

the **Warrior**

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THE TWEET EFFECT

 **Alex Nnabue**
@alexnnabue

Following Donald J. Trump's controversial victory in the 2016 Presidential Race, experts have begun to consider what effects social media had on the election's turnout.

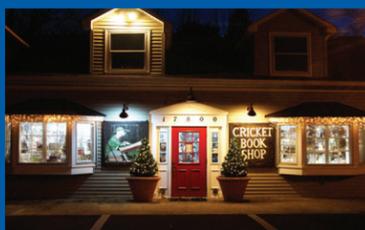
11/8/16, 11:57 PM from Washington, DC

20 RETWEETS 17 LIKES

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Designed by Nicole Reich '17 and Zachary Weisenthal '19

What's Inside



Local Gems

The incredible places you probably haven't heard of.

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Teen Drug Use

Teens face new dangers as attitudes shift.

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Wikileaks

Examining the pros and cons of the controversial site.

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New Formatives Bring Concerns

by Danielle Katz '18

Semester exams were eliminated beginning this school year, and MCPS staff and students were not shy to voice their opinions on the new Required Quarterly Assessments (RQAs).

From views on how it does not prepare students for college to support in enforcing better work through the semester, MCPS had no scarcity of opinions on this change. Exams used to count for 25 percent of semester grades. The new quarterly assessments count for 10 percent of the quarter grade, and the quarter grades calculate into a final semester grade. For a full chart on how the cumulative grade is determined, visit the MCPS website at <http://www.montgomeryschoolsmd.org/info/assessment-strategy/faq.aspx>.

Some teachers, like English teacher Lynnette Evans, appreciate the hard work the new grading system encourages. "I do like that the exam is embedded within the quarter grade. Before the RQA, some students would 'cheat' the system by doing nothing for two marking periods and then passing with a C on the exam [after failing both quarters]. The emphasis on the course work, and the RQA serving as a cumulative task makes sense instructionally and performance-wise to me. Though, I will miss the week-long exam period because I used that time to grade and plan," said Evans.

Unlike semester exams, the county did not provide reviews for students before they took the RQAs in the first quarter. According to MCPS Director of Secondary Curriculum Scott Murphy, these exams were not meant to be studied for, as noted from a curriculum update, and MCPS

see **FORMATIVES**, pg. 4

PTSA Meets on Mental Health

by Leah Peloff '18

For many decades, it has been evident that teenagers struggle with mental health. There are societal expectations that many teens feel they must conform to in order to be well-liked. Those who do not fit this mold may feel singled-out, alone, or depressed, leading to the devastatingly common spiral into eating disorders, cutting, and suicide.

This trend led the Sherwood PTSA to host a meeting on November 15 addressing teen depression. Each year, the PTSA talks about this topic at this particular time of the year because the holidays can be one of the hardest times for those struggling with depression. Everyone seems so cheerful and happy, so when one does not have this same joy, they feel even more ostracized and alone.

This year, Athletic director Kathy Green suggested speaker Jamie Popernack, who works at the Mental Health Association of Montgomery County, to come speak to parents in attendance about how to tell if their child needs help, and then how to aid them from there.

Her presentation started by giving scenarios that could prove as red flags. "Anyone can be at risk of suicide when they feel hopeless and overwhelmed," said Popernack. "These feelings are sometimes demonstrated through giving away prized possessions, neglecting personal appearance, engaging in risky behavior, acting out/aggression, withdrawing from family and friends, and more."

If a student is showing any of these signs, what should one do? Popernack elaborated how all threats of suicide should be taken seriously, and help should be sought out/provided immediately. She stressed that hotlines are a great place for teens to confide in because an expert is al-



Leah Peloff '18

Guest speaker Jamie Popernack speaks on suicide prevention at a recent PTSA meeting.

ways there to talk with no strings attached. They also have text hotlines where one doesn't even have to talk to the person on the phone; they can instead communicate in whatever way feels most comfortable to them.

Despite this timelessly important issue, only about 15 to 20 people showed up to the meeting. "The attendance was typical, and in line with the turnout when this topic was addressed last year. Every PTSA I have been involved with has this issue. In my opinion, people are simply busy, and 7 p.m. is family time. If we tried earlier, parents are working, and later is too late," explained Randall McGill, the president of the PTSA. To compensate for this, McGill is working on an email bulletin named "On Point," which will serve to communicate the goals of the PTSA and its guest speakers to members unable to attend.

With the help of the PTSA and leaders like Popernack, people can now easily educate themselves on teen mental health, suicide, and depression.

news brief

current events

Start Time Debate Settled

by Mallory Carlson '19

After much deliberation, the Montgomery County School Board came to a final decision regarding the executive order issued by Governor Hogan in August: MCPS will comply with the order and school will start after Labor Day in 2017.

The board reached this decision on Tuesday, November 15, at a meeting. It had at one point been agreed upon that Montgomery County would attempt to obtain a waiver so school could begin at the end of August as has been the norm in previous years, but Hogan amended his order shortly after this vote, adding constraints that made it nearly impossible for most school districts to procure a waiver.

As a result, MCPS' next academic year will start on September 5, and end by June 15. Although details about the calendar, such as spring break, professional days, and the like have not yet been discussed by the board, it is expected that at the next meeting in December, those pieces of information will be sorted out. A vote on a final calendar will occur in December as well.

MCPS Struggles with Overcrowding

by Jonathan Chang '17

This school year, MCPS has enrolled a record number of more than 159,000 students, which lines up with the county's forecast. However, fears remain regarding schools' capacities to house the growing number of students coming into the county.

MCPS has been struggling to handle school overcrowding as projections from the 2016 MCPS Student Enrollment and Facilities report show that by 2021, at least 19 high schools will lack seats for students. Blair, Clarksburg, Einstein, Walter Johnson and Northwood were projected to have deficits exceeding 400 seats. The report also highlighted how the average annual enrollment increase of MCPS over the past eight years was 2,550 students, yet the average annual increase in seats for the county overall was 1,874 in the same period.

In October of this year, Superintendent Jack Smith recommended the creation of a group to discuss, study and propose solutions to the overcrowding problem. The difficulties of overcrowding come at a time when MCPS is focusing its attention on reducing class sizes. It has allocated \$37.9 million to create new teaching positions in order to both handle the influx of students and reduce class sizes.

New Digital Citizenship Program Launched

by Danielle Tobb '17

MCPS announced on October 19 that all middle schools in the county have officially started to incorporate digital citizenship education into the curriculum, which provides the guidelines for using responsible behavior when using technology. By 2018, MCPS plans to expand the program to students in all grade levels.

With the increasing use of technology at school and home, teaching students how to stay safe online has become a topic of discussion in the county. The program includes four hours of instruction per year, and is offered as part of a partnership with Common Sense Education and a grant from the Delaney Family Fund.

Through videos on topics such as cyberbullying, Internet safety, and privacy, Common Sense Education provides a new way for students to learn about the issues they may encounter online.

"We want to ensure that our students understand how to use technology in a responsible and respectful manner and are smart about how they engage online," said MCPS Superintendent Jack Smith in a press release. "We look forward to working with Common Sense Education to equip our teachers, students, and families with the resources they need to make informed choices when using technology and social media."

Did Social Media Rig the Presidential Election?

by Alex Nnabue '17

Harambe, the gorilla who was shot by a zoo official, earned over 11,000 of the popular vote for U.S. president. Denzel Washington and the Pope endorsed Donald Trump. The top result on a Google search for "final election count" declared that Trump led in the popular vote. There is only one problem with these stories: all of them are hoaxes that trended on social media and websites.

With the rise of social media in political discourse, there has been a significant increase in articles published by websites that specialize in producing fictional news. Following the presidential campaign, the role of social media is being increasingly scrutinized.

Critics have contended that a Facebook timeline conforms to one's political views based on their activity, creating an echo-chamber that allows misinformation similar to one's beliefs to appear. The current algorithm used by Facebook does not use human editors, and will accept any trending topic if it is linked to at least three recent articles or an article with five related posts, regardless of reliability.

Experts claim numerous inaccurate and politically bi-

ased news articles that surfed the web through "echo-chambers" potentially swayed the election outcome in Trump's favor. In response to the criticism, Facebook, Twitter, and Google made public statements with the intent to prevent the widespread use of unreliable news sources.

Facebook CEO Mark Zuckerberg initially refuted the argument that the growing popularity of false articles on his site contributed to Trump's win. Zuckerberg's Facebook post on November 12 contended that "of all the content on Facebook, more than 99% of what people see is authentic," while he believes the company helped "more than 2 million people register to vote" as they were better informed and connected to politics.

Facebook is not the only company responding to criticism for its practices. Google's AdSense allows website publishers to place ads on their websites for revenue when people engage with them. Google informed the Wall Street Journal that it will prevent the appearance of ads "on pages that misrepresent, misstate, or conceal information about the publisher, the publisher's content, or the primary purpose." The same day, Facebook faced more bad publicity and was pressured into following Google's action by

restricting fake news sites from using its Facebook Audience Network.

Paul Horner, who specializes in spreading false and pro-Trump stories, is unsure whether he assisted in Trump's victory. However, one of his hoaxes even earned a repost from Trump's campaign manager. In a Washington Post interview he claimed that Americans "don't fact-check anything—they'll post everything, believe anything."

Beyond the persuasiveness of fake news, there is concern that the use of social media has created a more divisive political environment. According to the Pew Research Center, 64 percent of U.S. adults use Facebook, and nearly half use it as their news source. Twitter projected over 1 billion tweets were sent pertaining to the election. Social media encourages the sharing of opinions, which has resulted in Twitter arguments and biased posts on timelines as people mute their peers for having opposing beliefs. Twitter recently expanded their mute control to enable users to censor keywords, phrases, and conversations from their news feed. The move aims to prevent the "trend of people taking advantage of that openness and using Twitter to be abusive to others," according to a company statement.

Young Republicans and Democrats Work in Pursuit of Common Ground

by Lexi Paidas '17

It is no secret that the amount of political discussion waxes and wanes in accordance with the presidential election years. Sherwood's Young Democrats and Young Republicans clubs are no strangers to political topics, and have been discussing the presidential election as well as debating topics of political, economic and social interest.

Both the Young Democrats and Young Republicans are a part of larger organizations by the same name. Both clubs meet once a week to discuss current issues, plan debates, and listen to the occasional guest speaker, such as State Senator Craig Zucker who spoke last December.

The Young Republicans are sponsored by social studies teacher Daniel Soso, and led by President Mike Ricciardella, a senior. The Young Democrats are sponsored by social studies teacher Lori Roth and directed by President Dylan Richter, a senior. Members from each club often attend the other's meetings in order to offer a different viewpoint on topics and to learn more about the other groups' policies.

In light of the recent election, a range of discussions during each club's meetings examined Trump's victory and Clinton's defeat. While members from both sides were surprised by the results, both clubs have ultimately accepted the results



Young Democrat Madeline Daugherty '17 (left) and Young Republican Stephanie Levin '18 (right) discuss current events and politics at lunch.

of the election. Both clubs see no problem with the peaceful protests, as protestors are protected by freedom of speech. However, both clubs agree that the country needs to move toward unification.

"Because we are the future of this country, I think it is important for our generation to be involved in shaping the direction our country will go over the course of the next century. We are at such a crossroads for many key issues," said senior Olivia Henderson, an officer of the Young Democrats.

In late October, the Young Republicans and Young Democrats faced off in a debate concerning the world's hotly debated topics. Sherwood's debate coach, Ann Gallahan, worked with the

clubs to help them with the logistics and formatting of the debate. Senior Chris Sung and Ricciardella debated for the Young Republicans, and senior Madeline Daugherty and Richter spoke for the Young Democrats. Each pair researched and formulated opinions on various topics, but neither side knew exactly what questions they would be asked.

"We try to look at every angle that they can hit us at and we come to a consensus on what we are going to say if an issue comes up. We have to always imagine what we'll be asked," said Ricciardella. The clubs are trying to gain support from students and the school so that they can hold another debate later this year.

Brookeville Home's 'Winter Wonderland' Closes to Public

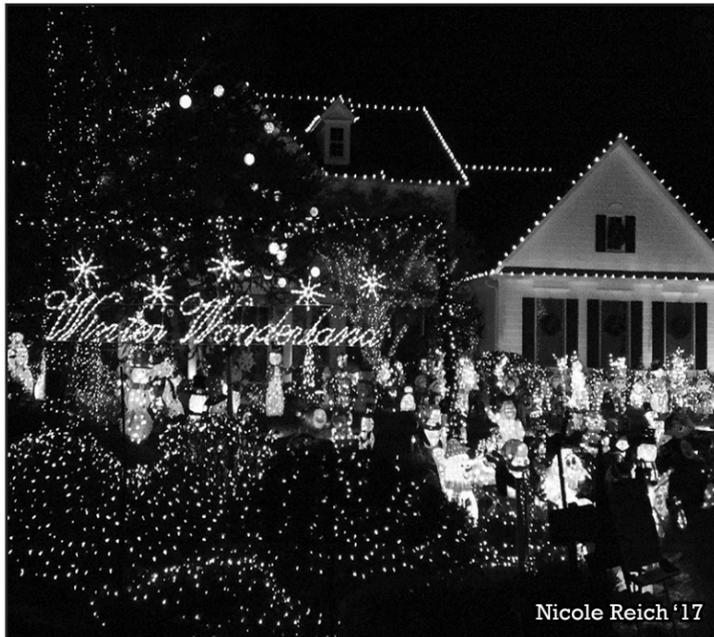
by Amanda Allen '17

During the holidays many people look to visit places that offer extravagant displays to help get into the Christmas spirit. In recent years, one of these popular local displays has been a house in Brookeville.

Beginning each October, Chrysa Thear and her team of landscapers and friends would decorate her "Winter Wonderland." The display includes over 250,000 LED lights that illuminate more than 75 snowmen, penguins, polar bears, in addition to candyland and breast cancer displays. Last year, Thear included visits from Santa.

The elaborate display, however, has become a source of friction in the neighborhood, and some neighbors demanded that the Home Owner's Association take action against Thear. As a result, Thear announced on the Olney Brookeville Exchange, "It is with deep sadness and a heavy heart that I am announcing that the walking display and home tour of the Winter Wonderland display at my home on Lubar Way in Brookeville, MD will no longer be open to the general public."

After this past year, "several of the neighbors hired a lawyer and threatened to sue the board of directors [of the Home Owner's Association] and myself if the display was not shut down," said Thear. "The board was wonderful and tried to negotiate a compromise, but these neighbors were unwilling to listen to any form of compromise." Thear announced on the Olney Brookeville Exchange over Thanksgiving break that although she plans to dec-



Nicole Reich '17

Thear's display is set up but not open for the public to walk through.

orate some of her home for her own happiness, she is shutting it down to the public.

Some neighbors support this display, but others believe its negatives outweigh the positives. While there is disagreement about how many oppose Thear's Winter Wonderland, a group of community members provided The Warrior a consensus view of their reasons for why they want the closure of the display. "Our number one concern is neighborhood security. Our streets on Lubar Way and Luber Court, poorly lit and with no sidewalks, simply cannot accommodate the volume of cars, parking requirements and foot traffic the display attracts over the holiday period."

