

the **Warrior**

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Hjelle To Swim in International Competition



Courtesy of Erica Hjelle

Erica Hjelle performs the butterfly stroke for the Sherwood swim team.

by Isabella Pilot '18

Once every four years, Jewish athletes from across the globe travel to Israel to compete in the Maccabiah Games, or "Jewish Olympics." Since 1932, over 62,000 athletes have participated in the games. The 20th Maccabiah Games will occur this summer, July 4-18, and are projected to be the biggest, most successful games yet, with 45 events ranging from track and field to chess. Among the nearly 10,000 athletes from 80 different countries competing is sophomore swimmer Erica Hjelle.

Swimming is in Hjelle's blood. She heard about the Maccabiah Games from her mom, who won a gold medal for swimming in the 1989 Maccabiah during her college years. Her mom also served as captain for the University of Pennsylvania women's swim team.

Hjelle has been competing for nearly 10 years now and swims for Rockville Montgomery Swim Club (RMSC) and Sherwood's own swim and dive team. "It's definitely a lot of work to manage both swimming and school, but swimming has helped me learn better time management skills," said Hjelle. "When I get home from practice at night, I know I need to get my homework done as soon as possible so I can get enough rest for morning practice," she said. Among many major accomplishments in the pool, Hjelle recently placed first in 100 yard breaststroke at the Maryland 4A/3A North Regional Championships.

Hjelle will be competing in the Junior

Maccabiah games, open to any qualifying athlete aged 15-18. "I am going to compete in five different events which I have been training for a while." These events are the 100 meter breaststroke, 200 meter breaststroke, 200 meter individual medley (IM), 400 meter IM, and 100 meter butterfly.

She was selected as one of just 24 swimmers for the USA Junior Swimming Team. "I don't really know anyone else going, so I am kind of nervous to meet new kids, but I'm really looking forward to it," she said. Hjelle is one of the two Maryland residents on the team, the other one being William Lewis, who attends Walt Whitman.

Following Maccabiah tradition of emphasizing the centrality of the State of Israel in the life of the Jewish people, Hjelle will have the opportunity to explore the country and learn more about Jewish culture throughout her trip, a particularly special experience as this will be her first time in Israel. "The first week we are going to see all the historical and religious sites around Israel, but all of the athletes will still be able to train prior to the competition portion of the trip," said Hjelle.

While many students travel over the summer, very few get the chance to be on live television, let alone compete for a gold medal, so one can only imagine Hjelle's anticipation for her upcoming trip. "I have never been away from my family for this long or gone this far away before so I am somewhat nervous, but overall I am really looking forward to swimming and seeing the country," she said.

MCPS Works To Ensure Safety amid Recent Controversy

by Lexi Matthews '18

In response to a March 16 incident in a boys' bathroom at Rockville High School, Superintendent Jack R. Smith released a message announcing his plan to reinvigorate school safety and security. The letter, published to the MCPS website on March 30, detailed Smith's plan to partner with the Department of School Safety and Security to conduct security reviews of all Montgomery County schools starting in April.

Initially labeled as a rape in which 17 year-old Jose Montano and 18 year-old Henry Sanchez-Milian dragged a 14 year-old girl into a boys' bathroom and brutally attacked her, the Rockville High incident drew outrage and calls for security re-

form from across the nation. On May 5, the case took an unexpected turn when all charges against the offenders were dropped. This development came after prosecutors reviewed security footage of the hallway in which the incident took place and saw the girl enter the bathroom willingly, contradicting her initial statement to police. Further examinations of computer and phone records of Montano and Sanchez-Milian revealed messages in which the girl sent them lewd photographs and agreed to meet them to have sex in school that day.

Sanchez-Milian and Montano now only face new charges for possession of child pornography because of the photos discovered on their phones. Deportation proceedings against the two,

who both immigrated to Rockville from Central America last year, are also underway. While the legality of Sanchez-Milian and Montano's entrance into the United States, the core point of national criticism surrounding the case, has drifted from the public spotlight, many locals are left pressing for answers about how incidents like this can be prevented in the future.

Sherwood's security review was executed on May 15. Prior to the physical checkup, all schools were asked to answer a series of questions about standard security procedures. Once MCPS Head of Security Bud Helmewth, Cluster Security Coordinator Mike Jones, and a third party security consultant gathered in the main entrance with Principal Bill Gregory and

Sherwood's security team, the group thoroughly discussed Gregory's answers to each question. From there, the team reviewed standard security points as well as examined areas of concern that Gregory had.

"I brought up additional places that I'd like the school system to put cameras. With cameras, we get to see things that possibly could happen before they happen, then mobilize our team to stop it," explained Gregory. While there are approximately 110 cameras around Sherwood now, Gregory would like to see 15 to 20 more installed in areas that could use additional angles to improve overall visibility.

Gregory also noted that he would like a redesign of the front entrance. He would like structur-

al changes to be made so that the main doors lead straight into the main office instead of into the school hallway. While security is always seated in their office just outside the entrance to enforce security, Gregory feels this additional buffer zone would help direct the flow of traffic in and out of the school in a safer, more manageable way.

After the reviews are completed for each school in the county, a complete report will be made and given to Superintendent Smith about safety and security in all of Montgomery County. From there, Smith will provide a summary of the review and share his next steps with the community. It is not clear at this time how long it will take to finish reviewing all of MCPS's 204 schools.

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myMCPS Will Replace Edline Next Year

by Alex Nnabue '18

For the upcoming school year, myMCPS will replace Edline. MyMCPS was developed by the company Canvas whose platform is widely utilized for grading systems in counties and schools, including Howard County and the University of Maryland. However, Google Classroom will stay.

The myMCPS platform will introduce brand new features that Edline and Google Classroom lack, such as a 6-12 gradebook, speed grader, and class surveys for teachers to collect student feedback. Furthermore, teachers can create classroom discussion groups and customize home pages for individual courses. MyMCPS will be available as a phone app and website for students and parents to access. In order for teachers to become accustomed to myMCPS, the county will hold summer training opportunities. However, there is no current plan of action for parents to learn how to use myMCPS.

At Sherwood, technology teacher Brandon Lees currently utilizes Canvas software for his Project Lead the Way Engineering classes and has been doing so for the past four years. Lees enjoys its many features such as its app, speed grader, and Google Drive turn-in. Lees believes the platform is beneficial to his classes as it "makes it more efficient to do grading that can be submitted online."

Ertzman To Get a Needed Facelift

by Lucy Kuchma '18

This summer, the school auditorium will get a significant change; the mustard-colored seats and ratty, molded carpet will be torn out and swapped out for more modern and polished touches. The seats themselves will be torn out and replaced, and the aisles will be recarpeted; as of now, the color scheme is set to reflect Sherwood's blue and black.

Towards the end of each academic year, an MCPS maintenance team visits each school to record structural issues and ensure everything is up to code. A few years ago, the team concluded Ertzman failed to meet Americans with Disability (ADA) standards set by the state of Maryland, as the theater was last updated in the mid-1970s, so the proposed project was placed on a list of upcoming county renovations. Slowly, the school moved up the list, and funds became available for the much-needed renovation. The need for the project became even more apparent after the flood in the spring of 2015 that caused damage to the carpet and floor in the theatre. The county scheduled for a crew to come in as soon as summer vacation begins to get the job done prior to the start of the 2017-2018 school year.

