I don't want to leave something knowing I didn't work my butt off for it." /// **Brandon McGurk**

"I enjoy kicking because of the pressure. All eyes are on you and that gives me a good adrenaline rush knowing that everyone is watching." /// Cody Locklear

"All those times with the athletes are special moments, plays, practices, games, busrides. As the season goes on you build a bond and relationship with the boys that will last forever." // **Coach Kenyamo McFarlane**

"Honestly, the name on our jerseys is the only one that matters in any game. We play for each other." // **Bryan Boeing**



Mail Fraught, Cuts, Freebies

HOW DO WE MAKE Packages



- Packaging allows the designer to try out different modules in the same design and choose which ones work the best.

Because the packages are all pre-designed to pre-determined sizes, this plug-in-and-play method allows for quick, easy changes.

Packaging also lets designers use the same basic design for several spreads in a book. If the modules are switched up, readers will not get bored with the design.



Quote Package Fact Package

help wanted

A MINI GUIDE TO FINISHES

● **FLAT:** Because it doesn't reflect light, flat paint is great at hiding small cracks and imperfections on the wall. But it doesn't wash very well, so use it in low-traffic areas such as bedrooms, dining rooms, and lofts.

● **EGGSHELL (A.K.A. SATIN):** The slight sheen makes this finish easy to clean with warm water, mild dish soap, and a soft cloth, says Jackie Jordan, director of color marketing at Sherwin-Williams. It's ideal for busy areas like family rooms, hallways, and mudrooms.

● **SEMI-GLOSS:** A little bit shiny, semigloss is great for window casings, crown molding, baseboards, and doors. It's incredibly easy to wash, so fingerprints were right off.

● **HIGH-GLOSS:** With its bright, lacquerlike finish, high-gloss becomes every fan in the wall. "You need to do a lot of prep work for this paint," Jordan says. "It probably requires a contractor to skim coat the wall first so it's as perfectly smooth before you paint."

USE PRIMER WHEN...

- You're painting a surface that's never been painted before, like drywall or saw wood, says Kimberly Lacy, a project manager on *Curb Appeal*.
- You're painting a wall with greasy spots, such as errant crayon swipes. If the rest of the wall's clean, you can prime over just the offending areas.
- You're painting a light color over a dark one. You'll save time and paint.
- You're using a supersaturated color, like cherry red. "At the paint store, ask to have the primer tinted close to the paint color to avoid doing lots of coats," says Lacy.

NO PRIMER NEEDED WHEN...

- You're painting a clean, white wall.
- You're painting a dark color over a very light color.

DID YOU KNOW...

ONE GALLON OF PAINT covers about 350 square feet. Not only how much, but also the color you're painting, translates to your space? Download the Paint Calculator app (free, for iPhone and Android) for help figuring out how many cans you should buy.

EVEN IF YOU JUST CAME FROM THE PAINT STORE, you should still shake the can before you open it. Press one hand against its lid and the other against its bottom. Then rock the can up and down, and side to side. Open it, then stir with the wooden stick.

PAINT CONDITIONER (about \$10 at hardware stores) can be added to latex paint, whether it's budget or high-end. The conditioner slows down drying time—which may sound like a bad idea—but it results in fewer visible brushstrokes and a smoother finish.

HOW TO SAMPLE SWATCHES

"It's easy to drive yourself crazy picking a color," says Sabrina Soto, host of *The High Low Project*. "The known people to have squares put on the wall for more than a year." To avoid color paralysis, test no more than five finalists in a room. Soto suggests getting the large swatches (at least 9" x 12") sold by some paint companies. You can also make your own with sample-size paints and large pieces of white cardboard, suggests Jackie Jordan of Sherwin-Williams. Move the swatches around the room, from wall to wall, and note how the colors look at different times of the day before choosing the winner.

color decoder

HGTV's Color Guide app features more than 150 rooms organized by hue, plus tips on how to recreate the vibrant looks. Free for iPad and iPhone.