Thear said she tried to address the neighbors' concerns by making sure the lights shut off at a reasonable time, and only opened the display Thursday-Friday before the holiday school break

started. "I blocked off parking on the portion of the street in front of the neighbors' homes with signs and stakes. The only parking was for handicapped. Parking was kept to the top of the hill by common area, and I hired parking attendants from Our House [skills training program] to keep traffic at the top of the hill," said Thear.

With the display closed, Thear will no longer be able to contribute to the charities that she has in the past. According to Thear, she collected nearly 2,000 pounds of food the past two years for the Manna Food Center as well as close to \$5,000 in donations. An additional \$2,800 was raised for Nina Hyde Center for Breast Cancer Research. Even with her display coming to an end, Thear remains spirited and hopes the community will find their own ways to spread holiday spirit this year.

Impact of Trump Presidency On Public Education Unclear

by Josh Averbach '18

As president-elect, some of Donald Trump's most attention-grabbing ideas have included his hardline immigration and trade policies. What have gathered less attention, however, are his education policies. Indeed, Trump could change American education in several significant ways. It should be noted that any predictions about Trump's policy will be highly speculative, given the often vague nature of Trump's campaign rhetoric.

Throughout his campaign, Trump frequently noted his support for "school choice." This refers to giving students, particularly in poor inner-city areas, choices between a variety of educational options. This could mean an uptick in charter schools (publicly funded but privately operated schools), magnet programs, and school vouchers (publicly issued scholarships for students to attend private schools). In fact, Trump has proposed to allocate \$20 billion of federal funding towards this initiative. Trump confirmed his administration's affinity for school choice by appointing Betsy DeVos, an outspoken supporter of school choice, as education secretary.

Many high school students soon to attend college and college graduates find themselves asking how a Trump presidency will affect college tuition and student loans. The president-elect has put forth a few concrete policy proposals, some of which do not conform to his party's typical conservative values. In October, Trump unveiled an income-based repayment system. Under this system, a graduate could not be forced to pay more than 12.5 percent of

their income per month to repay student debt. According to USA Today, for instance, a graduate with a monthly income of \$2,000 would pay a maximum of \$250 a month. Trump has also proposed to forgive all student debt after 15 years. This debt forgiveness plan, in particular, may draw criticism from conservatives, who tend to denounce this type of government-issued financial assistance.

Under President Obama, the Department of Education took a number of steps to combat sexual assault on college campuses. Proponents of these actions label them as beneficial to victims, while critics argue that they have eroded the rights of the accused. Trump has spoken relatively little about this issue. However, it can be inferred that he would set policies based on ideas from the Republican Party's platform, which criticizes schools for investigating reports of sexual assault, and calls for these accusations to be dealt with in court rather than extrajudicially.

While Trump has some power in creating America's education policies, the president has little say in what actually gets taught in the classroom. Trump has stated his intentions of eliminating Common Core, a set of educational standards that 42 states, including Maryland, have adopted. DeVos is also a vocal critic of Common Core. Despite this rhetoric, it is unlikely that the new president will have the power to undo this, because these standards were agreed upon by states, and made a law by the Federal Government. Trump also states that he would like to inject patriotism into public education by emphasizing American exceptionalism.

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As Students Protested, MCPS Struggled To Balance Rights and Safety

by Jonathan Chang '17

Students in MCPS, angered by the results of a contentious presidential election, protested and engaged in walkouts in mid-November. MCPS Superintendent Jack Smith initially affirmed students' rights to assemble and speak, but after a student was assaulted at a protest at Richard Montgomery on November 16, Smith reversed his statement and asked students to not protest and to stay in school. Similarly, attempts were made at Sherwood to dissuade students from protesting without the principal's prior approval.

Protests began at Blair with over 500 students walking out of class and off campus on November 14; many students livestreamed the event. Later in the same week, schools such as Richard Montgomery, Blake, Paint Branch, Springbrook, Gaithersburg, and Sherwood followed suit. MCPS policy allows students to assemble, but also states that they have a responsibility to consult the principal when planning any assembly.

After the assault of a student at Richard Montgomery, Smith released a new statement against the protests in a video that all MCPS schools were required to

show students on November 17. Citing safety concerns, Smith asked all students to not engage in protests. "If students do not comply with these expectations they may be subjected to ... disciplinary actions," said Smith.

Smith's message was broadcast to Sherwood during Advisory. This occurred at a time when rumors spread about students having their own protest at Sherwood in a similar fashion to Blair's protest. However, despite his message against it and a subsequent message by SGA vice-president Caitlin Deerin against it, many students still participated in the unsanctioned protest during lunch on November 18.

Around 200 students were outside Sherwood, with most converging along the front of the school. Students walked or marched in groups, while others held signs and chanted various phrases supporting Clinton or Trump. While the protest was generally peaceful with no reported injuries, there was still tension as many supporters of the opposing parties chanted against each other, and some confrontations occurred between students. Administration responded swiftly as Principal Bill Gregory, upon hearing about the walkout, immediately mobilized administrators, security, and staff to monitor the protest. Four police cars were present as officers stood by and watched over the event, but the protest eventually died down before the lunch period ended. No disciplinary action was taken on students who participated in the protest; however, those who did walk off campus received an unexcused absence.



Students walked out of classrooms and gathered on the sidewalks in protest of President-elect Donald Trump.

Following the protest, an announcement by Deerin was made about a school-sanctioned unity demonstration by students on

November 21. This demonstration was planned by senior Lydia Velazquez, who met with Gregory and Deerin to discuss and organize the event. "We wanted a peaceful alternative [to the protests] ... and it brought about good discussion [about student's feelings]," said Deerin. Though it was originally planned as a "field day" around the stadium, a lack of time to plan and cold weather forced them to revise it into a poster hung in the main office hallway where students could post positive messages.

Messages included ones of unity such as "We stand together," but joke messages were made such as "study" and serious messages like "#not my president" as well.

Some students were dissatisfied with how the sanctioned event went from a supposedly massive gathering where students could voice their opinions to a relatively small poster. "They basically tried to shut us down ... telling students to write positive things and taking [messages] down [that weren't positive]," said junior Eyuel Birhanu.

Teachers Alarmed by Students Walking Around the Hallways after the Late Bell

by Isabella Pilot '18

During the first quarter, various staff members expressed frustration over the number of students wandering the hallways during class.

"It was brought to my attention that there's an issue in the hallways, particularly the amount of students in the hallway during class, not only at the beginning or end, but also in the middle when there is instruction going on," said Katherine Jaffe, one of two elected faculty representatives on Sherwood's Instructional Leadership Team (ILT). "Normally you don't begin to see issues in the hallway until the end of the year, as classes become less rigorous and there's more down time."

Upon raising this issue to Principal Bill Gregory at October's ILT meeting, the proposed solution asked teachers to note the time and location of any incident and send the concern to the school's security team. Teachers have also been told to direct students back to class.

"When teachers are asking the students to go to class, students have been disrespectful to teachers; hand gestures have been used to specific teachers, the students run away, and the teachers really haven't felt supported," said Jaffe.

Security team leader Pat Rooney has been monitoring the hallways via the school's security cameras and believes that the numbers are less than first assumed by teachers. "Those caught



Security member Karen Curry talks to students after the late bell had rung.

continually in the hall during class have been issued lunch detentions, referrals to administration, in-school interventions, and as a last straw, suspensions," said Rooney.

Despite these assurances, world languages teacher Maria Peterson states that she continues to witness distracting behaviors in the hall from a large number of students on a daily basis. Aware that many students ask to go to the bathroom and instead loiter in the halls, Peterson has taken it upon herself to issue a limited number of bathroom passes to her students: three per quarter. She also records the time and date that each student uses their pass. Peterson's goal is for each student to remain in the classroom and receive the education they deserve.

Peterson recommends hall sweeps after the bell has rung as a possible solution. This approach was used in previous schools where she has worked, and she found it incredibly effective.

World languages teacher Annette Hamilton is also frustrated by these behaviors. She cites a recent occurrence, in which a student barged into her classroom to say hi to a friend and then 'cursed Hamilton out' when she asked him to leave and return to class. "I told security about it, and as far as I know, nothing has been done," said Hamilton. "If they know who is causing the problem, why haven't they targeted those students? If students begin to realize they can get away with wandering the hallways and disrupting class, the problem will become chronic."

Doubts about Formatives

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is still deciding on providing reviews for later RQAs. Math teacher Deborah Hiltner modeled her RQA reviews from past exam reviews, and she saw differences between previous final exams and the RQA. "I felt [the RQA] to be less comprehensive," she said. "I didn't feel it covered as much content because we were limited on time."

Other teachers expressed similar concerns. Evans observed that the English RQA was difficult for students to complete within one period. "The formatting of the test to me seemed too long for some students, even for those who do not have extended time," she said. "In terms of content, the test did measure what students have learned, but it did not always align with the sequence of tasks covered."

Teachers also have worries that students will not be ready for college exams. RQAs test on a smaller amount of content than semester exams. "In college, you'll have a midterm and semester final exam. It's detrimental to students to not have that experience in high school," explained Hiltner. "Only students in APs will get a similar experience."

These concerns are addressed in an article on the MCPS website, which argues that colleges have begun structuring cumulative projects similar to RQAs.

"This approach also aligns with current practices in higher education, where students in college are asked to apply cumulative learning through multiple measures such as tests, papers,

research, and projects. It is important to note that students take many multiple-hour, college-level exams throughout their school careers, beginning in 3rd grade through high school," the article states.

Eliminating exams prompted a decision on how semester grades would be determined. It was decided that students will receive the higher or averaged higher grade of the two quarters.

"I like that I can earn Bs next quarter and still have my As from first quarter locked in place. Junior year is a lot of work, so now I feel more comfortable spending more time on studying for the SATs," said junior Mary Beth Magin.

She too has concerns that college acceptance will be more difficult as MCPS will be viewed as having grade inflation. Murphy does not share these worries.

"As part of an extensive feedback and benchmarking process, we spoke to colleges, universities, directors of admissions, and deans in and out of Maryland. We are not concerned about perceived grade inflation ... When colleges look at students from all over the country and throughout Maryland, colleges know that every district handles things like grades, GPA, and exams differently, and Montgomery County is known for a strong, centralized, rigorous curriculum and grading system," said Murphy.

MCPS continues to collect feedback to improve future testing. Teachers were asked to complete a survey about the length of the RQA and how well it aligned with what students learned.

December 8, 2016

National Writing Challenge Is a Novel Idea

by Isabella Pilot '18

Four students. 30 days. 30,000 words. This November, Sherwood's Writing Club joined prospective novelists across the globe in the National Novel Writing Month Challenge (NaNoWriMo). Participants have just one month to write a novel of their own, tracking their word count and connecting with fellow writers throughout the month-long process. There are no limits to what participants can write about; in fact, the purpose of this challenge is to 'let your imagination run wild.'

The Writing Club met once or twice a week during lunch in November to discuss their progress, encourage one another, and work on their novels. "These meetings give our students the opportunity to let go and get away from daily life—there's no stress, grades, or expectations here," said media specialist Stephanie Flaherty, who is also participating in the challenge.

This is Flaherty's first year at Sherwood, and upon her arrival she decided to begin the school's first ever Writing Club. "Now that the world is so focused on



Maya Koeppen '17

Students are pictured while participating in the National Writing Challenge in the school's media center.

technology, it's all about short thoughts and emotion. Writing programs like this allow you to expand your thought process," she said. "Sherwood is a school with a population that is so creative, well-balanced, and passionate, but this is an area that needed

more focus."

Junior Miranda Cundick, an aspiring author, heard about the challenge from the media center staff and decided to give it a shot. She offers advice to other students, "If you want to write, have a game plan. Organization is

something that's necessary, even if it can be annoying at times. And please, if you want to try noveling (no, that's not a real word), come join us in the Media Center!"

Cundick clearly takes her own advice and is using this challenge in order to write a novel

with a fully realized plot. "My novel is called 'Memoirs of a Guardian,' and it's about a girl who discovers she's an elf and has to deal with the repercussions, which include death threats, kidnappings, and all sorts of other potentially lethal, fun stuff. I was inspired to write it after reading 'Lord of the Rings' for the umpteenth time and wondering what an elf would have to go through in our time. Then the world of the Guardians shifted and it became my own thing," said Cundick. "Memoirs of a Guardian" will be her fifth novel.

Another interesting aspect of the challenge is the lack of editing. Participants are encouraged to refrain from reading over their work or asking others for feedback. This allows for a free-flow of thought, resulting in real, raw writing.

Aside from NaNoWriMo, the Writing Club plans on tackling other areas such as Fan Fiction later in the year. "This is another great way to let your imagination flow," said Flaherty. They also plan on coordinating with the Olney Library for events such as next year's NaNoWriMo Challenge.

Quadruplets: Four Peas in a Pod

by Emma Shuster '18

Sherwood welcomes nearly two thousand students at the beginning of each school year. This year, Sophia, Helena, Kosta, and Catherine Ferentinos marked a rare enrollment within the school's Freshman Class, being the first and probably last set of quadruplets to enroll in the school.

"We are similar to any other family, except there are four of us," said Sophia.

Growing up, the quadruplets tended to stick together and still do today. They were a part of the same friend group, took the same classes, and of course, assisted each other with the previous nights' homework. If you were to ask any of the four, the best part about being a quadruplet is always having a friend. "You always have someone to talk to and someone to relate to; you're never alone," said Helena.

On any given day, each quad finds it easy to talk with any of their siblings, despite the usual day to day arguing among brothers and sisters. The most common fights that takes place in the Ferentinos home regard clothes.

"Once we see something in a store we like, we rush over to it right away and claim it. We do not like sharing clothes, but it happens most of the times anyway," revealed Catherine.

Kosta, the only boy in the quadruplets, gets to stay out of arguments over clothes, but he also does not always have someone to talk with about all of his interests. "Sometimes I feel lonely and that I can't talk about guy stuff, but at the end of the day I



Kayla Cohen '17

From left to right: Catherine, Helena, Sophia, and Kosta Ferentinos.

am still grateful for my sisters," said Kosta.

The quadruplets have traditions just like any other family would. When they are not busy with school, homework, or friends, the four enjoy such normal activities as watching movies together. The quads love celebrating holidays such as Christmas and Greek Easter with their fam-

ily, and eating the delicious food their mom makes for them.

From the "What? Oh my goodness!" "How is that even possible?" "God bless your mother!" the quadruplets have heard it all. Though they may get annoyed at times, all four agree that the pros definitely outweigh the cons and between them, they all have lifelong best friends.