Additionally, students will return in the fall to newly resurfaced tennis courts matching the blue interior and green rim used by the U.S. Tennis Association. The courts will have a rubber synthetic surface, similar to those frequently used in some pro events.

Study Sheds Light on Depression Prevalence

by Mallory Carlson '19

A study published in the journal *Translational Psychiatry* showcased surprising statistics about depression in young people. The study consisted of more than 100,000 in-person interviews and it was concluded that by the time children are 17, 13.6 percent of boys and a shocking 36.1 percent of girls are or at some point, have been depressed. These statistics were much higher than predicted, sounding an alarm for the need for early diagnosis.

A common belief is that depression in young people, especially girls, begins around the teen years as social pressure and other various factors build. But the researchers at *Translational Psychiatry* found reason to believe that is not always the case. They discovered that depression in children often appears or begins as early as age 11. This is an idea that psychologists have only recently begun to accept, as they previously believed that children were too developmentally immature to experience such an adult conflict. Now studies have shown that even children as young as four or five years old can be depressed, although that is uncommon.



Jackie Vilaseca '19

The health room at Sherwood now keeps naloxone, an overdose reversal drug, on hand.

Newly Passed Bill Gives Maryland Hope

by Brynn Smith '19

Recently, the Maryland General Assembly overwhelmingly passed the HOPE Act (Heroin and Opioid Prevention Effort), a bill comprised of several measures aimed at decreasing the recent spike in death due to opioid addiction in Maryland. Governor Larry Hogan signed it into law on May 25.

Drug overdoses are a growing problem throughout the country, and Maryland is not an exception. According to Maryland's Department of Health and Mental Hygiene, the number of opiate deaths has nearly doubled since 2010. Opioid overdoses are now one of the leading causes of deaths in Maryland, surpassing homicide and car crashes.

"We need to treat this crisis the exact same way we would treat any other state emergency," said Governor Hogan in a statement about an executive order he signed on March 1, which declared a state of emergency in response to the opioid crisis. "This is about taking an all-hands-on-

deck approach so that together we can save the lives of thousands of Marylanders."

Governor Hogan, who ran on a platform of enforcement, treatment, and prevention of the opioid crisis, collaborated with the Department of Health and Mental Hygiene and the Maryland House of Delegates to announce the legislative effort to address Maryland's opioid epidemic.

The HOPE Act is Maryland's plan to combat this growing issue. One facet of the act is a significant increase in funding for community health services, like rehab clinics. Another provision will expand and promote a 24/7 crisis hotline for mental health and substance abuse problems. The General Assembly also requested the appropriation of \$2 million in subsidies to expand the scope of drug court programs.

The HOPE Act also allows for the wider distribution of an overdose reversal drug known as naloxone. Before the HOPE Act, naloxone was only accessible to those who were thoroughly trained in using it. Now, the over-

dose prevention drug is available directly from a pharmacist and public schools are required to keep naloxone on hand; school nurses will be allowed to administer the drug without fear of liability. Sherwood's school nurses have been trained in using naloxone for over a year.

Under the HOPE Act, it is now mandatory for colleges to educate incoming students on substance abuse. Delegates from across Maryland combined several submitted strategies on how to stop the opioid crisis to come up with the measures passed in the HOPE Act.

New and more dangerous drugs seem to be popping up as fast as the American population can ingest them. Carfentanil, one of the strongest opioids on the market, is the cause of many recently reported overdose deaths.

"[The increase in drug induced fatalities] is very concerning. The carfentanil is so alarming that it can be absorbed through the skin; it makes it that much more dangerous," said Jennifer Jones, Sherwood's school nurse.

MCPS Confronts Sex Abuse Cases

by Josh Averbach '18

In recent years, MCPS has been stung by a series of sexual abuse cases. MCPS employees were arrested for allegedly abusing students at Gaithersburg middle schools such as Clemente and Ridgeview (the alleged perpetrator was a substitute teacher who worked at multiple schools) in 2012, at Loiederman Middle School in Silver Spring in 2014, and at Cloverly Elementary School in Silver Spring in 2016. Many viewed the Gaithersburg case as particularly troubling because a principal allegedly knew about the abuse but kept it quiet.

In 2015, MCPS introduced several measures such as a staff training program and an updated policy on abuse and neglect to fight child abuse. Despite this, the county is still confronting the problem, as indicated by recent incidents at Richard Montgomery, Lee Middle School in Silver Spring, and Einstein and its feeder schools.

In the most recent incident, on May 15, police arrested Mike Lievano, a security employee at Lee Middle School, for alleged inappropriate sexual contact with

a student. Lievano allegedly had inappropriate relations with the student several times over the course of about a month. He has been placed on administrative leave and is being held on a \$10,000 bond.

On April 5, Montgomery County Police arrested Richard Montgomery High School security leader Mark Christopher Yantos for an alleged sexual relationship with a 17-year-old student. According to court documents, the relationship had been developing since April of last year. Yantos reportedly bought the student gifts and befriended her before the relationship turned sexual. Yantos was released on a \$75,000 bond, and is prohibited from contacting the student.

In March of this year, a MCPS bus driver for Einstein High School and its feeder schools was arrested for alleged sexual abuse of two students. The perpetrator, Salvador Rodriguez, admitted his guilt to detectives. Investigations revealed that he had inappropriate contact with one student three times, and once with another student. He has been on administrative leave since February.

After the Richard Montgomery incident, Superintendent Jack Smith released a response on the MCPS website. "Any adult who abuses their position and takes advantage of our students has no place in our schools or community," stated Smith. He emphasized the importance of student safety, and cited the staff training program and policy on abuse and neglect as steps that MCPS has taken to curb abuse.

As a response to this, MCPS created an updated Child Abuse and Neglect policy. The policy requires MCPS employees to report any suspected instances of abuse to Child Protective Services (CPS). Those who knowingly fail to report such incidents may face punishment up to and including dismissal. This policy combats all child abuse; an MCPS staff member need not be the assailant.

Additionally, in a program that began in 2015-16, MCPS staff must participate in training for the prevention of child abuse. Employees are taught what constitutes appropriate and inappropriate interactions with students. It also arms them with the ability to recognize abuse so that they can report it before it escalates.

ESOL Students Struggle for Inclusion Two-Week Period for Adding or Dropping Classes Revoked

by Katherine Sperduto '19

Have you ever felt misunderstood? Divided or separated from others? Or simply different and unable to connect with the people around you? For many ESOL students, these are just a few things that they deal with every day.

Within the past year or so, many of the ESOL classes were dispersed throughout the school in an effort to more fully integrate ESOL students into the Warrior community. But notice how the downstairs C hall is still referred to as the "ESOL hall?" Or how ESOL and non-ESOL students sit in different areas at lunch? This is indicative of the gap between ESOL students and students whose first (and often only) language is English. Laura Bernard-Sanchez, the head of the ESOL department, states that the ESOL students at Sherwood are underrepresented in many sports, advanced academic courses, service clubs, and social activities.

"I am very sure that there is not 10 percent of ESOL kids in anything in school [extracurricular] except for possibly the International Club--and even that seems to have gone down since the club is no longer run by an ESOL teacher," said Bernard-Sanchez.

Freshman ESOL student Estrella Gomez moved to the United States from Mexico in July of 2014 and she explains how she views the division. "I feel more divided in sports, music, and other events that are traditional," referring to activities such as Rock 'n' Roll, Mr. Sherwood, and other special events and activities.