the right tool for the job

for filling in cracks on trim, or for touch-ups.	for painting narrow trim, like window sashes or chair rails.	for cutting in along trim and ceilings.	for narrow paths, like between two window frames.	for covering drywall and smooth plaster walls.	for brick, highly textured plaster, or cedar block.
1" SPONGE BRUSH	1" ANGLED BRUSH	2 1/2" ANGLED BRUSH	MINI SPONGE ROLLER	1/4" NAP ROLLER	1"-1 1/2" NAP ROLLER

superquick cheat sheet

PAINT A ROOM IN THIS ORDER

- 1 Ceiling
- 2 Molding, trim, and baseboards
- 3 Cut in around trim (see page 32)
- 4 Walls
- 5 Second coat on walls
- 6 Order pizza
- 7 Clean up
- 8 Eat pizza

Wear disposable latex gloves. When you want a break, hold your hand up, and place the brush bristles in your palm. Peel the glove off over the brush and it will stay soft for at least two hours."

—Kimberly Lacy, *Curb Appeal*

30 hgtv magazine

How To Package

List Package

Ready. Set.
BOOK IT!

Always Remember, you are **replacing** a **photo box** area

30
October 14-20

"Being outside and taking in nature was my favorite part about the outdoor field trip." Michael Padgett senior.

that's
ANOTHER
STORY

samantha adams
I decided to take AP Environmental Science. I was excited to learn more about "green issues" and just being environmentally friendly. This year, going on a backpacker field trip was such a fun.

christian kromm
I like Environmental Science because we get to go on a lot of field trips. My favorite part of the class is the field trip. We went to the Blue Ridge Center for environmental studies in college. It was so fun to see the professional field workers.

delaney crosby
I wanted to take AP Environmental Science because I was interested in the topic. I also enjoyed learning about environmental studies in college. It was so fun to see the professional field workers.

OVER THE RIVER AND THROUGH THE WOODS:
ENVIRONMENTAL SCIENCE STUDENTS EXPLORE THE OUTDOORS.

On the morning of Oct. 16, students from Mr. Laird Johnson's and the Liam McGoniglan's Environmental Science classes gathered in the lobby at 8:45 a.m., loaded the buses and rode to the Blue Ridge Center for environmental stewardship located in Puercoville, for an outdoor field trip.

Founded as a project of the Robert and Dee Leggett Foundation, the Blue Ridge Center became an independent non-profit organization in 2004. The Blue Ridge Center welcomed the public to explore roughly 900 acres that the center managed and preserved. The center also boasted 10 miles of hiking trails, multiple campgrounds, an education center, an organic farm and educational events, such as festivals and group hikes.

As a stop along the Virginia Bird & Wildlife Trail, the Blue Ridge Center gave environmental students an opportunity to hike some trails and meet with professional bird watchers. "The most interesting aspect of the field trip was getting to meet the 'Master Birders' and seeing birds I never knew existed," Shannon Kelly said.

"My favorite part of the field trip was the place. It was a beautiful

place to go hiking," Andre Drenge said.

The center also provided a place for environmental students to apply the information and skills they learn in class to the outside world.

"So far we've learned about the four factors that sustain life, the many cycles, some local plants, biomes and ecosystems and local birds. Learning about local birds and being able to identify them has been the most enjoyable," Anthony DelVecchio said.

Along with outdoor field trips, Mr. McGoniglan's and Mr. Johnson's environmental classes inspired students to show a greater interest in environmental studies.

"I'm looking forward to learning how to be more aware of my surroundings and how to help the environment. I also can't wait to go on more field trips throughout the year and to learn more about the ecosystem," Samantha Adams said.

"In AP Environmental, you learn a lot about the impact that you as a human being have on the environment. It really makes me think about the things that I do and if they harm the environment or not," Matt Johns said.

TREES
beneath the

do the MATH

Math isn't hard, Delaney McGoniglan explains. Gladly off for a visit in the Blue Ridge Center and probably class, learning more the students took a break from the classroom to the outdoors. The class spent time in the outdoors, learning about the environment and the outdoors. The class spent time in the outdoors, learning about the environment and the outdoors. The class spent time in the outdoors, learning about the environment and the outdoors.

A CLOSER LOOK

AP Environmental Science students took a closer look at the outdoors during their field trip. The students were able to see the outdoors in a new way. The students were able to see the outdoors in a new way. The students were able to see the outdoors in a new way.

teacher TEACHER

As a teacher, I know that the outdoors is a great place to learn. The outdoors is a great place to learn. The outdoors is a great place to learn. The outdoors is a great place to learn. The outdoors is a great place to learn.