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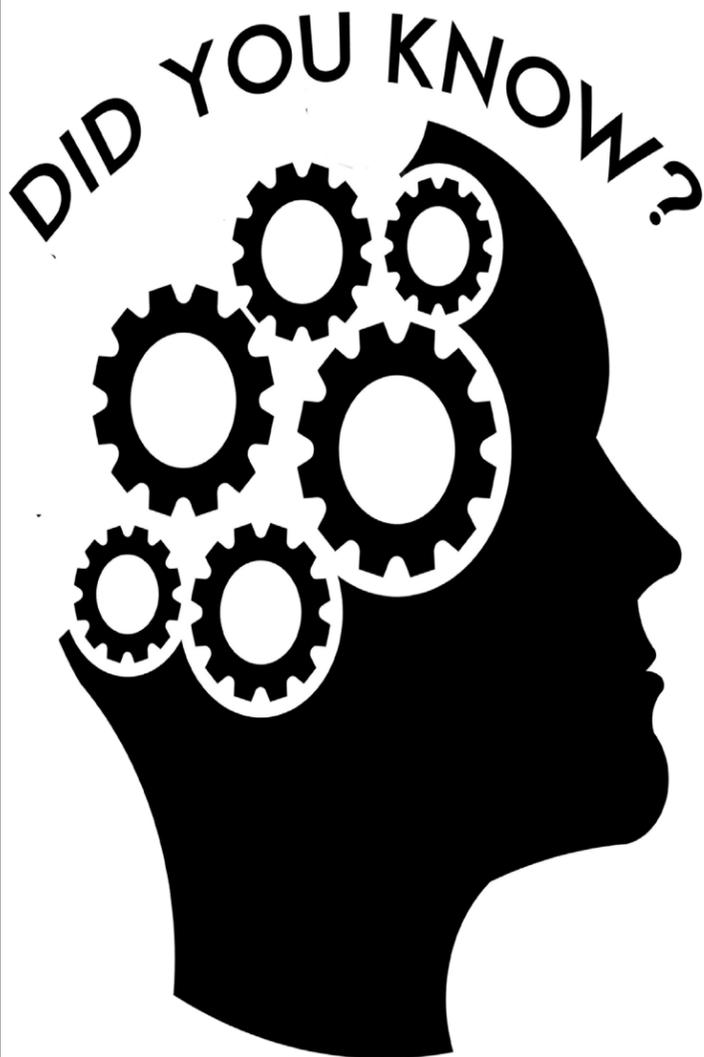
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December 8, 2016



Created by Zachary Weisenthal '19

Some People Hear Colors

by Natalie Murray '18

Some people associate every letter or number with a certain color, every pattern or sequence with a particular personality, or every name with a different taste. These people are called synesthetes, as they have variations of an interesting condition called synesthesia.

Synesthesia is defined as “the production of a sense impression relating to one sense or part of the body by stimulation of another sense or part of the body.” It is a rare condition that affects only about one in 2,000 people, and is thought to be caused by neurons from one sensory system that “cross over” to another sensory system. It is unknown why this occurs or how exactly it happens, but it causes the senses to be more intertwined, resulting in involuntary connections between sensory stimulation.

There are many types of synesthesia, though the nine most common are: Grapheme-Color Synesthesia, Chromesthesia, Spatial Sequence, Number Form, Auditory-Tactile, Ordinal Linguistic Personification, Misophonia, Mirror-Touch, and Lexical-Gustatory.

Grapheme-Color Synesthesia, which is the most common type, occurs when a synes-

thete associates every number or letter with a particular color. For example, 3 might be yellow, or “J” could be green.

A synesthete who has Chromesthesia, like sophomore Shay Johnson, will see a color for every noise. Voices, instruments, songs, etc.—they all have a particular color. According to Johnson, the bells here at Sherwood are a fluorescent yellow-green (like a highlighter), and opera music is often a shade of purple.

Spatial-Sequence Synesthesia is characterized by sequences, like years, months, and days of the week, each having a spot in the space around the synesthete. This could be like having a virtual calendar surrounding you constantly, with the months listed from left to right, the days of the week each scattered throughout space, etc.

The above examples are only three of many different types of synesthesia. Due to the diverse range of associations that a synesthete could have (for example, one could associate certain temperatures with sounds, or flavors with colors, or odors with personalities, or an infinite number of other combinations), it is difficult even for experts to figure out exactly how many categories of synesthesia there are.

Race for Best Grades Leaves Intrinsic Learning in the Dust

by Shawn Yaftali '17

A classroom’s collection of ambitious students can be placed in two distinct categories: extrinsic and intrinsic. Extrinsic learners desire external rewards, like praise or good grades for their efforts in school. Those who are intrinsic seek internal rewards such as thorough comprehension of the topic.

This major difference stems from students’ attitudes. If they are fascinated by the subject, or believe it will play a significant role in their futures, they might gladly take the time to study.

Yet, in many instances, intrinsic students do not find their courses beneficial. Thus, unethical habits such as cheating become increasingly common as students look for easier ways to secure the highly coveted “A” in a class.

“It’s not their fault, I think we’ve made it that way. It’s a lot easier to reduce something to a concrete letter, than it is to really value education because we’re so hot on labeling everybody,” explained English resource teacher Shelley Jackson.

With traditional grading, letter grades often undermine actual learning. While this evaluation system helps students advertise themselves to colleges, some teenagers have become obsessive over these powerful symbols. Results have become so important, especially in comparison with fellow peers, that no thought is given to the learning itself.

“I think part of it is that college has gotten so expensive, and colleges go into competition with each other. So then, it puts kids in competition with each other, too. Parents are worried about money so they’re looking for scholarships, which has also driven this,” said Jackson.

This growing competition has exerted a great deal of pressure on high school students, causing them to do whatever possible to expand their resumes. Many of them take Advanced Placement classes to get an edge: approximately four million students nationwide, which is double the number from only a decade ago.

“The main reason I’m taking AP classes this year is for my college applications. I want to look better than the thousands of other

students who are applying, and I think that’s true for most people,” said senior Brandon Lee.

Although these rigorous classes allow for high schoolers to better prepare themselves for college, many individuals are taking APs solely for the bragging rights included.

Additionally, certain MCPS graduation requirements, such as taking courses like Health and two years of a foreign language, are classes that not all students are interested in.

Along with an indifference to the material, teachers introduce infrequent, high-stakes assessments that limit the ways teenagers can express their comprehension. Constantly emphasizing the test’s difficulty, and the accolades associated with high grades, is another way performance supersedes learning.

“I think tests are important, but I do think there has to be a mix. Our classes are great because we have projects for project-based learning which are included in grades along with the tests. Most classes just aren’t designed that way,” said Engineering teacher Brendan Lees.

Harriger Leads the Cheer for Student Body in Their Activities

by Tate Harrop '17

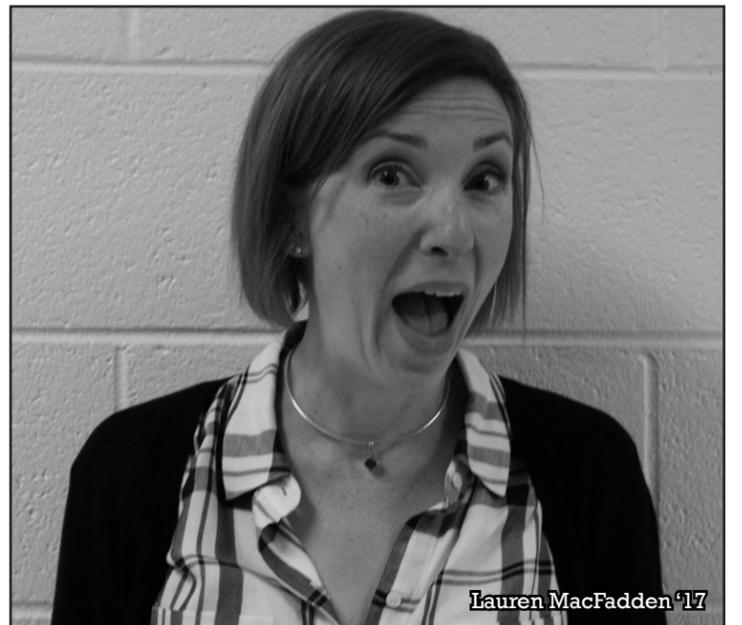
In a place with as much diversity as Sherwood has, students and faculty express their involvement in school life in a wide array of ways. Math teacher Michelle Harriger persistently has made it a mission of hers to support her students not just in her classroom but through her presence at their many school activities and sports.

For the past two years, Harriger has been determined to attend at least one of each of her student’s school events, including athletics, choir or band concerts, art shows, film festivals, plays and musicals.

Harriger, who has taught at Sherwood since 2004, also encourages her student to showcase their outside talents during class time.

“Sherwood students are so skilled in so many different areas,” noted Harriger. “I had a student magician perform one day during class; one of my students this year is supposed to show off her Rubik’s Cube skills during class.”

By pushing students to get more involved at their own school, Harriger hopes to boost student-to-student support. As a way to further promote school spirit, Harriger has given out prizes to the class with the most students who dress up to support the football team or for spirit weeks. She also has gotten more involved on social media to promote school events.



Lauren MacFadden '17

Math Teacher Michelle Harriger cannot hide her spirit for Sherwood.

Harriger adamantly insists that her enthusiastic support for Sherwood’s students and their outside activities is nothing extraordinary. She is quick to tick off examples of other staff whose efforts might go unnoticed, from boys’ varsity coach Sean Davis who mows and edges the baseball field or paints the dugouts to create a pristine sports venue, to gymnastics coach Gary Peters who takes hundreds of photos at school sporting events so that athletes and their parents can have concrete memories of their time at Sherwood. Harriger points to the number of hours that the student tech crew puts into keeping Rock-n-Roll Revival staged, lit, and with quality sound. She gives another example of how most stu-

dents, staff, and parents have no idea how many hours The Warrior staff puts in outside of school to provide a free quality newspaper to the school community. Harriger feels that these and other “behind-the-scenes” efforts are how so many students and staff show their school spirit.

“If I go to an event, have students show their talents in class, advertise for club events or fundraisers, or bake for student section dress-up days, my goal isn’t really school spirit,” explained Harriger. “It’s to know the people here. Talk to your fellow Warriors. Get to know them. Go watch them do their thing. You’ll find that everyone here is amazing. When you realize that, there’ll be no hiding your Warrior pride.”

December 8, 2016

Local Tradition Delivers Happiness for the Holidays

by Danielle Tobb '17

The sound of the fire truck's sirens in mid-December signals the arrival of one of the area's much-anticipated traditions: the Santa Run. No, contrary to what you may think, this is not a Santa-themed 5K.

Since the 1970s, the Sandy Spring Volunteer Fire Department (SSVFD) has ridden around the local neighborhoods on Christmas Eve with Santa sitting on top of their 1954 antique fire truck.

Because of the area's considerable growth in the 1980s, during that time, the fire department decided to expand the Santa Run to two or three nights prior to Christmas instead.

Ever since 2013, the run has lasted for six nights, from December 18 to December 23. Last December, the fire department spread holiday cheer by visiting more than 1,000 streets during the

six-night period.

"We generally try to keep the same routes every year so that if someone remembers we came down their street on the 19th, the following year it should also be the 19th," said SSVFD Fire Chief Michael Kelley.

Carrying out the Santa Run every year can be an extremely difficult feat. Since the cars tend to park on the side streets, the fire department must employ a truck that goes ahead of the fire truck to determine if there will be enough space for the truck to go through. The first truck also is able to give people a heads up that the fire truck will be coming down their street momentarily.

Although these route disruptions are not too common, the fire truck has had several mechanical issues while en route in the past.

"Every now and then, it will break down and we have to have a backup plan. We would take one

of our small pickup trucks and move everything to the back of that truck. It may not be glamorous, but it works," Kelley said.

The SSVFD is dedicated to carrying out the tradition, regardless of impending snowstorms predicted during the run. Even in 2009 when the area was hit with a major blizzard, the fire station never missed a beat, according to Kelley.

"I think people were surprised that we still made it out that year. The vehicle that we were using had a snowplow in front of it, so we were also clearing streets for people. During years with a heavy snowfall, we stay mostly on the main streets, but we don't disappoint. It's a big thing for us as much as it is for the kids out there," said Kelley.

The Santa Run would not be complete without Santa himself riding on top of the fire truck. For Michael McTighe, a retired Unit-



Courtesy of Michael Kelley
Pictured above is Santa's Wagon from the December 2015 festivities.

ed States Government Employee, dressing up as Santa for the Santa Run is a job that he has been doing for the SSVFD since the year 1992.

"I volunteer to help the fire

department give back to the community with this yearly event. I enjoy making kids of all ages smile, and I hope this tradition goes on for many years in the future," said McTighe.

Hidden Gems in the Community

Everyone knows that Olney is home to multiple national food stores, banks, and restaurants. In the midst of all of these locations, the unique, local, family-owned shops are often neglected.

El Andariego

"El Andariego" or "The Wanderer," after whom the Vasquez's family restaurant is called is the result of their wandering journey—a journey to set down roots and to share their love of food with a community they could call home. They found themselves right here in Montgomery County all the way from their original roots in El Salvador.

In 1999, Cristina and Jaime Vasquez founded El Andariego, which quickly became one of the first popular Mexican restaurants in the area. Jennifer, Cristina and Jaime's daughter (who attends Blake High School) warmly greets every guest as they enter, many by name, happy to know that their family has indeed planted roots and created a gathering spot of warmth and welcome.



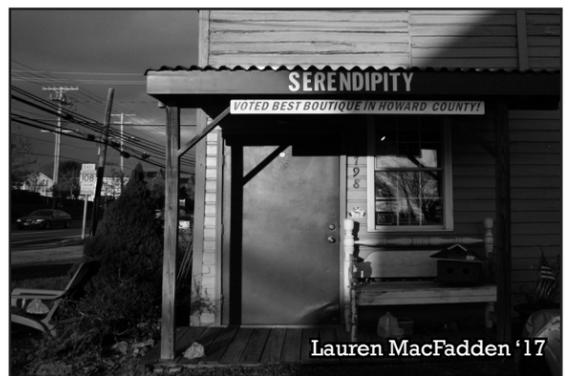
Kayla Cohen '17

A very nice restaurant in Ashton that has very good food, solid service, occasional live music and an owner that is very gregarious and welcoming!"
-Roger C. on El Andriago (Yelp)

Serendipity

Double trouble: twin sisters and lifelong best friends Penny and Pam are the proud owners of Serendipity. In 2009, both women were working in retail shops when they saw that a long-standing store, Butterfield's, was closing. The store was housed in a blue building, originally built in the 1800s as a harness shop, and located at the intersection of two heavily traveled roads. They had always toyed with the idea of owning their own business, and couldn't pass up such a perfect opportunity.

Living in the Highland area for so long, Penny and Pam also recognized that the Route 108 and Route 216 intersection needed a one-stop gift and clothing shop. With the help of family and friends, they cleaned up the space, repainted, and got ready for the grand opening in September 2009. They immediately had amazing and loyal customers, that helped spread the word about their store. Serendipity is now the go-to spot for gifts in the Olney and Ashton area.