Sports teams are a great way to feel included and involved in the Sherwood community. Sadly, sports is a main area of the Sherwood community in which there is great separation between those whose first language is English and those who are in the process



ESOL students take a picture at an end of the year party.

of learning it. If one looks in the yearbook at just a few of the main sports teams at Sherwood it becomes evident that there are no ESOL students. Bernard-Sanchez believes that one factor that keeps more ESOL students from trying out for teams is the high cost of various sports equipment and the time required to be a member of a team.

Another area where this divide exists is clubs. In clubs such as Best Buddies, Educators Rising, and Sherwood Ambassadors, ESOL students are severely underrepresented. This is a consistent pattern among many other clubs as well. There is, however, ESOL representation on the Homecoming court thanks to a decision that ensured diversity among the entire Sherwood community.

Bernard-Sanchez believes that because many ESOL students have to obtain their education in a non-native language, learning in English becomes more of a challenge. English-speaking students have an advantage in not having to learn a new language while also mastering various subjects. "There is a division but it

is because some students come from other countries and have to learn to speak English [and have to take] ESOL classes [on top of everything]," said junior Mario Centino, an ESOL student from Guatemala.

Why does this divide exist? Sanchez stated that a lack of familiarity and financial issues could be factors. She describes how many of her ESOL students, instead of going home and hanging out with their friends like many non-ESOL students do, must work to help provide for their families. Bernard-Sanchez added that many ESOL students feel as if the students who grew up in the United States have experiences far different from their own, making it difficult to connect and understand each other.

Experiences such as feeling sometimes misunderstood by parents and teachers and worrying about dating, college, and their futures are all things that connect teens. "Students and staff need to reach out more, and all students need to realize that all teenagers, no matter their primary language, share common experiences," said Bernard-Sanchez.

by Leah Peloff '18

For the upcoming school year, the counseling department is working to eliminate the two-week grace period in September in which students can request schedule changes. This means limiting what consists of a valid reason to change one's schedule. For example, no last-minute elective switches nor requests for a different teacher or different period simply for the student's convenience will be permitted.

Although not yet set in stone, these changes have been laid out in a letter which is set to be sent out to the students prior to the end of this school year. The letter states how "requests after [June 30] will be more difficult to fulfill due to limited class space."

This change has been a priority of the counseling department for some time now, considering the large inconvenience that schedule changes impose. Last year, there were 475 schedule changes made in the first few weeks of school, making up about 23 percent of the student population. Fifty-three percent of these changes constituted a swap of electives.

The letter also explains why these changes need to be made. Specifically, the counselors feel that when no rules or limitations are in place, they feel obligated to do everything in their power to meet the students' requests. "This often means some classes greatly exceed capacity while some don't come close," explained counselor Erin McKenna. It is simply too difficult to rearrange the whole lineup of schedules that counselors spend an abundance of time perfecting in a way that suits everyone without disruption.

The schedule changes impact teachers too. Many teachers would like to see an accurate

roster of their incoming students before the school year starts, but with such massive numbers of schedule changes, this is impossible. Additionally, some classrooms physically do not have enough seats to accommodate the flood of students requesting to be switched into their class.

When planning the proposal for Principal Bill Gregory, the counseling department points out how "many schedule changes are not allowed at all in other schools, such as Blake. Other schools only allow the change after a conference with a parent, counselor, student, and administrator," said McKenna.

When the counselors say "eliminate" schedule changes, they do not mean every request. They have no intention of stopping students who suddenly feels as though they should have taken AP NSL but signed up for honors NSL from upgrading their course difficulty. Similarly, if one is feeling extremely overwhelmed by the rigor of their course load, McKenna explained that the counselors will still be willing to work with students, allowing them to switch from AP classes down to honors or on-level. They draw the line, however, on the requests that are merely for the student's convenience; for example, switching from the period one volleyball class to the period three volleyball class so a student can be with friends will not be made the counselor's priority.

Despite the initial shock students may feel about the change, McKenna insists it is not intended to hurt them. Their intention is simply to avoid too much disruption to their original master schedule and make sure no classes are going way past their set capacity. These proposed changes still have to be pitched to Gregory, but they are underway.

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Sherwood Bids Farewell to Assistant Principal Karen Rose

by Danielle Katz '18

Sherwood will say goodbye to many retiring staff members at the end of this school year. Among one of the most beloved and dedicated is Assistant Principal Karen Rose, who has been working in education for 42 years.

Rose started her career as a student teacher in Anne Arundel County while attending the University of Maryland. After graduating in 1975, she returned to Anne Arundel to teach at Meade Middle School for 15 years, while she commuted to Montgomery County to learn about implementing staff development.

"Basically, a staff development teacher (SDT) helps the development and growth of the staff," explained Rose. "The SDT supports the administrators, the teachers and other stakeholders with the purpose to develop, construct and improve the goal of the school along with county initiatives—all for the focus on academic achievement."

After, she opened John Poole Middle School in Montgomery County, she served as principal, and just about any other position

that needed filling, such as the resource teacher and signature coordinator.

Her experiences led her to work at Rockville High School. She started many programs there, such as staff development, which she later integrated into Sherwood when she came to the school in 2006.

At Sherwood, she put a special program into place regarding education management that is still in use today. Rose worked here until 2010, before she went to Damascus to implement her ideas there as assistant principal.

She returned to Sherwood in 2014 and worked tirelessly to ensure students had the correct administrative organization they needed to be supported through their high school career. As assistant principal, she was the master scheduler, served as the testing coordinator, and mentored the new assistant principals throughout the past four years at the school. In this time, she also presented workshops at the Maryland State Secondary Administrators Conference.

Her personal relationships with her colleagues shine. Math department head Jordan Bennett



Rose served as a Sherwood administrator from 2006 to 2010, and she returned in 2014.

commented on Rose's positive working relationships.

"Karen's reputation preceded her as being a kind and supportive leader," said Bennett. "With me, she met that expectation and more. For the countless hours she spent, lending an ear or giving advice, she will be surely missed."

Among everything Rose has accomplished, her personal connections and vicarious successes

remain her most valued achievements.

"I am most proud of a young adult who came from Korea when he was eight years old without being able to speak English," she shared. "By the time he was a senior, he was the valedictorian of his class with a full ride to Harvard and wrote a book, which he later gave a copy of to me." In general, she hopes every student

she works with, indirectly or directly, becomes productive, positive citizens that lead rich, wonderful lives.

Rose thanks Sherwood for the home away from home that it has provided throughout her career.

"Sherwood is a special place for me: it's like coming home, and once you are a part of Sherwood, you always bleed blue."

Matt Post Serving as the First SMOB from Sherwood

by Mallory Carlson '19

Junior Matt Post is the first Student Member of the Board (SMOB) to come from Sherwood, which is a major accomplishment for the community considering that the first SMOB, David Naimon, was in 1978. Post has been dedicated to his beliefs—mental illness recognition and support and loosening restrictions on school WiFi, to name a few—throughout his campaign. He says that he will have the same work ethic during his time as SMOB.

Post first became involved in local government in eighth grade. He received a chain email

through Richard Montgomery High School from the SGA President asking people to apply for county SGA.

Post applied to be the public relations deputy because he had an interest in graphics and videos; he even won contests for his work. The interviewer for the position happened to be Eric Guerci, the vice president of the county SGA at the time. Post was selected for the position, and from there he began making videos for SGA.