"My favorite part of being at the elementary school was getting to know the kids and seeing the outdoors in a new way. I could tell that they were having fun with the outdoors. I could tell that they were having fun with the outdoors. I could tell that they were having fun with the outdoors."

Use all Design Rules

parading around



SENIORS

As they toss candy, Emily Rodriguez and Priscilla Perez recognize familiar faces in the crowd. "It was really exciting to see the CDL kids there," Perez said. "Still to this day they remind me of when I gave them candy." *photo by Karina Soares*



we are the sophomores

Though they enjoyed the parade, Danielle Zaragoza and Elizabeth Silva had some difficulties. "Our tails kept getting in the way," Zaragoza said. "We always had to catch up with the float." *photo by Briana Sanchez*



hey there, freshman

Smiling widely, Millie Smith chants with her fellow council members as she marches beside their float. "The parade was really fun," Smith said. "I'm excited to do it next year." *photo by Karina Soares*

class council

117

Create a headline

Copy area to the outside of the module

Photos to the inside of the module. In this case, the group also acts as a dominate element

Ready. Set.
BOOK IT!

INSPIRATION FROM PINTEREST



Staff Created Package



SEASONS GREETINGS

Varsity marches to the state playoffs by going 27-3 in the regular season

Quotes from football players about the season. Quotes need to be about playoffs, and moments that got them to the regional rounds of the state Championships. Quotes from football players about the season. Quotes need to be about playoffs, and mo-

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"I just thought that I didn't preform at my best. I'm not sure why I made the face."

-First Last

Quotes will go here. They are eight points and must include a quote. They need to have a teacher or one of two words

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Ready. Set.



BOOK IT!

Tiger varsity players
reflect on their
successful season.

Lane Meyer, 12

WE EAT NATION



"Most of the team has been playing football together since the 8th grade. We know each others' strengths and weaknesses. I think it gets to all of us that we are not going to play football together anymore." Calum Rodriguez, 12



"The better the decorations are in the locker room, the better we play since they help get everyone in game mode. The reason we do so good is because we are a great team. My 2013 class has been playing together since 8th grade and this is our last time, so we are going out as a family." George Baltimore, 12



"I pump myself up for the big games with music from my iPod, and most of the team does the same. I think it makes a huge difference because football is 70 percent mental. Your mind has got to be completely focused on the game or you won't do well."

Tommy Cleaves, 11



"During the season, the team overcame a lot. We proved a lot of people wrong, and the best feeling is to do better than people had expected. I love that the team did so well. Everyone stuck together and we never lost faith." Lane Meyer, 12

One for All



"Coming out of the Tiger head gets me focused. You get a feel of the crowd and it makes you get in the mind set of football. Everyone is excited; it gets the whole team on the same page." Jacob Tice, 11



"The atmosphere at the games is competitive. The team played our hearts out every play. The crowd is the best part of football because they give us the push that gets us the touchdowns we desperately need."

Kelandre Reed, 12



PHOTO BY CHRIS ANDERSON



PHOTO BY FRANK GARDINER



PHOTO BY FRANK GARDINER

TEAM A BELIEVER

Hayden Florence, 12, and his fellow teammates focused on the game and staying hydrated for their next turn to play.

ONE USE

"It's exciting to come out of the Tiger head with high adrenaline; to see the lights and all of the people in the stands." Zach Crabtree, 12

LOOKING BACK ON THE SEASON

"This season was amazing, even though we didn't go as far as planned, we were still happy with the wins we got." Lance Evans, 12

TEAMUP COOPERATION

Julius Lewis, 10, celebrates on the field after an exciting play. "I love football season because I get to work with my teammates to strive and win each game. Working with my teammates helps build my character and establish communication," Lewis said.



YETTER TOUCHDOWN

JT Ilie, 11, celebrates with his teammate, Desmond Halton, 12, after scoring a touchdown. "It felt spectacular to score for my team on the defensive side," Ilie said.

TO PROUD THREE WORK

Nick Hall, 11, discusses football plays with the rest of the team. "The team is my family, the sport is my passion, and to succeed takes work. The team prays together before every game because football is not just a sport, it helps you become a better man," Hall said.