Lauren MacFadden '17

"It always has new and fun stuff to look at!... It's a small shop, but there is so much to see."
-Anne S. on Cricket book shop (Yelp)

Cricket Book Shop

This quaint, old-fashioned book shop is one that a person would find in a fantasy. Located in the quiet village of Ashton, this book shop features recent titles, along with all of the classics that one would expect to find in a large established book store. The staff warmly welcomes their guests into their store the way one would invite a friend into their home.

The Cricket Book Shop has been around for 47 years and is even considered a second home for students and members of the Olney community who need a place to relax.



Maya Koeppen '17

It is no secret that drug use among teens is a growing issue. According to the National Institute on Drug Abuse, 50 percent of high schoolers will have taken an illegal drug by the time they are seniors. However, drug use does not occur out of thin air. There are many different factors, behaviors and short/long term effects that go along with teen use of drugs.

Stats on drugs:

-10 percent of "A" students smoke weed compared to 48 percent of D and F students, according to teen-help.com

-45.5 percent of high school seniors admit to abusing drugs at some point in high school, according to teen-help.com

-Teenagers whose parents regularly discuss the dangers of drugs are 42 percent less likely to abuse drugs, according to teendrug-abuse.us

-Nearly 44 percent of American high schoolers said they know someone who sells drugs, according to teendrugabuse.us

Signs of drug use:

- bad grades
- loss of interest in activities
- secretive behavior
- constant blood shot eyes
- poor hygiene
- Diminished personal appearance
- hunger
- unusual tiredness

Source: The Addiction Center

Reasons teens start abusing drugs:

- curiosity
- peer pressure
- family/emotional issues and stress

Source: The Addiction Center

Most used drugs :

1. Marijuana
2. Prescription drugs
3. Ecstasy
4. Inhalants
5. Cocaine and heroin

Source: National Institute of Health

Risks of drug use:

- Damaged connections to the brain by interfering with neurotransmitters
- Short or long term memory loss
- Stunted learning
- Damage to relationships with friends and family
- Transmission of sexual diseases such as HIV/AIDS
- A criminal record which affects and restricts the rest of one's life

Source: The Addiction Center

Compiled by Lauren MacFadden '17

Adderall Abuse Soars among Teens

by Lexi Matthews '18

With the pressure of APs, sports, and extracurricular activities often leaving students overwhelmed, many seek aids to this juggling act, and turn to what they see as a quick fix to make studying easier. A 2015 CDC survey discovered that 7.5 percent of high school seniors have found their alleged solution in pill form: Adderall.

An amphetamine intended to treat ADHD, Adderall relaxes the overactive minds of those with hyperactivity but has the opposite effect on everyone else. While using amphetamines without a prescription has been criminalized since 1970, abuse has remained rampant and even surging throughout the 2000s. It's not uncommon for high school students with ADHD to sell their own doses for cash.

An anonymous senior, 'John,' recalls his friend first offering him a pill last March,

which he pocketed without much thought. Weeks later, John took it to help write an overdue essay. "I remember my fingers flying across the keyboard like crazy suddenly, after just staring at a blank screen for hours before. All these thoughts in my head suddenly clicked," said John. The next morning, he woke up with a finished paper, but also a sharp headache. "It felt like a hangover. But it did the job well; I didn't really think twice before doing it again."

John, who also smokes marijuana, warns others to take caution before they get too deep into Adderall. He explains that while cannabis takes a lot of heat for 'ruining teens' lives,' it's prescription pills that people more often get addicted to before realizing their life-threatening dependency.

Despite the many dangers, the pressure of doing well in school can lead to risky decisions. Junior 'Tom,' who had never drank

or done drugs before in his life, admits his desperation for a five on an AP exam drove him to Adderall last May. After purchasing pills from a classmate, he took it the day before his exam.

"I felt nothing for the first hour, then I got all jittery, like a sugar rush," said Tom. While the drug provided his desired energy boost, it wasn't the perfect fix he had imagined. "All these connections in the content I never saw before hit me, but the jitteriness wouldn't let me focus on anything long enough to learn."

Despite Adderall's many flaws, including heart and brain damage from merely months of use, it's quite unlikely that students will be abandoning it anytime soon. John still takes Adderall semi-regularly in attempts to 'combat senioritis,' and Tom largely accredits his score of a four on the exam to the pill. As long as stress exists in the student body, Adderall most likely will too.

Heroin Overdoses Affect Montgomery County Residents

by Leah Peloff '18

For decades, heroin was predominantly found on the streets of urban, poor neighborhoods all around the country. Recently, however, this deadly drug has spread to a wide variety of people from all different walks of life. Montgomery County has unfortunately been hit hard with this epidemic, leading to a total of 33 tragic deaths in 2014. This number is up from only eleven in 2011.

With this recent surge of heroin use devastating the county, a TV special called "Heroin - The Quiet Epidemic" was created to inform the Montgomery County population. In this documentary, MCPD drug enforcement officer Jason Cokinos elaborates by saying how police officers have been working overtime trying to curb the evident spread of such a horrible drug to previously clean suburban areas of the county. "You cannot say a particular group of individuals are using heroin. I mean, it's all genders, ages, races, economic status; it's hitting every group and class of people," said Cokinos.

In addition to the police, a group called Surviving Our Ultimate Loss, otherwise known as SOUL, has emerged in order to spread awareness and support for Montgomery County families who have loved ones who are struggling with, or have died from, a heroin addiction. It consists of mostly women and attempts to demonstrate the impact of this drug on anyone, not just the stereotypical drug addict. These women know how monstrous opium can be: "It was as if [my son] had been caught by a tsunami and we were trying to pull him away from it," said SOUL member Linda Hudman in the documentary.

Young People Dangerously Misuse Xanax for Pleasure

by Chase Wilson '17

In recent years, students have engaged in a dangerous trend of abusing Xanax in large amounts and sometimes with alcohol. Recreational users tend to buy their supply from a friend who is prescribed it. However, there is a rise in the number of forged doctor's notes used to get Xanax so that it may be sold in bulk on the Internet.

"I normally only take [Xanax] with friends if they offer it to me," said an anonymous senior. "I know it isn't good for me so I try to limit how much I use it." Xanax that is taken in large amounts can result in depression, agitation, and overall it can cause

Due to this epidemic, nationally there have been some remedial actions taken by the FDA to hopefully save as many lives as possible. Narcan, a nasal spray that blocks or reverses the effects of opium, is carried by first responders or can be prescribed to family, friends, or caregivers of someone at risk of a deadly opium overdose.

Additionally, the Good Samaritan law, which will become effective October 15, 2015 in Maryland, provides immunity from criminal prosecution when a person calls 911 during a drug or alcohol-related emergency. Some form of this law is currently present in all 50 states. According to the Department of Mental Health and Hygiene, in Maryland, "If someone calls 911 in an effort to help during an overdose crisis, or they are experiencing an overdose, their parole and probation status will not be affected, and they will now not be arrested, charged, or prosecuted for possession of a controlled dangerous substance, possession or use of drug paraphernalia or providing alcohol to minors."

As beneficial as these acts may seem, both of these raise controversy because they may provide a false sense of security to those at risk of overdosing, discouraging them from sobriety.

Governor Larry Hogan has also budgeted an additional \$3 million for addiction treatments in prisons, starting next year, and released more than \$2 million last year to disrupt drug trafficking, launch a public awareness campaign about the dangers of drug addiction, and increase access to rehabilitation.

Despite the efforts from support groups, the police, and government legislation and funding, the national heroin epidemic continues to strike close to home.

the user's movements to become slower. Xanax's long term effects can include mood disorders and memory loss.

Alprazolam was first released to the U.S. market in 1981 and quickly became a widely used drug to treat panic disorders. Marketed as Xanax, it was praised for being the only panic medication at the time of release that did not lose its effectiveness over a stretch of time. Although, abrupt stoppage of the drug can sometimes evoke withdrawal symptoms. In most cases, the drug is prescribed to a patient suffering from a form of anxiety, panic disorder, or emotional troubles and receives it in small doses spread over a period of time.

Marijuana

Today's teens are growing up in a potentially transformative time in regard to changing attitudes toward drugs, particularly marijuana. This new landscape of drug legalization towards the use of drugs has sent mixed messages to teenagers across the nation who are warned or taught about the danger of marijuana being a "gateway drug," while the country simultaneously is moving towards an increased acceptance of the drug.

In referendums during the November 8 election, California, Nevada, and Massachusetts all voted to legalize recreational marijuana use, which brings the total number of states which have legalized recreational use for individuals 21 years and older to seven. Florida, North Dakota, and Arkansas voted to legalize the use of medicinal marijuana, bringing the total of to 26. Additionally, Montana voters on November 8 expanded its law for medicinal marijuana, removing the limits on the number of patients that providers can serve.

According to a survey of teen drug use released by the National Institute on Drug Abuse in 2015, a majority of high school seniors do not believe that sporadic marijuana use is harmful. Only 31.9 percent of seniors thought that daily use put the user at great risk, compared with 78.6 percent of high school seniors in 1991. While 90.1 percent of seniors disapproved of regular marijuana use in 1992, that rate has slowly declined to 70.7 percent in 2015.

To further understand the underlying reasons behind the differing viewpoints on marijuana use among high school seniors, The Warrior surveyed two seniors (one male and one female) who smoke weed more than three times a week, one female senior who smokes once a month, one female senior who smokes once a week, and two female seniors who do not smoke at all. Each individual has anonymously provided explanations as to why he or she does or does not smoke weed, and his or her opinion on marijuana use.

Smokes Daily

MALE – How do I know that what I am smoking is safe? The answer is that I really don't know. Teens like me enjoy the excitement of getting high, the euphoria it creates, and how it brings people together due to a common interest. I will admit that at first, I took advantage of using it. My grades dropped and I saw a noticeable change in my behavior. I currently smoke weed to relax and after sports practices to help with soreness. I am a supporter of weed; however, I do believe that use under the age of 18 can lead to effects on the brain and its development.

FEMALE – Smoking weed has become a big part of my life for probably two years now. I find it to be a fun way to hang out with my friends and relieve all of the stress that comes along with being a teenager. I've never believed that I was doing anything wrong. Being a girl and being a "smoker" is sometimes hard because you're not living up to the good standard that people expect. But I think it's okay to be different, and I think a lot of people realize that through smoking weed.

Smokes Once a Week

FEMALE – I only like to smoke weed on the weekends, after a long week of school. It calms me down and helps me let go of all of my stress temporarily. I wouldn't want to do it any more than once a week just because of the cost. I don't get a lot of money, so I wouldn't want to blow it all on weed. Smoking allows me to not worry about anything for a period

Smokes Once a Month

FEMALE – I usually smoke if I'm really stressed or if I'm with my friends and they want to get high. Smoking actually helps me relieve stress for the time that I am doing it, but not in the long-term. I don't really do it more than once a month, just because my parents would kill me if they knew, and I'm paranoid that they will catch me.

Doesn't Smoke at All

FEMALE – Other people smoking doesn't really have an effect on me, so I am indifferent towards weed use. Personally, I choose not to smoke, even in situations where most if not all of my friends are because I don't feel it to be necessary to enjoy it myself. I have nothing to gain by participating. It is also looked down upon within my culture, and I am a strong believer in upholding cultural values.

FEMALE – The majority of my friends do smoke, but I feel as if it's unnecessary. Regardless of all the hype around weed, I've seen people's lives fall apart and their grades plummet due to it, and I don't want the same thing to happen to me. Eventually, weed isn't going to be enough for a lot of people, and they're going to want to try other dangerous substances. The fact that marijuana is a gateway drug, and so many teens, especially at Sherwood, are using it speaks volumes as to what we can expect in the future. I think it's capable of being a major distraction and quite frankly, we

Compiled by Danielle Tobb '17

Legalized for medical in:

- | | |
|---------------|--------------|
| New Hampshire | Vermont |
| New York | Maine |
| Rhode Island | Connecticut |
| New Jersey | Pennsylvania |
| Maryland | Delaware |
| Louisiana | Illinois |
| Michigan | Minnesota |
| Montana | Colorado |
| New Mexico | Arizona |
| Alaska | California |
| Oregon | Washington |
| North Dakota | Florida |
| Massachusetts | Arkansas |

Maryland Laws:

Earlier this year, Maryland legalized the use of medicinal marijuana, with a 30-day supply limit for certain symptoms such as nausea, seizures, chronic pain, and severe muscle spasms. Edible forms are excluded. The law is not yet operational due to delays in opening state-licensed dispensaries.

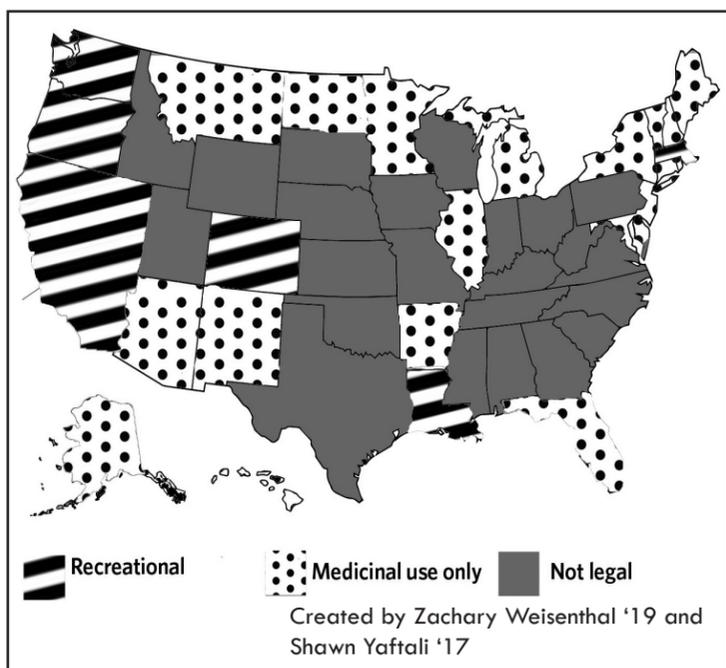
Earlier this year, Governor Hogan signed House Bill 104, which authorizes specific people to issue written certifications to patients who qualify for medicinal marijuana treatment. This bill goes into effect June 1, 2017.

Possession of less than 10 grams of marijuana was recently decriminalized to a fine of up to \$100 without incarceration.

Maryland's House Bill 1580, which is still in debate, would repeal certain civil and criminal prohibitions of marijuana possession and establish exemptions from prosecution. A January 2016 poll by the Marijuana Policy Project showed that 53 percent of Marylanders support the bill and 43 percent oppose it.

Legalized recreational use in:

- | | |
|---------------|------------|
| Oregon | Washington |
| Colorado | Alaska |
| California | Nevada |
| Massachusetts | |





A compilation of photos showcasing (from top to bottom) a depressed Hillary Clinton, triumphant Donald Trump, and grumpy Barack Obama

You're Done with College Apps. What Now?

by Lydia Velazquez '17

I will admit, it feels like the past three years of school have all been in preparation for one thing: applying to college. All the rigorous courses, unnecessarily high level of involvement in extracurriculars, and acquirement of a triple-digit number of volunteer hours simply to be compressed into a five-page PDF file for the judgment of my dream school's admissions officers.