When Guerci was launching his first campaign for SMOB, he talked to Post and requested videos for his campaign. The two worked well together and when

Guerci was elected as SMOB in 2015, he made Post his chief of staff, which was an excellent opportunity.

Around this time, Post was also promoted to Director of Public Relations for the county SGA. The following year, he was elected vice president of the SGA. During that time, he attended state legislature meetings in Annapolis to testify on bills. "It feels like you're making a real spearheaded advocacy effort," he said, especially of Lauryn's Law, which is a bill that proposes training guidance counselors to recognize mental illnesses.

Post found that he enjoyed

crafting legislation, especially at the county level, which is where he believes one can make the most change. "Education is the great equalizer, but the system is not fully there yet," Post said when asked about his feelings on education policy today. This was the time when he decided to follow in Guerci's footsteps and run for SMOB.

When discussing role models, he says he was inspired by Barack Obama. "He was what got a lot of people interested in politics. He made public service seem like a really high calling," Post said.

He has also been inspired by

his grandmother, a teacher at a school in Brooklyn, New York within a very disadvantaged community.

"She believed she had a role to play in lifting up others," Post said. "Her actions instilled that philosophy into the whole family."

As for the transition into his role as SMOB, Post explained that the next month or so will consist of working closely with Guerci, attending meetings, and getting immersed in the position. His professional proximity to Guerci in the past will help as far as what to expect. "I'll be ready on July 6," said Post.

Ricciuti's Owner Now Offering Line of Health Energy Bars

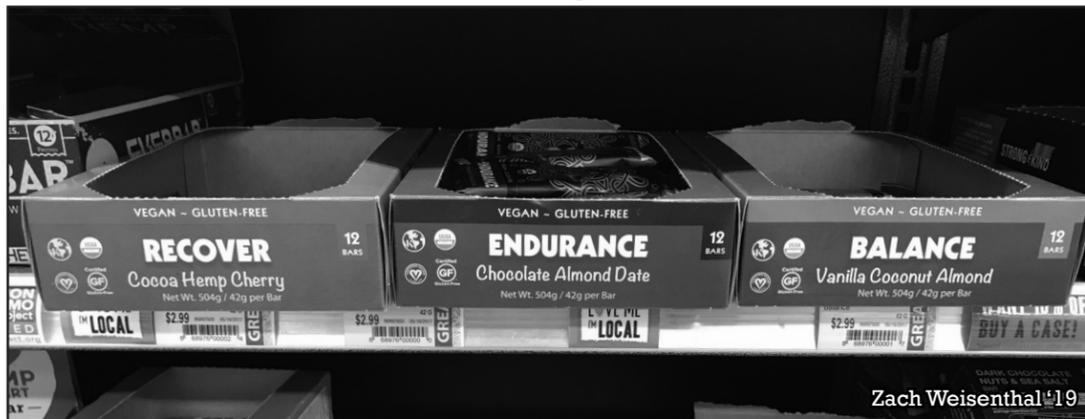
by Zach Weisenthal '19

James Ricciuti is not only the owner of one of Olney's most popular restaurants, but he is also the creator of Dharma Bars, which is a brand of organic, vegan, gluten free, and kosher energy bar.

Frustrated with the lack of great tasting energy bars that meets his criteria, Ricciuti decided to create Dharma Bars with the help of his two brothers, who are currently managing the financial aspect of the business as investors.

Ricciuti explained how starting a new business while still managing a thriving restaurant is challenging. "I have put together a good team of people to run the restaurant as I spend more time with Dharma Bars. It is very challenging to balance both businesses," said Ricciuti.

Utilizing his background as a chef, restaurateur, and endurance athlete, Ricciuti has created



The three varieties of Dharma Bars, pictured above, are sold in local stores such as Roots, but Ricciuti hopes to expand sales to the national level once the business in Olney develops more.

an energy bar that not only tastes fantastic, but is also packed with many nutrients.

His new line of energy bars is currently being sold at Ricciuti's, Roots market on Georgia Avenue, and in several yoga studios and gyms in the Olney area.

Dharma Bars also can be purchased online at www.DharmaBars.com. Ricciuti plans on expanding nationally once local

business is more developed.

Unlike other energy bars on the market that focus only on nutrition, Dharma Bars' mission, according to Ricciuti, is to fuel one's spirit, passion, and purpose with organic, plant-powered ingredients.

The website states that the company is "committed to whole foods, positive energy, and personal growth." Made from certi-

fied organic ingredients, Ricciuti's Dharma Bars are designed to boost energy and one's overall mood. Three bars, "Endurance," "Recover," and "Balance," are currently offered.

Each recipe contains ingredients marketed to achieve a specific effect on the consumer. Endurance bar claims to keep one elevated, vibrant and blissful during a workout, and the bar

contains natural sugars, healthy fats, and fiber. The Recover bar aims to rebuild the physical body and ready one's spirit for the next workout, as the raw cacao, hemp seeds, and cherries are geared to repair the mind and body. The Balance bar's goal is to keep one grounded and warm the heart. Its cinnamon, coconut, and vanilla calm the soul, according to Ricciuti.

Reporter's disclosure: after trying the endurance bar for myself, it is apparent that Dharma Bars use only the best ingredients. The bars are something that I'd actually want to eat, and I genuinely felt healthier after eating them.

The bars cost \$3 each, which is competitively priced compared to other bars currently sold.

Ricciuti is hoping that he is really onto something with these new bars. Time will tell if Dharma Bars become something that will most definitely put Olney on the map.

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The Fate of the E.U. Is Tested

by Lexi Matthews '18

As the U.S. government has experienced dramatic upheavals these past five months, many Americans can't help but believe their historic election has shattered all normal standards. However, France has undergone striking similar turmoil of their own.

Initially, French citizens cast votes for candidates from each of France's 11 main political parties on April 23. No candidate received a majority of votes, so the two most successful, Emmanuel Macron and Marine Le Pen, geared up to face off in a runoff election on May 7.

Le Pen represents the National Front, a nationalist conservative party. The party had declined heavily in popularity since its former leader-- and father of Marine-- Jean-Marie Le Pen, publicly made several anti-Semitic and racist comments in 2015. However, a 'detoxification' effort within the party led by his daughter helped voters rejoin the 'new' National Front under her power.

Like American voters with Donald Trump, many French connected with Le Pen's messages of 'purifying' the nation. Her campaign promised stricter immigration standards, cracking down on 'radical Islam,' and putting the livelihoods of French natives ahead of those of foreigners. Both controversy and staunch support surrounded her pledges to end free education of undocumented immigrants, enact a referendum to withdraw France from the EU, and immediately suspend all legal migration to the country upon her election.

Emmanuel Macron stands

with his personally founded centrist party, En Marche, or 'Onward.' Macron has roused many younger citizens of France with his platform of uniting the left and right, strengthening the EU, and embracing the multicultural identity of modern France.

Many have criticized Macron for his lack of political experience; the 38-year-old investment banker and economic minister to former-President Hollande had never run for public office before this presidential bid. Others believe this 'outsider' identity is a breath of fresh air for many. Most were disenchanted by the incumbent Socialist party in the primary election after Hollande failed to bolster the struggling economy or prevent an onslaught of terrorist attacks. Controversy also surrounds Macron's marriage to his former schoolteacher, who is 25 years his senior.

This has not stopped many central-left and central-right leaders across Europe from offering unprecedented support for Macron, as most usually choose to stay out of neighboring elections. However, after Brexit spurred tense European relations and questioned the future of the EU, many leaders believe Macron's election plays a vital role in keeping the unity of Europe alive.