PHOTO BY FRANK GARDINER



"My teammates and I wanted to go out with a bang. It's a challenge senior year, because you have to achieve all your goals before the season is over."

—RYAN LEROY

Find Inspiration

WELL EQUIPPED

win it!
Pour a glass, sit back and relax. One winner will receive a 40-inch LCD HDTV, an *Eat, Pray, Love* DVD and a DVD prize package courtesy of Sony Pictures Home Entertainment, valued at \$1,250. Enter to win at rachaelraymag.com/giveaway. See page 164 for rules.

1 the occasional inebriator
2 the style maven
3 the gadget lover
4 the minimalist
5 the old-fashioned entertainer

Wine Openers

No more yanking (or spilling)! Uncork your bottle like a pro with one of these top bar tools.

By NICOLE CHERIE JONES | RECIPE BY VIVIAN JAO | PHOTOGRAPHY BY LUCAS ZAREBINSKI

▼10 PEDRINI WINE & BAR 8-INCH CORKSCREW \$18 amazon.com
UPSIDE Inexpensive, sharp spiral for easier piercing; double wing levers for good leverage; nontoxic coating; dishwasher-safe.
DOWNSIDE Bulky; no foil cutter; requires moderate arm strength to operate; cork can be difficult to remove from spiral.

▼20 CORK POPS FASHION ANIMAL DOUBLE-LEVER CORKSCREW \$20 corkpops.com
UPSIDE Compact and portable; available in eight animal prints; adjustable, light-gripping, double-jointed arm for good leverage.
DOWNSIDE Takes practice and significant arm strength to operate; pulled-knob style foil cutter requires more skill and effort to use than manual cutters.

▼30 OSTER ELECTRIC WINE OPENER \$20 oster.com
UPSIDE Inexpensive for an electric opener; soft-grip handle; zero-effort cork removal; extra-long spiral removes even the longest corks.
DOWNSIDE Loud; heavier and much larger than manual openers; requires battery recharging.

▼40 SCREWPUZZLE BY LE CREUSET CLASSIC TABLE MODEL CORKSCREW \$28 lecreuset.com
UPSIDE Very light and compact; extra-long spiral removes even the longest corks; simple and sleek all-black design.
DOWNSIDE Somewhat flimsy plastic construction; no foil cutter; requires moderate arm strength to operate.

▼50 DONOUR LEVER WINE OPENER \$35 donourproducts.com
UPSIDE Sturdy and durable stainless steel construction; removes corks very quickly with minimal effort; includes one replacement spiral.
DOWNSIDE Expensive; bulky; heavy.

TURN FOR THE RECIPE

EVERY DAY WITH RACHAEL RAY 79

personality profiles

Robert Rodriguez
Columbar of the Year

Mary Lee
Changing the world

Daily Moore
Champion dancer

Mary Stewart
Pays in the band

Vicki Wake
Community servant

Sue Schneider
Teaches kids to dance

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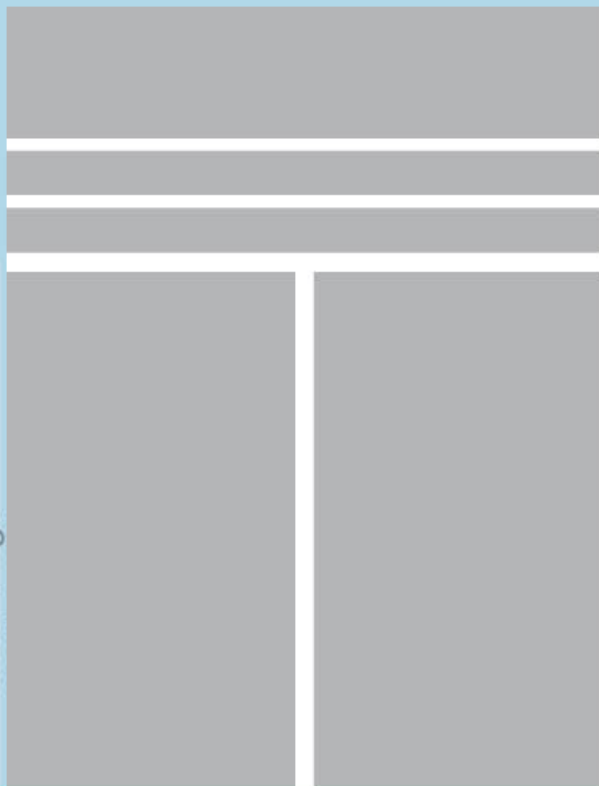
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personality profiles