Nonetheless, with my applications submitted and my transcript, with minor hassle, mailed, I can breathe a little easier. It definitely relieves my anxiety knowing that Naviance now has absolutely no purpose to me and that when my extended family attempts to make conversation with me at gatherings by asking about college, I'll have the prepared apathetic response, "I've applied and am waiting for a response."

I will say that once I clicked the "submit" button on Common App for the last time, I felt a weight step off my shoulders, but also a vacancy form in my heart. At first I thought it was just a minor palpitation from the lack of sleep and extensive consumption of Red Bull, but now, a month after that evening, the sensation is still there. Therefore, there are only two possible reasons for this feeling; I'm experiencing heart

failure or I'm experiencing a sense of nothingness. Though I trust WebMD with all my medical concerns, the latter option seems more likely for age group.

Now there's plenty of advice with regard to college application but nothing about about what to do when the process is complete. I find this lack of guidance about what I'm supposed to do for the next couple days/weeks/months until I get accepted (or declined) disheartening. Thankfully, I've begun to strategize some activities to fill the acceptance letter-sized hole in my life during this gap between now and then ("then" being when I can start neglecting my school work).

With all this time on my hands, I've begun to recognize the importance of taking care of myself. After all those late nights of writing and re-writing essays I've decided it's time to consider a new sleeping habit. This new habit will simply be: sleeping—a lot. But never at night; that time is allotted for mediation and thinking about the somehow both exciting and stress-inducing concept that is "my future."

Another great way I've found to reconnect with myself is going for walks. I like to take this great trail in my neighborhood that eventually leads me to my mailbox, which I normally

sit next to until the acceptance letter-less mail arrives or until it gets dark, whichever happens first.

Additionally, I've found decluttering my life, technologically and physically, to be helpful. As of late, I'll clean my emails daily, gradually unsubscribing from those 50 something colleges I've never heard of or even considered applying to. Also, I recommend that when you're done compiling all the postcards you've received from miscellaneous colleges, either recycle them or maybe use them as a substitute for firewood during this cold season.

A final, and probably obvious, recommended activity you can do with this vacancy in your life is catch up with friends. Maybe get Starbucks and discuss your FAFSA application and all the scholarships you should be applying to but haven't started yet. Maybe get together with that one person who told you senior year would be a breeze, see if they want to meet in a poorly lit alley sometime. However, while trying to have a completely balanced amount of fun before entering the harsh cruelties of the "real world," don't forget about your buddies who are still in the midst of applying to 10+ schools. The courteous thing to do is to send them, and their bank accounts, condolences.

The Aftermath to the Election

by Jonathan Chang '17

Hillary Clinton: Even with therapy, Clinton has struggled to get over one of the most shocking upsets in presidential election history. After spending days eating ice cream and watching sitcoms, Clinton finally pulled herself together to speak at the Children's Defense Fund gala. She then promptly returned to watching reruns of "West Wing" and hasn't been seen since.

Donald Trump: As Trump prepares for his ascension to the presidency, it is clear he is beginning to see the importance of his actions. He must now unite a divided America, name his cabinet, and implement his policy among many other issues facing the nation. Still, he is finding time to use Twitter to tell the American people about the discourteous "Hamilton" cast.

Polls: After the recent presidential election, many pollsters were left dumbfounded and shocked by how they could get the results so wrong. One theory for the failure is the fact that survey response rates have been declining in recent years, affecting polls.

"It might be that, it doesn't really help our predictions when few people respond to the surveys. For example, only one in 2-people actually responded to our questions when we surveyed Wisconsin, and the rest just told us to die as their response," said Michael Stanton, a researcher at Gallup Poll.

Mass Migration: Many Americans are now moving to

Canada in droves as they fear a Trump presidency. The Canadian Mounties have now doubled their efforts in order to curb these illegal immigrants. The problem has worsened to the point that the Canadian government is now positioning Canadians around the border to politely dissuade Americans from coming over.

Barack Obama: After realizing that Trump's goal is dismantling most, if not all, of his programs, Obama could be seen wandering listlessly throughout the White House sighing and mumbling, "He won." He has also been sighted in his bedroom, sighing and sobbing while being comforted by the person closest to him, Joe Biden.

Supreme Court: A few of the liberal leaning members of the Supreme Court are preparing for a Trump presidency and the possibility that if any of them die or retire, Trump will be able to appoint more justices who share his views.

"I'm not dying anytime soon. I am prepared to keep living and serving this nation for as long as possible," said Justice Ruth Ginsberg, who revealed that she would be entering a robotic suit with built-in life-support to extend her life and stave off death.

James Comey: Director of the FBI James Comey has not reported to his office in recent days. Officials have stated that this is in light of a recent investigation into his safety after Comey awoke to a horse's head in his bed with a message stating, "The email fallout isn't the worst thing you'll see."

How To Get Your Teacher To Like You

by Alex Le '17

1. Define the Relationship

Ideally, this teacher is not just your mentor, but eventually your friend. In order for this to happen, you need to establish the type of relationship you want early on. Tease your teacher like you would your friends about his/her looks by saying, "Late night? That explains why your hair looks like a bird's nest." Jokes like these are a sign of a healthy friendship. If the teacher gives you detention, that's a strong indication things are going great because he/she wants to spend more time with you.

2. Be Better than the Rest

Your class is most likely made up of 20-30 students, and in order to have the best relationship with your teacher, you need to prove to him/her that you are the smartest in the class. When your teacher asks questions to the class, don't raise your hand patiently and quietly. Simply shout out your answer in the loudest voice possible, wrong or right. The teacher will appreciate your confidence and the fact that you don't want to waste valuable time in class with superfluous hand-raising exercises.

3. Individuality Is Key

You want to cement your place in your teacher's mind. In order to do this, ALWAYS asks individual questions pertaining to



(From left to right) Alex Le shows an indifferent Mrs. Peterson some of his unique, unstoppable methods of getting on any teacher's good side.

only you in the middle of class. For example, during a class discussion, shout out, "I was absent yesterday. What'd I miss?" During math, mention any disparity you have with the teacher, such as, "I got 37.345 as the final answer but you got 37.346. Is that okay?" Asking individual questions demonstrates your commitment to your own success.

If you've followed all of these steps, you will have made an impression on your teacher for

years to come. Not only will your teacher mention your name specifically to her other classes, but she'll talk to your future teachers and mention all your great qualities such as speaking without raising your hand, your tendency to tease, and your individuality/commitment to your future! Granted, all your peers will hate you for wasting their time and you won't have any friends, but at least your teacher will like you! Good luck!

December 8, 2016

THE ODDEST LAWS ACROSS AMERICA

by Meghan Kimberling '17

While on your winter break, you may travel to different states, either to visit family or just for some fun. But be careful, because laws can change across state lines (and not always for the better). Keep in mind, there are some ridiculous bills and regulations that have made it past the state legislatures to actually become law. So just be sure to educate yourself before traveling to the next state over, because you never know what you might be arrested for. While reading these ridiculous laws of a few East Coast states (and popular vacation spots), remember that someone must have tried these before for it to be made illegal...right?

Delaware:

- It is illegal to sell dead people for money without a license. Should I be more concerned that people are selling them or buying them?
- If your next game of Truth Or Dare gets a little too high-stakes, don't fret, because in Lewes, DE, getting married on a dare is grounds for an annulment.

New Jersey:

- It is illegal to wear a bulletproof vest while committing a murder. It's all about the way you do it, I guess.
- Apparently, it is against the law to frown at an officer of the law. Because, personally, I always look happy when pulled over.
- Pickles are not to be consumed on Sundays in Trenton, NJ. Ugh, first Chick-Fil-A, now pickles!!!

New York:

- The penalty for jumping off a building is death. Maybe, just in case it doesn't happen in the first place?
- Citizens may not greet each other by "putting one's thumb to the nose and wiggling the fingers". Good thing we learned how to properly greet people in Advisory!!
- One can be fined \$25 for flirting. Some people might be going bankrupt in New York City for reasons other than the stock market.

North Carolina:

- It is against the law to sing off key. I don't know about you, but I totally hit those high notes while in the shower and alone in the car.
- Predicting sea level rise using climate change science by local planning agencies is greatly restricted. Donald Trump, is that you?!

Pennsylvania:

- A special cleaning ordinance bans housewives from hiding dirt and dust under a rug in a dwelling. Hey, it works in the Disney movies.
- Ministers are not allowed to marry a bride and groom if either is drunk. This might actually prevent a lot of problems...
- A person is not eligible to become Governor if he or she has ever participated in a duel. DARN IT!!

Maryland:

- In Baltimore, bringing a lion to a movie theater is prohibited. I promise, Fluffy is very friendly.
- It's illegal to throw bales of hay from second story windows. Doesn't say anything about the third floor...
- In Rockville, it is against the law to curse in public, even in your own car. Such cursing can be punished by a \$100 fine or 90 days in jail. Yeah right, like that is going to prevent road rage on the Pike.

Florida:

- It is illegal for a doctor to ask a patient whether they own a gun. So the details of my rash is fine but no, the status of my artillery is just too personal.
- A woman can be fined (only after death), for being electrocuted in a bathtub because of using self-beautification utensils. Over my dead body... literally.

Who Stays, Who Goes, Who Gets Sold

by Natalie Murray '18

In the hit Broadway musical, "Hamilton," Alexander Hamilton declares that he will "not throw away his shot." Following in the footsteps of her idol, senior Melissa "Millie" Price decided to take any and every measure necessary to not waste her shot—that is, her shot to see the award-winning musical.

A longtime theatre fan, Price had been dying to see Hamilton, but with such the cheapest available tickets being over \$400, she simply couldn't afford to see the show. "I asked my mom if I could get a ticket, but she said that," said Price. "She said that if I bought the tickets myself, she'd let me go, so I got a job at Harris Teeter and just saved up."

However, when the news broke that Anthony Ramos, the actor playing John Laurens and Philip Hamilton, would be leaving in November, Price decided to step up her game so that she could see her all-time favorite actor.

"I knew that, aside from selling organs on the black market, I'd never get the money I needed to go before Anthony left the show," remarked Price, "and I'm really squeamish, so selling organs was not something I wanted to do. Then I realized that I had two annoying, useless siblings lying around, and that a whole human is probably worth more than one little organ, so I decided to sell them instead."

Her measures may seem a bit extreme, but Price claims that she doesn't regret her decision. "I made sure they weren't sold into



Senior Millie Price holds up her tickets to "Hamilton," which cost her an arm and a leg to get—or, rather, the four arms and legs of her siblings.

sex trafficking or anything—I'm not that terrible of a person," said Price. Rather, her brother William is a now ranch hand in Kansas, and her sister, Maria, is being used as a test subject for a make-up company.

"Yeah, I thought both of them were really good cases of poetic justice, because Maria always used to steal my stage makeup, and William always told me I sang like a dying cow. Now they get to experience both of those things!" says Price.

The ten thousand dollars that Price made has certainly helped her accomplish her goal, as she

saw Hamilton on November 21, the last day that Anthony Ramos performed. After seeing the show, she confirmed that she has no regrets about selling her siblings for the tickets.

"It's been really nice without them around. I can eat ice cream straight out of the container because they aren't there to complain, I can watch whatever I want without having to wrestle for the remote, and I get all of my siblings' college funds, so I can afford to go to Julliard!" Price gushes. "I'd definitely do it again if I could, but I obviously don't have any siblings left."

Be Careful What You Wish For



by Kaitlyn Davis '18

LIFE HACKS

Food Life Hacks

by Nicole Reich '17

Life hacks are little tips and tricks to use one's time in the most efficient way possible. Techniques are all over social media, and there are even accounts designated to posting different strategies for various activities. The most popular life hacks are related to food.

One popular life hack is to use a muffin tray to hold condiments and toppings. Each individual cup holds something different. For example, at a barbecue, there could be onions in one cup, pickles in another, and ketchup in a third. This life hack means there are less dishes to clean, the condiments and toppings don't mix, and they are all in one convenient place rather than scattered all over the table.

It's the worst buying fruit and vegetables that aren't ripe yet because you don't get to enjoy the food for a few days. These hacks help one tell if the food they are enjoying is ripe enough at that time. To tell if a pineapple is ready to eat, pick off one of the stems from the middle. If it comes out easily, the fruit is ripe. For an avocado, one can look under the stem, and if it's a yellowish green, the avocado is ripe and ready to eat.

It is always frustrating when one is heating up food in a microwave and constantly has to add more and more time for the food to be completely warmed. The solution is to space out the food in a ring with no food in the middle circle. This heats up all the food, not just some of it. This hack also saves time because the food will get hot faster. This works best with pasta or mac and cheese, as it is easiest to form that circular shape.

Almost nothing ruins an ice cold drink more than it getting watered down. A quick fix is to make ice cubes from the drink, and this hack works with a variety of drinks. For example, if you put lemonade in an ice cube tray overnight, the ice cubes will be lemonade ice cubes. Once the drink cubes get melted down, there will just be more of the drink, not water. This hack is a perfect way to enjoy drinks without being pressed for time before the ice cube melts.

Life Hacks Become a Trend

by Kayla Cohen '17

Over the course of the last decade, YouTube has evolved into an online sensation. People from all over the world can watch almost any video on topics ranging from makeup tutorials to cute animals through a single website. 2015 saw the rise of "Life Hack" videos as a new trend. Life Hacks are defined as strategies or techniques adopted in order to manage one's time and daily activities in a more efficient way.

Famous YouTubers with millions of subscribers create these videos in an attempt to show their audience more convenient ways to live their lives. There are also YouTube channels specifically geared towards Life Hack videos. YouTuber Shane Dawson, with over eight million subscribers, has done numerous life hack videos; most of these hacks are for pure entertainment. British YouTuber Dave Hax posts these types of videos to his two million subscribers, demonstrating that the Life Hack trend is expanding beyond the United States. Additionally, a YouTube channel titled "HouseholdHacker" posts short

five-minute videos that the creators feel will benefit the viewer's life to some capacity.

Dawson is most known for his outrageous sense of humor which he demonstrates in his Life Hack videos. Some of his Life Hack video topics include how viewers can use crayons as candles, eat a bowl of Oreos for breakfast if one does not have any breakfast food, pop popcorn kernels with a straightening iron, and make an iPhone speaker using a toilet paper roll, duct tape, and two solo cups. These "hacks" are obviously among those deemed for entertainment. Most of Dawson's Life Hack YouTube videos are intended to be humorous rather than practical.

However, channels specifically tailored to making Life Hack videos are advantageous to viewers. These short videos show the audience quick tricks to living a more favorable life, such as home security Life Hacks and cleaning hacks for one's household. Channels like this are gaining popularity at a fast rate. The subscriber count goes up, and the viewers' stress level goes down because of the expansion of the Life Hack videos and channels on YouTube.