After Macron's 66-percent victory over Le Pen on May 7, much of Europe breathed a sigh of relief. France now joins the Netherlands and Austria as countries whose far-right, anti-EU movements have failed. As Germany preps for its September election and Greece continues to struggle economically, the fate of the union will be tested yet again.

Protests Continue in South America

by Mallory Carlson '19

In the past few months, tension has been mounting in South America, as people resist their governments through multiple protests, which often become violent. Venezuela is by far the worst case at the moment after its highest court attempted to rid the legislature of its authority in March.

The action sparked massive resistance because the legislature represents the people and is favored by those opposing the president of Venezuela, Nicolás Maduro. He is also the president of the United Socialist Party of Venezuela, founded in 2007 by his predecessor Hugo Chávez. The protests are mainly in Caracas, the capital, but they also occur within other cities. So far, about 40 people have been killed as a result of the turmoil.

The Venezuelan government, while considered a democracy in name, operates differently than the United States system of government. Venezuela is a federal presidential republic, with a president, or chief of state, who

is also the head of government. The legislative branch consists of the National Assembly, which has 167 seats. The judicial branch's highest court is the Supreme Tribunal of Justice, which is made up of 32 judges. There is also a "citizens branch" of government, consisting of a prosecutor commander, or "fiscal general," an ombudsman, or "defender of the people," and the comptroller general.

The chaos taking place in Venezuela is a result of two main factors. First, the highest court, which is aligned with Maduro, tried to dispossess the National Assembly of its authority. This enraged citizens because the legislature is controlled by supporters of the opposition, or those who do not support Maduro and his views. Following the actions of the court, the opposition called for new elections and a respect for democratic values. Secondly, Henrique Capriles, the governor of the state of Miranda who ran for president twice only to lose to Chávez and then Maduro in the following election, is a main leader of the opposition, and on April

7, the comptroller general of Venezuela banned Capriles from running for public office until 2032. The reasoning was that were "administrative irregularities" in his position as governor. Many protests have started to include signs that say "Capriles for President" and "No to Dictatorship." On the following Friday, the U.S. State Department said that the disqualification of Capriles, who they described as "the most viable opposition challenger to Maduro," is a "means of keeping him out of elections."

On May 1, Maduro had called for a rewrite of the country's constitution, saying that the change would decrease the protests raging in the Venezuelan streets. The claim was immediately rejected by the opposition, as they argued that it was just simply a means of trying to avoid elections.

So far the government has attempted to halt and slow down the chaos through the use of tear gas, rubber bullets, and multiple trucks with water cannons. Many pro-government groups have also contributed to the violence by harassing protesters and they have



Other Countries Watch for the Threat of a Nuclear North Korea

by Josh Averbach '18

The extremely secretive nation of North Korea has loomed large in the news cycle over the past several months. Each day, relations seem to become more and more tense between the United States and its Asian adversary.

To grasp what is happening in Korea, it helps to go into the history of the region. After World War II, Japan relinquished influence over the northern half of Korea to the Soviet Union and the southern half to the United States. In 1950, the Korean War began when the North, aided by China and the Soviet Union, invaded the South, backed by the United States, in an attempt to unify the entire Korean Peninsula under communism. Years later, the Korean war ended in a stalemate; both countries had eventually returned to their original borders. Hostility towards the United States and South Korea largely define North Korea's identity today. The country's dictator, Kim Jong Un, has left many of his people starving while devoting virtually all of the country's resources towards building its military as a show and demonstration of force against its American and South Korean archenemies.

Today, North Korea is essen-

tially viewed as a threat to global security. The rogue state's nuclear program seems to be quickly progressing. Over the past few years, it has tested several nuclear weapons. Nuclear weapons alone do not make North Korea a threat; nuclear states need mechanisms to deliver the weapons. The nation is in the process of developing missiles that can carry nuclear weapons to North America. On May 14, North Korea tested a missile with a similar trajectory to that of an intercontinental ballistic missile (ICBM), the kind of system that North Korea would need to strike the U.S. This represents a stepping stone towards the ability to attack the United States.

Whereas the Obama administration had taken a more cautious approach to North Korea called "strategic patience," President Trump and his allies have proceeded to use hawkish rhetoric when discussing North Korea. The Trump administration has indicated that multiple military options, such as a preemptive strike to destroy North Korea's nuclear capabilities, are on the table for debate. The North Korean regime has responded with constant sabre rattling. North Korea has also detained several American citizens,

including, most recently, the arrest of American Kim Hack-song for alleged subversive activity on May 7.

This extremely tense, confrontational environment begs the questions of the likelihood of war and how such a war would play out. There are several factors to consider. One is the audaciousness of Kim Jong Un. Would he dare attack the world's most powerful country, which has the capability to remove him from power if necessary? Another factor is China, which has appeared to have propped up the North Korean regime, partly because both countries are still technically communist countries, but perhaps even more so to avoid North Korean refugees flooding into China upon the regime's collapse. It is unclear the extent to which China would jump to North Korea's defense should a war break out. President has tried to grant China favorable trade deals in exchange for its cooperation in dealing with the North Korean issue. He has ramped up this pressure on China in a response to many events such as the May 14 missile launch test. As a result of these many variables, it appears to be quite difficult to truly assess the chances of a war.

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Horrific Famine Strikes Many Countries Simultaneously

by Alex Nnabue '18

The United Nations (UN) declared that the greatest humanitarian crisis since World War II is breaking out as famine simultaneously strikes four countries. More than 20 million people are on the edge of starvation. Famines were officially declared in South Sudan and northeastern Nigeria earlier this year while Yemen and Somalia were next. The Food Security Information Network (FSIN), a co-sponsored United Nations food agency, describes the issue as a result of “armed conflict, drought, and macro-economic collapse”.

The great instability of north-eastern Nigeria is largely due to

the multiple Boko Haram terrorist groups. According to the UN, about 14 million people are in need of aid as malnutrition and other conflicts in the region continue to spread. In Yemen, the civil war and conflicts in the region has impacted the agriculture and livestock as the UN claims that “two-thirds of the population, more than 18 million people,” need assistance. Due to war and drought, the famine in South Sudan has affected over 7.5 million citizens. Lastly, over half the population of Somalia is seeking aid.

If these countries are not financially aided by the efforts of others, the famine condition will proceed to worsen. Citizens will

continue to starve to death and become susceptible to multiple diseases. As a result of this, waves of displaced people will be forced to migrate. Not to mention that support for terrorists could possibly increase.

The UN is on edge as the organization urges global action through donations, assistance, and funding, including from the United States. In March, U.N. Secretary General Antonio Guterres stated that over \$4.4 billion is needed to fund the famine crisis. However, President Trump declared during his inauguration ceremony that it is going to be “only America first.” In the following months, President Trump proposed multiple foreign aid

cuts that would discontinue America’s role as the world’s number-one emergency donor. In order to afford his proposed \$54 billion for defense spending, President Trump urged Congress to reduce the budget for the State Department and U.S. Agency for International Development (USAID) by 30 percent and eliminate executive agencies, such as the U.S. African Development Foundation.

Earlier this month, Congress had agreed on the \$1 trillion omnibus spending package. This rejected the foreign aid cuts that President Trump desired. Congress approved approximately \$7 billion to assist the famines in Africa and Middle East refugee

crises, giving about \$1 billion of new money to aid the famines. The agreement gained support by multiple important Republicans as they did not want to cut any funds for the State Department and USAID. Together, the two spent over \$8 billion to assist sub-Saharan Africa.