Robert Rodriguez
"Member of the Year"

May Lee
"Changing the world"

Sally Weiss
"Teacher's helper"

Ray Stewart
"Pride in the band"

Michael Niles
"Community service"

Sam Schindler
"Teacher's pet"

Name	Grade	Personality Profile
Robert Rodriguez	Grade 10	Member of the Year
May Lee	Grade 11	Changing the world
Sally Weiss	Grade 9	Teacher's helper
Ray Stewart	Grade 12	Pride in the band
Michael Niles	Grade 10	Community service
Sam Schindler	Grade 11	Teacher's pet



Find Inspiration

supermarket 101 shop better, save more

buy it now Grapefruit

BY KATIE BARREIRA

select & store

- Choose a fruit that is heavy for its size.
- Look for taut, springy skin with fine pores.
- Refrigerate in the crisper for up to 2 weeks.
- Avoid skin that has soft spots or is rough and withered.
- Best January through March.

use it...

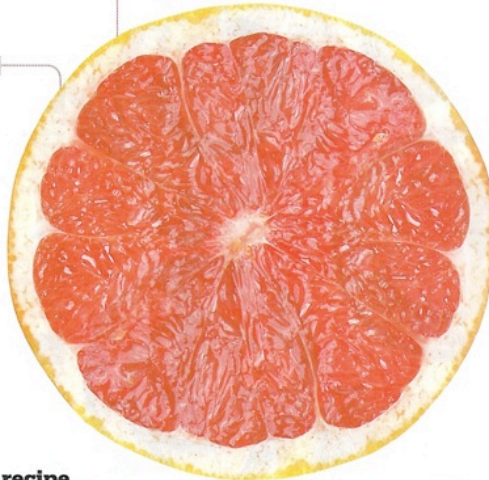
...**In a crab roll** Combine chopped grapefruit and avocado, shaved fennel, crabmeat and mayonnaise; serve on toasted hot dog buns.

...**In a ceviche** Marinate raw scallops and chopped chiles in grapefruit juice until the scallops are opaque, 1 hour; top with grapefruit segments.

...**In a sauce** Saute grapefruit segments and juice with shallots until reduced; remove from the heat and stir in cold cubes of butter; serve over a whitefish like tilapia.

...**In a dressing** Whisk together grapefruit juice, honey mustard, olive oil and chopped tarragon; then toss with winter greens like escarole and radicchio.

...**As a sweet treat** Substitute grapefruit juice and peel for lemon in your favorite custard or meringue pie.



*try this recipe

Pulled Pork Sandwiches with Grapefruit-Avocado Salsa SERVES 4

Preheat the oven to 325°. In a large dutch oven, heat 2 tablespoons vegetable oil over medium-high heat. Season a 5-pound pork shoulder roast with salt and pepper and cook until browned on all sides, about 8 minutes. Add 4 crushed garlic cloves and cook for 30 seconds. Stir in 1 cup each grapefruit juice and water and 1 tablespoon grated grapefruit peel; cover and transfer to the oven. Cook until fork-tender, about 2½ hours, then shred. In a medium bowl, combine the segments of 2 grapefruits and their juice, 2 cups chopped red onion, 1 chopped avocado, ¼ cup chopped cilantro and 1 seeded and finely chopped habanero chile; season with salt. Divide the pork and salsa among 8 hamburger buns.



Find 50 of our favorite winter-fruit-inspired recipes at rachaelraymag.com/february.

rachaelraymag.com

EVERY DAY WITH RACHAEL RAY 49

A celebration of Diversity

Headline

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A celebration of



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Diversity

Headline

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A celebration of



Diversity

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Packages can contain a number of different types of information, including...

- Lists
- Quizzes
- Top 10 lists
- Charts
- Quote boxes
- Q & A
- Infographics
- Fun facts
- Timelines
- Calendars
- First-person narratives
- Small photo essays

These can be saved as templates and plugged into a spread as needed. The design work is done beforehand; all that is needed are specific pictures and appropriate copy.



YOUR TURN