School Life Hacks

by Naomi Lawrence '17

- Use scholar.google.com to find more relevant information when writing essays.
- The most efficient way to retain information when studying: study for 30-50 minutes at a time, then take 10 minute breaks in between.
- When you're finished writing an essay, copy and paste it into google translate to listen to it—that will make it easier to find mistakes.
- You're more likely to remember something that you've written in blue ink.
- Mathway.com solves homework math problems with step-by-step explanations
- When trying to study a subject, teach it! The better you can teach a subject, the better you know it.
- Peppermint stimulates the brain and helps with concentration.
- Struggling to stay awake in class? Hold your breath as long as you can and breathe out slowly. Doing so will increase your heart rate.
- When taking notes in class, leave a few pages in the front blank for a table of contents. This will make it so much easier to review.
- When learning new things, write it down! This is exceptionally more effective than just reading it.

The Do It Yourself Revolution

by Meghan Kimberling '17

Type "DIY" into the Google search bar and almost 2 billion results pop up, ready to be explored. These links guarantee to make your life easier and more efficient with a simple Do-It-Yourself attitude. However, DIYs and "life hacks" now go beyond this simple principle to encompass a broader explanation of what it means to do something yourself. The term "DIY" used to strictly include tasks and "how to" projects. A DIY then, for example, would be classified as learning to cook something new, extending one's knowledge and technical skills, but more recently, the idea has coined a new definition as a broader development of ideas. Self-proclaimed "DIYers" are popping up around the nation, as DIY becomes more of an umbrella term and grows to include many more innovative and hands-on projects.

For example, when it was discovered in 1983 that a potato could be made into clock, it was viewed as a marvelous invention, with an unlikely object acting as a generator for a power source. Nowadays, putting a watermelon in icy salt water acts as a phone charger, generating enough power to slowly bring that battery back up to 100 percent. So why is it that a po-

tato clock then was an invention, but a watermelon as a charger today is a DIY/life hack? As Americans, we look for convenience in all spheres of life; we like to cut corners. In turn, we look for alternative solutions to almost all normal tasks and activities to keep things interesting. Additionally, DIYs can be considered a creative outlet and a basis for a growing community. DIY is one of the most commonly searched categories on Pinterest, and it's the focus of many Twitters and Instagrams. There are even companies like Quirky and Kickstarter that will help individuals turn their otherwise impractical ideas into realistic products. This creative and innovative revolution is kickstarting a DIY movement that could make a more engaged population. Many young women shop the brand Free People, which now hosts craft nights at Anthropologie store locations to get their clientele more creatively in touch. Soon there will be no more book clubs and no more bingo nights; DIYs are becoming the new norm as well as a new economic fad. The new generation of hands-on learners have a new creative outlet to help focus their attention, and companies have a new advertising approach. Welcome to the Maker Movement; it is just getting started.

STAFF EDITORIAL

IN OUR OPINION

How aware are your parents of teen drug/alcohol use among Sherwood students?

What are the benefits and drawbacks of parents turning a blind eye to drug use?

Should parents be punished if parties with alcohol are hosted at their homes?

Don't Ignore It

As teens, we are—as cliché as it sounds—the future of the world. What we do and how we behave will impact our species' ability to be successful once our parents are gone. With this in mind, it should be no surprise that adults spend so much time trying to push us into their perceived right direction. One of the largest projects at hand? Stopping our growing use of drugs.

The National Institute on Drug Abuse tells us that this concern is not unfounded; Thirty-seven percent of 8-12th graders were found to have smoked marijuana in the past month, up from 31 percent in 2012, while all other drug use has remained high. Different combative efforts have been tried throughout history, from increasing the difficulty to obtain drugs and severity of punishment in the past, and more recently, goofy ad campaigns in which smiling groups of 20-somethings posing as teens tell us that smokers aren't as cool as non-smokers through the overzealous use of hashtags and millennial lingo. With limited success through these methods, many parents have been prompted to implement a new strategy to deter drug use, by simply doing nothing at all.

Many parents have an accurate understanding of the amount

of drinking and drug-taking that teens do, yet choose to ignore it to avoid unwanted confrontations, or simply to appear 'cool.' Many times, house parties involving drugs and alcohol occur in a home where parents fully know about it, so often that 32 states have legalized litigative action against these adults if any party-goer gets into legal trouble that night. While fear mongering or getting up on a soap box require effort that usually only results in an eye roll and "whatever, Dad," turning a blind eye is painless to all parties involved. Or is it?

The short-term effects of this method certainly appear promising. Instead of wasting time and heartache arguing with teens about their weekend plans, adults get to allow blossoming youths to make their own decisions. This freedom can undoubtedly lead to mistakes, but ultimately, many feel fine with allowing these missteps in order to encourage kids to learn and grow on their own. However, drug and alcohol-fueled mistakes usually far exceed missed deadlines or hurt feelings, drifting more towards irreversible damage to the lives of themselves or those around them.

On the flip side, kids whose

parents relentlessly comb over their behavior and vow to mercilessly punish them if any abuse is discovered often end up in the same dangerous boat as those whose parents do the exact opposite. Temptation to stick it to mom and dad often drives these teens to riskily binge on any and every vice they can get their hands on. Both polarizing parenting methods mean no positive or constructive dialogue ever takes place regarding drug or alcohol use, and teens grow up in a state of ignorance about how to get a taste of adulthood without being entirely self destructive.

Though no solution will work 100 percent of the time, it's important for adults to try to find the middle ground of this dilemma, and simply think logically for a second. Whether they try to scare them out of it or simply ignore it, alcohol and drugs will still inevitably be used. The best way to avoid this usage ending in tragedy is encouraging a child to be open with them about their desires, and in turn communicating their own concerns. Don't freak out; Don't ignore it. Take a deep breath. If we are the future, it's only fair that we are given the correct tools to make it there safely.

the Warrior

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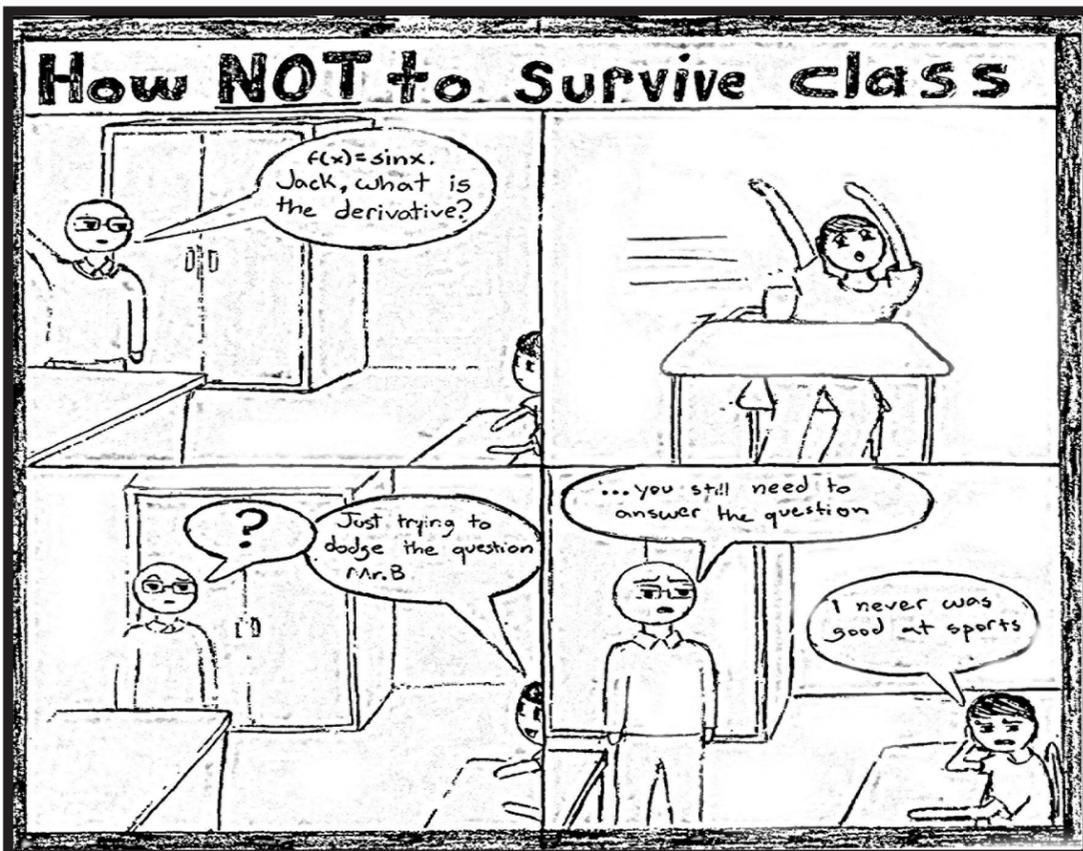
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by Kaitlyn Davis '18



The Pulse

School Spirit

While many of us may come from different locations, beliefs, and backgrounds, we all ultimately share one thing: being a member of the Sherwood community. The Warrior set out to discover what exactly this means to each student, asking 141 freshmen, sophomores, juniors and seniors from seven different English classes just how passionate they are about our school.

Results compiled by Lexi Matthews '18 and Colleen Yates '18

Do you personally consider yourself proud to be a Warrior?

Yes 57%

No 10%

Not sure 33%

How many pieces of Sherwood clothing/gear do you own?

None 18%

1-2 34%

3-5 28%

6+ 20%

How likely are you to participate in school spirit days?

- A. Extremely likely; I do all of them **7%**
- B. Likely; I do most of them **34%**
- C. Maybe; it depends what the theme is **37%**
- D. Unlikely; I almost never participate **16%**
- E. Extremely unlikely; I have never done it before **6%**

On average, how much money do you contribute to school fundraisers when collection boxes come around at lunch?

- A. \$0 **30%**
- B. spare coins **25%**
- C. \$1 **13%**
- D. \$2-5 **21%**
- E. \$6-9 **3%**
- F. \$10+ **8%**

Why do you participate in your chosen Sherwood-sponsored clubs and activities?

- A. Personal Interest in subject of study **48%**
- B. Desire to be involved in the Sherwood community **21%**
- C. Looks good on college applications **31%**

Why do you believe that school spirit is or isn't important?

"School is for education. One does not need pride to be educated."

-Sarah Falcigno '17

"It's important because it makes school more entertaining and gives everyone something to look forward to"

-Kylie Ryan '19

"Spirit doesn't really matter in the long run."

-Brennan Wicks '20

"It makes everyone in the school feel part of something."

-Kaitlyn Gravell '19

"There's no sense in having excessive pride in where you go to high school; it's just zoning."

-Oliver Dyer '17

"It hypes us up and makes us feel like a family."

-Emily Kliminov '18

Advisory Proves That Students' Voices Are Not Taken Seriously

by Katherine Spurduto '19

Last year, for the first time, Advisory period occurred every Tuesday in an attempt to dedicate time to pass out papers, develop teacher-student connections, create positive connections between students, and to work on social, educational, and emotional issues. In second semester last year, I was invited to attend a meeting, along with several other chosen students, to discuss with certain members of the administration

the students' opinions on advisories.

A handful of students that participated in the meeting voiced their opinion stating that Advisory should be used as a study block, not a bonding session. The message was made clear, in all honesty, that most students don't care about student-teacher relationships and working on their emotional well-being; they would rather have that time as a study hall or simply to take a mental break.

During the meeting, administration was eager to hear our feedback on Advisory, putting us under the impression that our ideas actually would be implemented for this school year.

However, Advisory is inconsistent this year, taking place maybe twice a month and having more pointless activities, such as reading the student handbook and coloring Disney characters. Although the activities last year seemed trivial as well, they at least had a goal that went along

with them. Students could tell that effort and thought went into planning Advisory periods even if the actual execution of those plans often didn't work out. This year, it is as if even the school can't be bothered to plan Advisory activities. The school's lack of commitment to Advisory can be seen in that there is nothing informing the Sherwood community about Advisory on the school website or even in the student planner.

If students were to have a 25-minute study hall instead of

Advisory, then students could have the time to complete school work or visit teachers to get extra help.

When students are asked for their opinions, those views should actually be considered by the administration. We the students are told that our voices are important and that they will make a difference in the school. Although our voices about Advisory were physically heard, it doesn't seem like they were truly taken into account.

Creating a More Vibrant Sherwood

by Christopher Sung '17

When I made the decision to run for SGA President, I made two vows to myself. The first was to have integrity as a leader and to state only the truth. As a student with no prior SGA experience, I became frustrated whenever a candidate promised to do so much for our school but delivered so little after nearly an entire year. The second reason that compelled me to run for an office in the student government was the desire to serve my peers.

At Sherwood, many of us disagree with one another about the level of spirit in our school. For some, especially those who actively participate in our athletic department, Sherwood's enthusiasm for athletics in the county is unrivaled. What many of our students see is an engaged and tightly-knit community that demonstrates great spirit at sporting events. These students are not incorrect to think of Sherwood as an incredibly vibrant athletic community.

However, other members of the student body see a different Sherwood. What others notice is that outside of the football stadium and in the halls of our school, the same level of school spirit seen at our athletic events is non-existent. What these others see is a school with a disengaged student body and many struggling clubs. These other students see that our academic culture is uncompetitive when compared to those in other schools within the county. As one of the presidents of our Debate Team and a number



President Chris Sung, seated, and other members of the SGA hand out cookies during the schoolwide Turkey Bingo activity.

of numerous clubs, I know, first-hand, what these other people are saying.

This year's student administration intends to work for all students. It intends to make as its primary goal for the current school year the growth and development of a vibrant academic culture in Sherwood. To accomplish this goal, the SGA would like to empower non-athletes through such

measures as the creation of a new Constitution that will establish a club-based student legislature.

The SGA would also like to introduce new activities, such as the Turkey Bingo hosted last month, to increase student engagement. Through a combination of both student engagement and SGA action, we hope to create a more vibrant Sherwood community.

Violence Against All Women Needs International Attention

by Brynn Smith '19

In Argentina, a woman is killed every 30 hours. In Guatemala, two women are killed every 24 hours. Worldwide, 181 women are killed every day because of their gender. The act of murdering a woman solely because of her gender is called femicide, and it is an epidemic that needs to be stopped.

Last month, a native of Argentina, 16-year-old Lucia Perez, was kidnapped by two men just outside of her school. After being drugged, she was raped so brutally that she died as a result of internal injuries. Lucia's murder became the catalyst for action by women across South America.

Large protests broke out across Latin America in response to Perez's death. Thousands of women in Chile, Paraguay, Mexico, Brazil, El Salvador, and Uruguay joined in demanding protection from their governments. Dubbed "Black Wednesday," women marched under signs reading, "Not one less" or "When I walk home I want to be free not brave."

These women deserve the chance to feel as safe as men do. All women deserve that right, and the fact that the so many don't have it is repugnant. Not only should these Latin American governments listen to their constituents, but the United States should take a larger role in advocating governmental action there.

While many Americans were getting ready for the holidays, Latin American women lent their

voices and prayers to Lucia Perez. The people of the United States need to take a step back and see the world around them. Just because femicide isn't an extensive problem here doesn't mean gender violence isn't.