In order to combat the devastation that the widespread famine is currently causing, American citizens can donate to organizations that support relief efforts, such as CARE, UNICEF USA, and the World Food Programme (WFP). On May 2, WFP confirmed that the organization secured \$10.7 million in order to assist citizens in need around the globe.

NEWS SOURCES FROM AROUND THE GLOBE

In an increasingly interconnected world, understanding international affairs is more important than ever. Here are a few news sources that provide international perspectives:

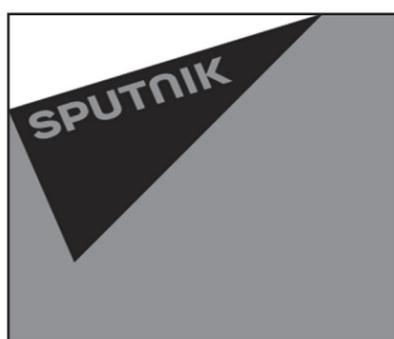


Perhaps the most well known, the British Broadcasting Corporation (BBC) is a public service broadcaster, like PBS in America. The reporting is unbiased, to the point, and often eye-opening.

Funded by the government of Qatar, Al-Jazeera specializes in Middle Eastern issues and affairs and covers all sides of public debates.



This news site was created by the Russian Government in 2014 to appeal to millennials. It focuses on global politics and economics with a pro-Russia tilt.



This weekly German news magazine is one of the most circulated publications in Europe. The magazine is well regarded for its strong investigative journalism.



As one of the largest English newspapers published in China, the Daily is a great way to see world events from a Chinese perspective. It is owned by the Communist Party of China.



compiled by Matt Post '18

World Travel Builds One’s Sense of Self

by Leah Peloff '18

For many people, the act of traveling from the comfort of one’s own home, town, state, or nation can bring much uneasiness. We humans are creatures of habit, so pushing us past the boundaries of what we know best can seem scary at times. There are people, however, who live for this escape from reality; they love experiencing new cultures and seeing what the rest of the world has to offer them. When it is embraced, traveling can make someone more well-rounded, knowledgeable, and cognizant of the world that we live in today.

For one student in particular, her worldly explorations have had a particularly resounding impact on her life. Junior Amy Guentenberg has been to countless places around the globe, experiencing many different remote and unique cultures.

“The first time I traveled out of the country was when I was two,” said Guentenberg. “We went to South Africa to visit my mom’s side of the family.” Guentenberg’s mother and grandparents were all born in South Africa and can speak some of the native language, Afrikaans. Despite being so young, Guentenberg describes the experience as the start of her passion for traveling. She realized that the world has so much more to offer than just the mundane daily routine that most people tend to feel trapped in on a daily basis.

Her next major international excursion was to the British Virgin Islands when she was eight years old. “The trip was great until two days before we were set to leave and I came down with Lyme disease. We had to go to the hospital and half my face was partially paralyzed for several months,” explained Guentenberg. Despite the seemingly disastrous situation, Guentenberg insists she would do it all over again if she were to be given the chance. It was quite an imposition, she admitted, but nevertheless it shaped

her identity and gave her an appreciation of the hardships experienced in a less affluent environment.

Additionally, Guentenberg has been to Palau (an island in the western Pacific area), Australia, and Spain. Her most recent trip, to Spain, was this past spring break. She began her adventure on a school trip chaperoned by teachers Joshua Kinnetz, Michelle Games, and Janet Frensilili in which they all explored a wide variety of cultural hot spots of this historic country including Madrid, Toledo, Seville, Granada, and Costa del Sol. She then decided to stay an additional week with some of her family friends who lived right outside of Madrid. “The coolest part of my extra week in Spain was definitely seeing how people of different backgrounds live their daily lives,” said Guentenberg. “Being thrown into such a different culture forces you to more or less assimilate. I learned more Spanish in this week than I ever could have by taking a Spanish class in school.”

Overall, she feels most strongly about the impact of traveling on one’s self-awareness. “It’s extremely humbling to see the simplicity of many people’s lives around the world. They don’t need all the extra luxuries that we take for granted here in the United States,” stated Guentenberg.

Despite the unattainability of international travels for some people, the act of traveling, even on a smaller scale, can greatly increase a person’s understanding of the world around them. This can make one much more tolerant and accepting of the people and cultures different from their own, therefore advancing the co-existence of humans throughout the world, no matter their background or experiences. In the United States, people from places and cultures all around the world must live together in unity, making such cultural tolerance an essential aspect of society.

June 13, 2017

A NOTE TO OUR READERS: It has come to our attention that some articles published in this section have caused confusion. We would like to point out that this *is* the Humor section, as indicated by the bolded 32-point font at the top of this page, and contains “fake news” intended to evoke happiness. We apologize if our articles have offended or concerned you; our intent is to make you laugh, not worry.

Wasps Begin Summer Reign of Terror on Community

by Frank Platko '18

As summertime kicks into full gear, so do the annual festivities: the pool, ice cream, hiking, and water parks. But something is different this time around. The fate of summer, and our society as we know it, is at stake. Why?

Wasps.

Tensions between wasps and humans have been high for almost a decade now. Every day, humans go outside with baseball bats, golf clubs, tennis rackets, and other weapons to take down as many wasps as they can find in their neighborhood.

But at the onset of this summer, the wasps have decided to take a stand. Rallying legions of troops across neighborhoods, they have been able to catch humans off guard. Sporadic attacks occurred throughout spring, but the people paid little attention. And now, the human species is paying the price.

“I went outside to get the paper on a beautiful Sunday morning. And out nowhere, I was blindsided by a horde of wasps. I had no time to defend myself, and even if I did, nothing could have prepared me for that,” said junior



A Montgomery County police officer uses a newly approved baseball bat against a wasp in an attempt to eradicate the summer infestation.

Seth Thomas, who suffered minor wounds.

The wasps are having a grave effect on our local community and beyond. Businesses such as Chipotle, Baskin Robbins, and Green Turtle in the Olney/Brookeville area came under heavy scrutiny following frequent wasp attacks on customers.