The Commission on the Status of Women, established by the United Nations in 2013, seeks to eliminate and prevent all forms of violence against women and girls. So far, it doesn't appear to have had much of an impact. Money and effort need to be expended to understand what is behind femicide. In Latin America, the male concept of "machismo," combined with changing roles of women in economic life and widespread poverty, most certainly are contributing factors to the epidemic. There may be many possible solutions, and the UN's Commission needs to research the causes and come up with plans to eliminate femicide.

However, legal action needs to be taken now. Aggressive police action and prosecution of those who commit violence must be initiated. Governments around the world must understand that their first duty is the protection of their citizens - of both genders. The protest movement sparked by Lucia Perez' murder must become a continuing movement to bring pressure on governments to do their jobs. And those in the United States, need to lend their voices to Latin America calling for protection and prosecution because everyone deserves the right to walk home feeling free, not just brave.



Don't Waste My Time

by Danielle Tobb '17

There are approximately four half-days during every school year. Throughout all four years of high school, that adds up to 16 half-days. Many of my peers view early release days as an excuse to ditch school to hang out with friends or sleep late. For some of my teachers, half-days present a chance to get a substitute to watch over the remaining 15 students that actually showed up to school.

I am a student who always attends school, regardless of its status as a half-day. In consistently six of my seven classes every year, we watch a Disney movie or simply have a "free period" on early release days. Although I do love a good showing of "Finding Nemo," I do not enjoy coming to school to waste half a day doing nothing but unproductive activities. School is supposed to be about learning new material every day, and half-days completely reverse this principle of education. Early release days are built into the calendar due to the minimum instructional days needed during the school year, but given the lack of instruction to students, MCPS should instead replace them with full days.

App Defines Distraction

by Colleen Yates '18

The House Party video chat app has increasingly become popular among students. It allows for up to eight people to video chat with each other at a time, and enables people to "lock" chat rooms, making them private. With eight people at once, conversations commonly overlap and lead to everyone talking at once. The app is already overused and students are often on it rather than doing homework or socializing face-to-face. Many people procrastinate doing homework and with the constant distraction of friends chatting online, it is nearly impossible to tell yourself when to stop. Apps like Snapchat already distract students from getting things done, but House Party is worse because it is always live.

While the House Party app distracts from homework at home, its problems also prevail in class. Many use it while they are with friends, creating an antisocial environment, which excludes those who are not on the app. Although the idea of constant communication is enticing, it takes focus off the present and feeds the technology addiction students already have.

Major Bashing

by Maya Koeppen '17

As a senior, I am constantly being bombarded with the questions: where are you applying; what's your top choice; and, most importantly, what do you want to study? When I respond that I want to major in journalism, the replies are not always positive. I have heard it be referred to as a "dying profession" and questioned on multiple occasions about whether or not I'm worried about finding a job after college. As if the impending death of print newspapers equates to the funeral of the profession as a whole. But why does this matter, anyway? After all, I'm sure I would not have to deal with these responses if I was pursuing a more "respectable" major like nursing or engineering.

So, what defines a "respectable" major exactly? Nothing, should be the answer. No person's education has more or less value based on what they decide to study. You cannot put a price tag on someone's passion and if it's what they love, what does it matter whether they want to become a teacher or neuroscientist? After all, a college degree is a college degree no matter the major.

PRO V. CON

-WIKILEAKS-

In 2006, Julian Assange created WikiLeaks as a means of publishing classified documents, news leaks, and secret information. Two writers weigh in on whether the organization helps to promote government transparency, or ultimately harms the foundation of democracy.

WikiLeaks Rightly Reveals Important National Secrets

by Lucy Kuchma '18

In the midst of the bruising 2016 presidential campaign in which accusations were flung by both sides about a rigged process, private email servers, missing tax records, and conflicts of interest, Americans are left wondering more than ever the extent to which politicians and government officials operate in secrecy. This world without transparency has been revealed in large part by the site WikiLeaks, a privately funded database designed to publish censored material involving government affairs including war, espionage, and government misconduct.

The site's founder, Julian Assange, was nominated for the 2016 Nobel Peace Prize for his efforts to establish a truer sense of government transparency and allow for the public to be knowledgeable about the affairs of the world's representatives and leaders, thus seeking to diminish corruption as a whole.

Over time, this sense of mistrust has grown to where 80 percent of Americans feel that their government is withholding important and relevant information from them, according to a 2015 NPR survey. In recent months, an enormous buzz centered around the release of DNC emails from Hillary Clinton's private email

server. WikiLeaks released emails this August revealing that the DNC was working to combat Senator Bernie Sanders' popularity in order to allow Clinton to take the Democratic nomination for president.

If what the release of these documents did was prove to Americans the lack of impact that their vote actually has in a corrupted system, then what could possibly be wrong with exposing them? WikiLeaks does not have the power to lie. Documents are simply collected, analyzed, and published. And if the pure exposure of information is what makes or breaks people's opinions on who they think is fit to be president of the United States, then it is valuable and necessary to release the activities of politicians and their subordinates.

There are always going to be people who are content living in ignorant bliss when it comes to the affairs of our country's politicians. However, all WikiLeaks is doing is allowing the documents to be accessed for those who do strive to become more knowledgeable.

WikiLeaks thus far has been successful in resisting attempts to censor or suppress its activities. The site's tenacity moves society in the direction of transparency, and ultimately trust, between the government and the governed.



50,547

Pages of documents
WikiLeaks released from
Clinton's campaign emails.



68

Percent of Americans who
believe leakage of
government documents is
morally wrong and harms
public interest.

WikiLeaks Does More Harm Than Good for Democracy

by Josh Averbach '18

For years, Wikileaks has been a disruptive presence in American politics, frequently, and often illegally, exposing documents that were never intended for the public eye. Particularly during the recent election, Wikileaks played a significant role. For example, Democratic National Committee (DNC) chair Debbie Wasserman Schultz resigned after Wikileaks released documents indicating that she conspired against Bernie Sanders in the primaries. While increasing government transparency is a noble goal, Wikileaks takes the wrong approach to bring about this change.

One problem with Wikileaks lies in its unethical means of obtaining information, such as stealing private conversations. For example, the aforementioned documents pertaining to the DNC came from a private email exchange between several DNC staffers, which was infiltrated by hackers. Even if the person being spied on is an elected official, is spying really a moral way of obtaining information?

Another reason to shun Wikileaks is that some documents should remain hidden from the public eye, including classified government files pertaining to national security. In 2010, for example, Wikileaks released hundreds

of thousands of classified military documents about the wars in Iraq and Afghanistan. This type of information has the potential to put Americans in danger should the enemy seize it.

Unfortunately, Wikileaks appears to only release information that furthers their political agenda. During the election, Wikileaks published enormous quantities of damaging information about Hillary Clinton. However, Wikileaks spared Donald Trump. Given that Trump's campaign was racked by numerous scandals, it is hard to believe that Wikileaks had no information that could damage Trump. It seems as though Wikileaks shrewdly decided what information to unveil in order to manipulate public perception of the candidates.

Proponents of Wikileaks praise it as a crusader for government transparency. Yes, the U.S. and governments around the world could stand to open up. But there are better ways to achieve this. For example, the Freedom of Information Act (FOIA) of 1967 allows citizens to request and gain access to unreleased government files. While one can argue that FOIA does not go far enough, it demonstrates that transparency can be increased through government reform, rather than through illegal and unethical outlets like Wikileaks.

Males Belong in the Discussion of Women's Rights and History

by Maya Koeppen '17

A young guy walks into my fourth period Women's Studies class with a few of his male friends and takes a seat. Besides the fact that he was obviously skipping another class, it was clear from the conversation that followed that he should be enrolled in this course. The topic of the day was menstruation and the controversy surrounding the "tampon tax" present in 48 states. Discussion took a turn, and the location of the uterus was called into question. The same guy calls out, "It's here, right?" in all seriousness and points slightly below his chest. News flash: that's not where it's located. It is actually located between the bladder and the rectum, in the pelvic area of the female reproductive system.

Laughter and dirty glares ensued from my female peers, and I could not help but think this was part of a much larger issue. While I'm not saying every guy should know the precise location



Students in teacher Beth Shevitz's Women's Studies class debate whether a song is empowering.

of the cervix or the ins and outs of the menstrual cycle, I think it's important that men possess at least some form of awareness of women's bodies, and more so just women in general.

In my class of 23 there are five male students. Five. A fact that I find not so much shocking

as I do slightly concerning. When the typical adolescent male imagines a women's studies class, his first notion is likely a class full of raging feminists eager to bash men with every breath. Consequently, they avoid or completely discredit the course's true intentions without giving it the

chance it deserves. In reality, men can benefit from the class just as much as women, and here's why.

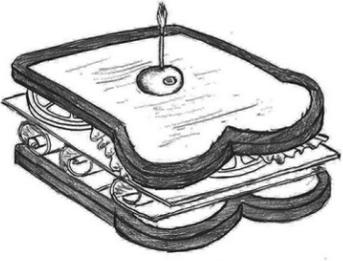
Women's Studies at its core focuses on the progression of women as a sex as well as modern-day gender issues and discrepancies. While both matters seem largely female-centered at

a glance, they should be equally important to men. If men are not properly educated on gender inequalities, they grow up ignorant to the daily problems of more than half of the U.S. population. Not to mention, that of their mothers, sisters, and future wives.

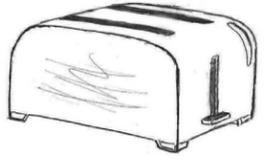
Women can also benefit from having male peers in the class, as it offers a fresh perspective to what could be an otherwise biased discussion. It is important to note that women's rights and treatment is not a one-sided issue, nor is it a battle that women wish to fight alone. For that reason, I appreciate the five male students in my class because, while they are often the first ones to crack jokes, they are always open to the discussions, even if they cannot fully relate to everything that they entail.

So whether you're a male advocate for women's rights or are just interested in learning about the female sex, this is the class for you. After all, you cannot spell women without men.

THE WARRIOR WONDERS...



WHAT IS ONE FOOD QUIRK SPECIFIC TO YOU?
 "If I can fit the whole food in my mouth, I will (bread, cookies, etc.)"
 ~Cayden Abramowitz '17



"I always heat my food in the toaster; microwaves scare me"
 ~Jack Rubin '17

"I put ketchup on everything instead of butter"
 ~Rachel Daniel '17



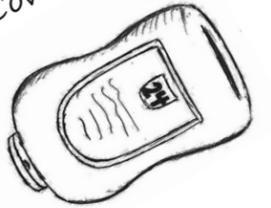
WHAT IS YOUR FAVORITE WEIRD FOOD COMBINATION?
 "I have never eaten any fruits that begin with the letter 'p'"
 ~Rachel Weisenthal '17

"Ramen noodles and sour cream"
 ~Robert Sanchez '18

"Peanut butter and jelly with bacon"
 ~Aubrey Hobbs '18

"Sometime I put maple syrup on my fries"
 ~Theo Setse '18

"Whipped cream with cereal"
 ~Albert Covaliu '19



HOW DO YOU EAT YOUR CUPCAKES?

Cupcake Sandwich
11%

Icing First
21%

Cake First
10%

Bite Straight Into It
58%

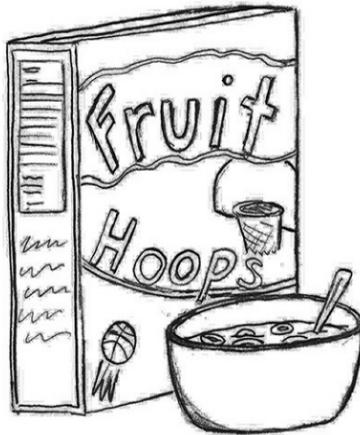


Do you drizzle ketchup on your fries or dip them in it on the side?

On the Side	On Top	None
77%	10%	13%

Do you eat the crust off of your sandwiches?

No	Yes
26%	74%



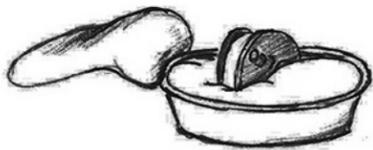
Do you put milk in before or after your cereal?

Before	After
10%	90%

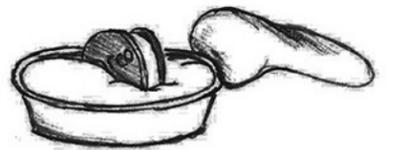
Do you make hot chocolate with milk or water?

Milk	Water
63%	37%

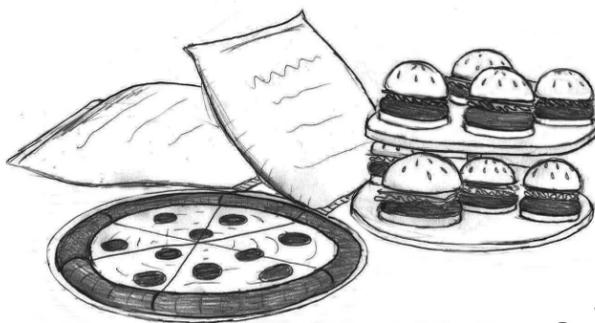
DO YOU DIP OREOS IN PEANUT BUTTER?



Plain	Don't Eat Oreos	Never Tried It	Peanut Butter
32%	11%	47%	10%



DO YOU DIP YOUR FRIES IN MILKSHAKES?
 Yes 48%
 No 52%



HOW DO YOU EAT STRING CHEESE?
 Separate the Strands of Cheese 90%
 Bite Straight Into It 10%



December 8, 2016

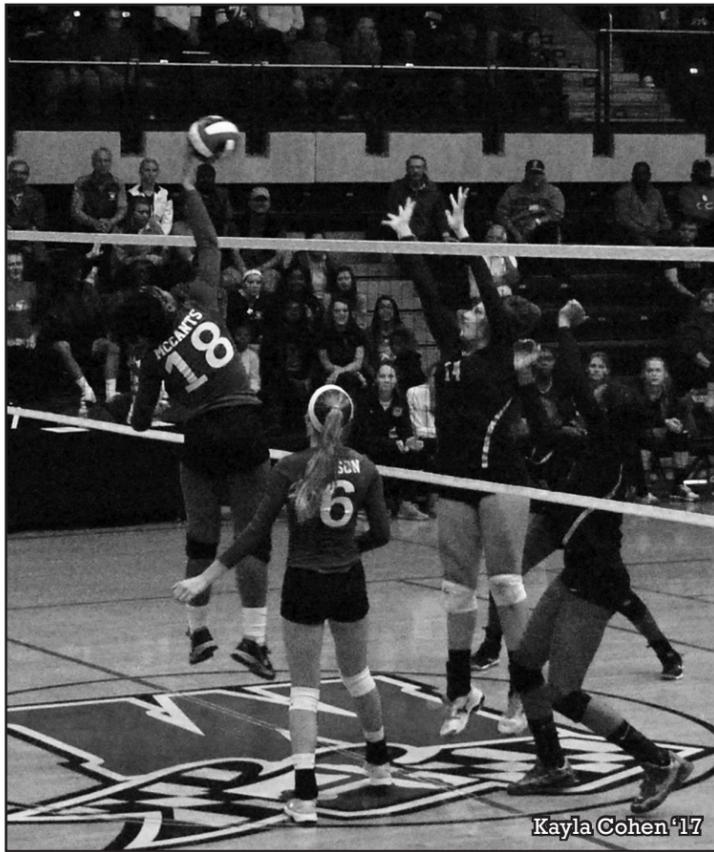
Volleyball Falls to Northwest at States

by Alex Le '17

After losing the first two sets to the Howard Lions, the Warriors' championship aspirations were looking bleak in the quarterfinals of the 4A volleyball playoffs. Howard, who had beaten Sherwood last year in the playoffs, were up once again with all the momentum on their side to close out No. 1-seeded Sherwood.