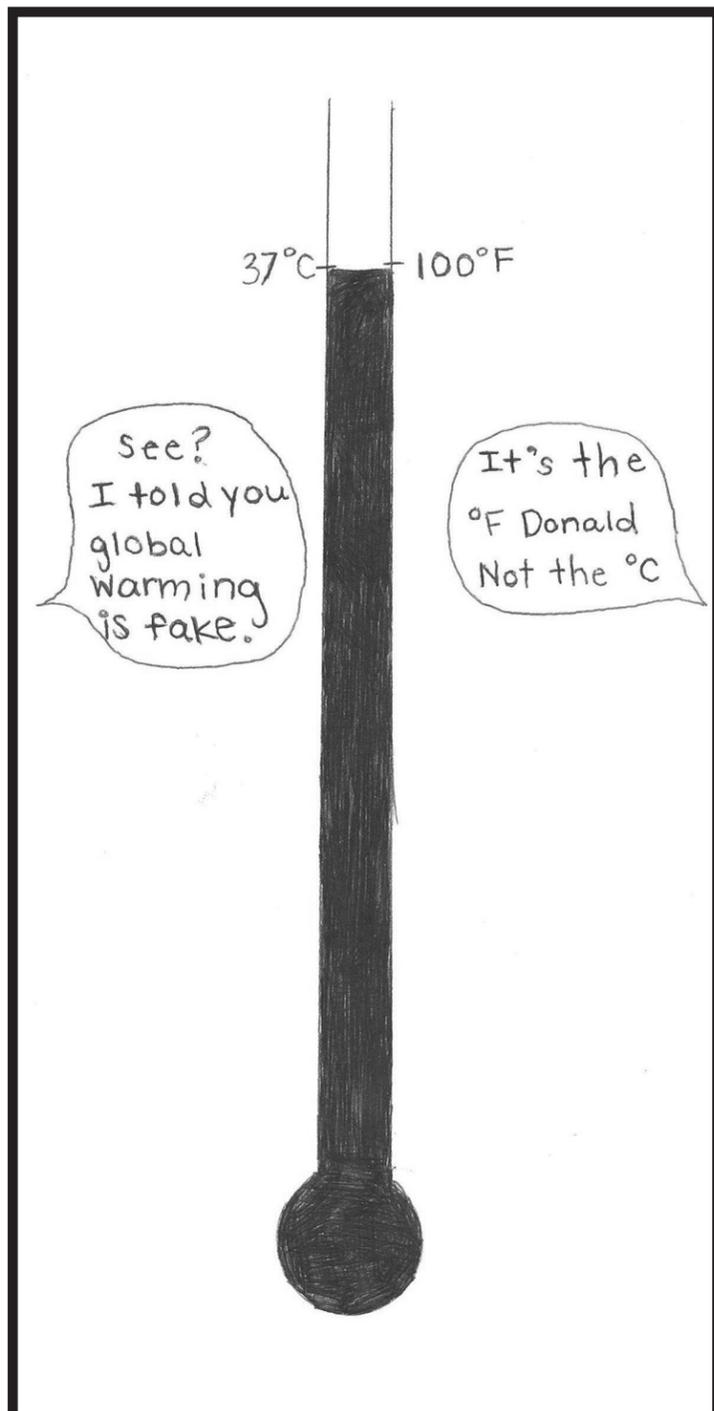
Forced into action, businesses in the Fair Hill Shopping Center announced in a joint address that they will be removing roughly 10 acres of parking space to install a large, 20 foot-high tent. The tent will have closed windows, so customers can enjoy the outside environment while being protected from any potential

wasp attacks.

Pools have also been affected by the wasp onslaught. Hallowell, Olney Mill, and James Creek may be forced to close from 8:00 AM to 4:00 PM every day for the entirety of the summer. These are the hours in which the wasps are most active. Many parents and children are upset because they

now only have four hours to swim each day. Lifeguards are also angered because fewer hours means less money.

It remains to be seen what other steps local communities will take to respond to the wasp outbreak. But one thing is for sure: the fate of this summer, and beyond, is hanging in the balance.



by Colleen Yates '18

New Club Spreads Unpopular Culture

The new Cannibalism Club will continue m(eating) next year to research, discuss, and promote cannibalism culture, despite the fact that they did not gain school approval.

by Natalie Murray '18

May 5th, or Cinco de Mayo, is a day that Americans use as an excuse to drink margaritas and eat chips and guacamole to celebrate what they falsely believe to be Mexican Independence Day. However, it is also the national day for a culture that inspired a new club here at Sherwood—a culture that the club believes is under-appreciated and gets an unfairly negative reputation. The Cannibalism Club held its first meeting on May 5th, or “National Cannibalism Day.”

The idea for the club began in February when sophomore Nick Weinrich, who is an avid theatre fan, saw “Sweeney Todd” at the Olney Theatre. Intrigued by the concept of and motivation to eat a human being, Weinrich decided to do further research on cannibalism.

“I think cannibalism gets a really unfair reputation as being ‘morally corrupt.’ People hear the word cannibalism and they act like it’s such an ugly, bad word,” explains Weinrich, the president of the club. “But you see, not all cannibals were horrible people; society acts like, just because you ate human flesh, you’re a monster or something, and that’s just not the case.”

Weinrich argues that cannibalism actually represents a hard-core aspect of humanity to rebel against what’s right in order to survive. He claims that, in most

instances where cannibalism occurred, it was because they cannibal would have died if they had not turned to eating human flesh. Because of this, he thinks that people should take pride in the rebels who went against strict social norms and did what they had to do.

“I agree with Nick that cannibals deserves more respect,” stated freshman Sabina Jafri, the vice-president of the club. “I mean, some really fascinating historical figures were cannibals, but when people find that out, they act like it’s so awful. They tear down their statues, rename anything associated with them, and all because they did one bad thing.”

The members of the club, who all agree that cannibalism gets an unfair rep, dedicate their time to researching cannibals and the circumstances that led them to eat a human. They then discuss the morality of it in those specific situations: they determine what led the person to cannibalism, whether or not it was ethical in that instance, and whether or not they’d do the same.

“Cannibalism is a valid and important part of our history, and it is completely unfair to erase it from the history books,” argued sophomore Keiran Ferro. “I mean, cannibalism is not even about eating humans, it’s about survival. People who say otherwise are dead wrong!”

Members of the club want to

increase advocacy for cannibal culture, and are petitioning the government to implement “Cannibal History Month,” because they think that if people learn more about cannibals, they will not be as disgusted by them.

“I feel very strongly about this issue because cannibals really didn’t hurt anybody, so people need to get over it already. I mean, have you personally been a victim of cannibalism? Has anyone in your family been killed and eaten by a cannibal? No? Then why are you so offended by cannibalism?” questioned sophomore Grace Castle.

Though none of the members of the club actually have any interest in becoming cannibals themselves, they do want to promote cannibalism as an important part of our history, rather than a shameful one. The club meets every Friday in the closet of the little theatre, and cannot use an actual classroom because Sherwood did not approve the club, calling it “tasteless and offensive.”

However, the members of the club are organizing a walk-out to protest this, hoping that the school will allow to meet in an actual classroom next year. It will happen at lunch on Friday, June 16, and the club members will fly the official cannibal flag (red with a thick black X going across it and white skulls in the X) and chant “Hunger not hate,” to emphasize their view that cannibals were not evil, just hungry.

June 8, 2017

Trump Advocates for Ban on 'Propagandic' Memes

by Lucy Kuchma '18

In the midst of the unprecedented investigations into possible collusion between the Trump Administration and Russia, President Trump has decided that enough is enough when it comes to individuals spreading their critical opinions on social media platforms. The president drafted a bill on June 4 outlining the prohibition of political propaganda in the form of digital graphics, or memes, which would become illegal within the United States. The order specifically targets any speech or images that ridicule a sitting president.

"Get your acts together folks! We can make this country great, no doubt! But we need to stop letting dumb memes distract from what I achieved," Trump tweeted on June 6.