With their backs against the wall and the season on the line, the Warriors stepped up. In a tight third set, Sherwood won 25-23 behind senior captains Kaiya Heyliger-Powell and Megan Wilson. In the ensuing set, they continued to assert their will upon Howard, winning 25-16. In the final set, using the energy from the home crowd, the Warriors successfully came back and beat the Lions 15-12 and moved onto the quarterfinals.

Adversity has been no stranger to the Warriors this season. Having lost four senior starters and hiring new head coach Jacob Achten, it was unknown how well Sherwood would perform this year. The roster featured play-



Senior Simone McCants goes up for a hit in the championship game.

ers from every grade level, and inexperience was a big area of concern. But Wilson and Heyliger-Powell refused to let the team's

youth deter them from their state championship aspirations. "We made sure not to pressure them too much, but at the same time

tried to spread our knowledge of the game with them. We expected a lot of them because we knew that they would be able to execute," said Wilson.

Wilson and Heyliger-Powell were vital for the team not only during the game, but by exemplifying leadership and poise throughout the season: "They lead by example in practice, in school, and during games and the main thing is that the other girls followed them and fought hard with them and never gave up in any situation," said Achten.

During the playoffs, the younger Warriors did not disappoint. With strong performances from junior outside hitters Madison Bliss and Sarah Le, freshmen libero Sydney Spillman and middle blocker Grace Aceto, Sherwood throttled Western 3-0 in the second round after a first round bye, defeated Howard in a gut-wrenching comeback 3-2, and obliterated Catonsville 3-0 to win the 4A North Regional Championship.

In the semi-finals, the Warriors' perseverance was once more tested against the Arundel Wildcats, as they found them-

selves down 2-1. However, comebacks was the theme of the season for the Warriors, who were able to recover from their poor start and win in five sets to clinch their spot in the state championship.

In a rematch against the Northwest Jaguars, whom the Warriors had defeated in the regular season, Sherwood played three hard-fought sets. Despite strong performances from Wilson and Heyliger-Powell, the Warriors were unable to block the outside hitters of Northwest, ultimately losing the state championship in three sets, 25-19, 25-10, and 25-17. Despite losing, the coach remained proud of his team: "The team worked hard and showed the dedication that it takes to make a championship run," said Achten, "For having a young team, they were mentally as strong a team as I have ever coached."

Although it was a disappointing loss, Sherwood has an abundance of potential to have a strong season next year. Though senior captains Wilson and Heyliger-Powell will be missed, they helped continue a winning culture for Sherwood volleyball for years to come.

Public School Basketball Loses Before Season Even Has Begun

by Lexi Matthews '18

With their season opener quickly approaching, both familiar faces and rising stars of boys' basketball have spent the past month doing what they've always done before game day: running drills and practicing hard. However, a noticeable absence could be felt on the court in the midst of all the familiarity; former star guard/forward Kamari Williams started his junior year at St. Andrews in Potomac this fall.

Williams, who declined to be interviewed, serves as an example of a growing trend among talented, often disgruntled players. Due to lack of wins, funding, or competitiveness in their public schools, waves of stars find themselves transferring to private schools each year in search of something better. The numbers show that their searches usually aren't in vain; Of the 25 high school seniors on ESPN's 2017 Basketball Recruiting Database, 17 attend a private school. More prospectively, 13 of the 2016 NBA All-Stars had their starts in charters or academies, and all but three of the NCAA-champion Villanova Wildcats spent their high school days in schools with 'Saint' or 'Prep' in their titles. "The NCAA doesn't track the school classification of incoming athletes, but anecdotal evidence suggests the growing influence of private education on superior athletes," said an NCAA spokesman in an interview with ESPN.

Coach Tim Gilchrist refuses to let these trends bring the team's spirit down. "We have a real solid core of returning players and are poised to make a deep run in

the playoffs. This year's team has been together for 4 years and has grown into a great unit that will stifle opposing offenses and move the ball with ease. The sky is the limit this year," said Gilchrist.

Nevertheless, the influence of a private school on a player's ability to score big both on and off the court is hard to miss. Private institutions can receive donations from any contributor and put any portion of it towards any program they want. Private schools also tend to have many more wealthy, philanthropic alumni than their public counterparts. Public schools, which often lack the interest and flexibility in funding, thus fall short of these academies, as they are unable to afford the cutting-edge equipment and training that private institutions can offer. More than that, public school players tend to worry about their own visibility while on their respected teams; a private school game is three times more likely to attract college scouts than a public school one.

Although both local and national sports publications have voiced their disapproval in the lack of fairness of this monetarily-slanted trend, little has been done to prevent it. While transfers among MCPS schools require a Change of School Assignment form to be approved as well as a year long athletic suspension, private schools almost always have much more flexible recruiting rules, or even none at all.

Despite these downfalls, Sherwood still has high hopes for its upcoming season. "[Losing Kamari] hurts, but we're gonna keep moving forward," said junior shooting guard Davis Long.

MCPS Halts Funding for Turf Fields

by Matthew Post '18

In early November, Superintendent Smith released his recommended Capital Improvements Plan for MCPS in 2018. Notably excluded from the 317-page budget were the words "turf field."

This snub may come as a surprise to those who followed the early deliberations on the county's Capital Improvements Plan (CIP) process in 2015. Then Board of Education President Patricia O'Neill pushed for \$11 million of turf field funding, citing a need for "turf-field equity." "While the Whitmans and Churchills can raise money to maintain their fields," noted O'Neill in a November 2015 Board meeting, "the Kennedys, the Einsteins and the Springbrooks deserve a field that is safe to play on." In addition to the \$11 million, schools were expected to fundraise and form private partnerships to subsidize turf field creation.

The proposal met swift opposition from community leaders. "As long as we face huge needs on maintenance, to me, we shouldn't be spending millions on unnecessary luxuries like artificial turf fields" testified County Councilmember Tom Hucker, who suggested the funds be used to repair air conditioning and heating units instead.

Some parents expressed concern regarding the type of turf fields that were to be built, which the CIP did not originally specify. Most synthetic turf fields are made from pulverized tires, resulting in a firm yet bouncy surface. However, the Environmental Protection Agency (EPA) warns that tires often contain lead, mercury, and arsenic. Additionally, such rubber fields are



Nicole Reich '17

Sherwood likely will not get its grass field replaced with a turf one.

known to get intolerably hot, up to 180 degrees in the summer, according to a University of Nevada study.

As the County Council mulled over the budget item, the Maryland State Legislature heard testimony on HB-883: a bill requiring warning signs to be placed on all turf fields in the state. The proposed signs urged athletes to immediately shower after contact with the fields and refrain from drinking water while on the playing surface, citing concerns about accidental crumb rubber ingestion. When a representative from FieldTurf Inc. was asked if turf fields contained lead, he responded, "there's lead in a lot of things in this world."

As the budget process continued, the Board of Education came

out in favor of organic turf fields as opposed to the those made from tires.

Ultimately, the County Council struck the fields from the CIP. "We don't have a lot of capacity in our capital improvements program," explained Education Committee Chair Craig Rice in a March 2016 committee meeting. "Unfortunately, I don't think this is going to be a priority."

Several schools, such as Walt Whitman and Albert Einstein, are getting turf fields through private partnerships with Montgomery Soccer Inc. (MSI) and no financial assistance from the county. Yet, with no mention of funding in the budget this year, the future of turf fields at the remaining turf-less 16 high schools in Montgomery County appears bleak.



The Girls' Swim and Dive Team faced Wootton for a scrimmage at the Olney Swim Center, which they won.

Girls' Swim Team Prepares to Defend State and Metros Title

by Emma Shuster '18

After winning the Maryland Swimming and Diving State Championships and the Washington Metropolitan Swimming and Diving Championships last year, the girls' swim team looks for a repeat performance this year.

In order to do so, the team will have to overcome the loss of graduated seniors Morgan Hill and Margarita Ryan. Now swimming at the University of Virginia, Hill won the 50 freestyle and 100 freestyle at both states and Metros. Swimming at Virginia Tech this year, Ryan earned fourth place in the 100 butterfly and backstroke as well as fifth

in the 100 butterfly and second in the 100 backstroke at Metros. Both girls were also on the first place 200 medley relay and the 400 freestyle relay.

Coach Brendan Lees is confident that his girls' team will return strong, determined, and ready. With several new freshman and pivotal returning swimmers such as sophomore Emma Eustace, juniors Grace Giddings, Kelly Kolanowski, and Kennedy Nolan, and senior Jaimy Wenhold, the team hopes that they will have just as strong of a season as they did last year.

"We have a deep team, and I have no doubt about it that we will come back competitive. Ev-

eryone is always so positive and works really hard in hopes of winning states and Metros again this year," said Lees.

The boys' team also figures to be competitive this year, and is led by strong returning swimmers such as juniors Declan Black, Chad Carlson, and Andrew Martinez, and seniors Matt Connors, Andrew Dunn, and Mateo Gomez. As they did last year, the boys will try to bring home another regional title.

Come out and support both the girls' and boys' swim teams as they compete against Magurder in their second meet of the year, on December 10 at the Olney Swim Center at 11:30 a.m.

ON SPORTS

Gender Bias in General P.E. Is Unfair and Hurtful

by Colleen Yates '18

"Girls over here, guys on the other side."

This sentence is used almost every time a teacher picks teams in a general P.E. class. The need for equal and fair teams is understandable; However, the blind assumption that most girls are not as capable of catching, throwing, passing, or shooting is an extremely sexist generalization that makes girls feel as if they are inferior to their male classmates.

Often during P.E. – football lessons in particular – teachers will make rules such as, "If a girl catches the ball her team gets a first down." As a female athlete I take great offense to these remarks, as well as ones such as, "If a play is completed with a girl involved, her team gets extra points." One can argue that such rules try to address the problem of male students not passing to girls, but it comes across as if girls are less capable of catching a ball than boys are.

The bias that led to the creation of these rules causes problems for female students in physical education courses. When regarded as less capable than boys, girls cannot thrive and demonstrate their ability in class. Because expectations of girls are so low in P.E. classes, they find it unnecessary to actually try and do well. When teachers address girls as weak and assume that they are not

athletic, the students in that class begin to believe it is true. Furthermore, making rules that mandate passing to girls does not allow for the students to observe on their own and see who excels in a certain sport or has athletic talent.

By rewarding a female for doing something as simple as catching or throwing a football, teachers give the impression that they are surprised that a girl is capable of doing an easy task. The rules create an unwelcoming environment where male students and teachers do not expect female students to do well. This setting does not allow for equal participation from students of both genders because it creates the false assumption that girls are not as strong as boys are in sports.

Rather than deciding who is or is not athletically oriented based on the gender of the students, teachers should actually look around and observe who excels in certain sports and who does not. Then they can make rules or adjustments based on who is having trouble with participation.

As it stands, P.E. rules that are based on gender promote sexist beliefs that women are not as athletically skilled as men. Such beliefs are unfortunately very common in our society. We should be teaching this generation that both genders can and should be treated equally, not that girls have less talent or ability than boys do.

Josh Seils Proves That Hard Work Pays Off

by Connor Brady '17

Every athlete will say that greatness derives from a lot of effort and dedication. Senior pitcher and infielder Josh Seils is a baseball player who went above and beyond to make sure he secured a spot next year on the roster of the Towson baseball team.

To be a college athlete, one must put in hours of practice every day. Seils participated in two-man workouts with varsity baseball Coach Sean Davis in the offseason to stay competitive. On top of that, he consistently attended the lifting workouts. Many shy away from that much work, but those with true passion don't work, they play. They see it as their chance to get where they want to go.

"I worked hard in the off-season because playing baseball is what I've wanted to do since I was a kid. I always attended the weight room sessions because I didn't want to have regrets going into college. On the field, I don't see it as work, I see it as just playing and having fun," said Seils.

For Seils, hard work meant that he got accepted to play base-



Seils sets on the mound and starts his motion as he prepares to unleash his best pitch, which is a fastball.

ball at his first choice college, Towson. Seils will have 6 a.m. weight room sessions every Tuesday and Thursday. Towson baseball then will have practice after

players attend their classes for the day, with Monday being the only day off. The Towson baseball team gets winter "off," but they are still expected to lift and stay

conditioned. Their spring season goes from February all the way to June.

To show Towson that he was interested, Seils emailed

Mike Goittlieb, the Towson head coach, multiple times over the summer leading into his junior year. When he sent the emails, he also sent Goittlieb a skills video, which many coaches require from prospective players. Unfortunately, Seils never received a response. Despite the fact most colleges usually respond, he did not give up that easy. Seils went to Davis to ask if he could reach out to Towson for him, and Davis responded by emailing Goittlieb with a skills video attached as well as a summary of Seils' skill set. Goittlieb came to one of Seils' games and afterward invited him to a camp. It was after the camp that Seils told Goittlieb, "I want to be a Tiger." After Seils was informed he could play at Towson, he then applied and he got accepted.

Seils says he wants to go to Towson because the school has great education and isn't far from home. He doesn't plan to change the approach that got him this far. "My goal is to be a starter freshman year. If that doesn't work, then I will make Coach Goittlieb give me a chance by proving my work ethic in practice."

FROM THE SIDELINES

Winter Sports Gallery 2016
Practice Makes Perfect



Kayla Cohen '17

(From left to right) Junior Donovan Lacey and senior Josh Seils look on as junior Jackson Sherrard scores a layup. On the side of the court, seniors Brendan Collins and Kevin Russell take a breather between drills.



Maya Koeppen '17

Senior point guard Amanda Allen is guarded by junior Michelle Levy as she dribbles up the court, looking for a pass to a teammate in the lane.



Chase Wilson '17

To the left, senior captains Hunter Mueck and Greg Claver practice a move called the double leg takedown. On the right side are sophomore Antonino Hicks and senior Jean Yemba performing a single leg takedown.



Maya Koeppen '17

Despite having the name, "indoor track," the team practices outside.



Chase Wilson '17

The Sherwood student section participated in the grayout theme by wearing their groutfits to the game on November 11, which the Warriors lost 30-20. It was the final game for everyone to cheer on their beloved football team, and the seniors had to say a sad farewell to the student section that they'd supported all throughout their high school career.

Check out The Warriors Online for weekly news and sports coverage!

thewarrioronline.com