Beyond merely the major media companies and news organizations that most often report on the faux pas in our government, Trump is targeting everyone who either creates or spreads

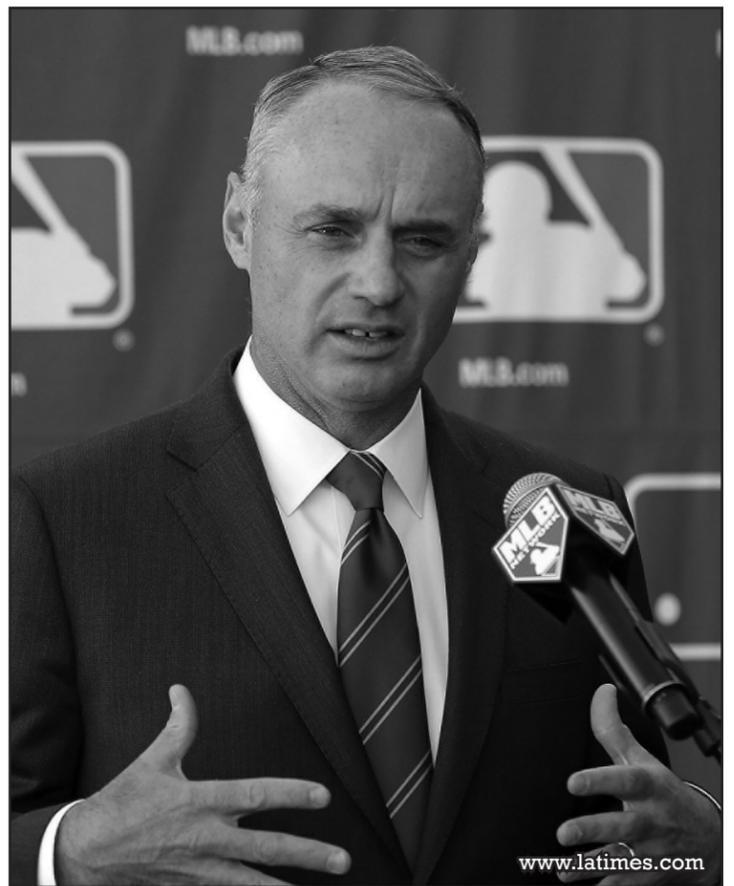
memes and gifs, of all things, that he deems "satirical and offensive." These graphics can feature anything from light hearted jokes about his vibrant and controversial hairdo to an unflattering image of the president above a quote like "Hey Russia, I'm gonna be Putin my **** where it don't belong."

"The public has got to stop making a joke out of their wonderful leader. It is embarrassing to our great country and it is embarrassing to me," Trump reportedly told aides.

Dan Scavino, Trump's Social Media Director, stated in a June 1 interview with Fox News' Sean Hannity, "I mean it's really just a shame that we can't show a little respect for our leaders in this country. Free speech is one thing, a thing I'd never begin to mess with, might I add, but making it seem as though our president is a poor leader and is corrupt, with people plastering his face along with fake quotes all over the media — it is just downright unpatriotic."

If passed, Trump's law may shatter an element of freedom that so many in today's society take advantage of; the freedom to satirize. That being said, the growing partisan divide in this country is indicative of an increasing sensitivity to extreme opinions on either side of the political spectrum, which are often misinterpreted or over exaggerated when our Facebook pages are all littered with scrutinizing, often libelous memes.

"I make memes as a form of personal expression. I have a lot of trouble getting my ideas across in the form of words, so when I have something I want to say, I make a meme to let people know what I'm thinking or how I'm feeling. And people seem to really like them. The idea that the president wants to take away my primary form of expression is really saddening. I mean, what are people like me supposed to do, you know?" said Cassidy Allen, a freshman computer design student at Montgomery County Community College.



Rob Manfred discusses potential rule changes for MLB's 2018 season.

MLB To Make More Rule Changes, Says Manfred

by Jared Schwartz '18

After its debut in the 2017 MLB season, MLB Commissioner Rob Manfred has declared his new intentional walk rule a resounding success. Under the new rule, a team's manager can intentionally walk a batter with a signal to the umpire rather than making the pitcher throw four intentional balls. The success of the rule change has caused Manfred to consider other changes to the league to improve pace of play.

"We believe that MLB ratings have risen by five whole people due to the new rule. As a result, the league will be making significant changes in order to replicate the new rule's success," said Manfred in a recent press conference. "Starting in the 2018 season, all games tied after 9 innings will be decided by bat-flipping contest between managers instead of going to extra innings. Bat-flips will be awarded points for hang time, height, flipping speed, and style."

In addition, the league is considering allowing three pitchers on the mound instead of one, allowing them to alternate throwing pitches in rapid succession. Manfred stated that this rule was inspired by Civil War tactics where multiple rows of riflemen would alternate firing while the other rows reloaded due to the muskets' slow reload time.

When asked about the possibility of shortening commercial breaks between innings in order to reduce the time between innings, Manfred immediately dismissed the idea, saying, "commercials are an integral part of baseball, and the viewing experience would not be the same without them. It would be an utter travesty if they were ever removed from the game." Instead, Manfred suggested that the league could reduce time between innings by abolishing the 7th inning stretch, a tradition which Manfred claims is unnecessary and detracts from the focus on the game on the field.

The MLB is currently conducting trials of Manfred's new rules in AAA, with players giving positive feedback. Overall, Manfred is optimistic about the future of the MLB. "Hopefully, my rule changes will make baseball suck slightly less so that people will actually watch this accursed game," shouted Manfred, concluding the press conference.

Gossip Girl Twitter Brings Drama to Sherwood Teens

by Colleen Yates '18

Recently, an @shsgossipgirl twitter account was created and quickly discovered by Sherwood students. The account is based off the hit TV show, which aired from 2007 to 2012, and finishes each tweet with the iconic "You know you love me, XOXO gossip girl."

The anonymous user has been stalking Sherwood's "elite" students, spreading rumors that they mostly receive from anonymous tips via their twitter account, which is quickly accumulating followers. The victims of the tweets are usually Sherwood's most popular students, specifically those in the junior class; the writer leaks secrets about the drama and scandals that occur within this group.

"This account has caused a lot of division in the group," said

one of its frequent subjects. "All my friends found out that I was cheating on my girlfriend with her best friend, who was also dating my best friend at the time. It caused a lot of tension between us." The students feel strongly that the account is a major invasion of their privacy.

"No one tells anyone secrets anymore, not even their best friends, because everyone is afraid of being blackmailed and revealed on the account," said another victim.

Friendships are tested when secrets are revealed on the account without knowledge of who told whom. The "populars" have begun to turn on each other, and many feel as though they are constantly being watched.

A reporter asked the account owner a few questions over twitter messenger, but was unable to get any information on his/her

identity. When asked why the account began, the account owner replied, "I thought that the group was just exclusive and always gossiping about people on the outside anyway, so I just decided to give them a taste of their own medicine. If I'm ruining friendships along the way," gossip girl said, "that's not my problem."

Many students, mostly juniors, who watched the hit show have tried to guess who the account is run by. Since in the show, gossip girl was a man the whole time, the men at Sherwood have not been ruled out as suspects. A few accusations have led to fights (both fistfights and twitter fights), but so far no one has even come close to exposing the account owner.

And who is it? That's one secret they'll never tell.

You know you love her, XOXO gossip girl.

Teachers Use Shock Collars To Fight Phone Addiction

Due to the rising usage of phones by students, teachers have come up with extreme measures to prevent students from using phones during class.

by Josh Averbach '18

To curb students' use of their phones in class, a group of Sherwood teachers has pioneered a cutting-edge technique: shock collars.

"I think that this is the best way to fight the phone-abuse epidemic. Nothing tells a student to put the devices away like 30,000 volts straight to the brain," said teacher Beth Shevitz.

Teachers share several sets of 30 shock collars, enough for every student in a class, and

threaten to fail any students who do not agree to wear them. All 30 shock collars in the class are controlled by one remote. When a teacher catches one student on their phone, the entire class gets shocked. Proponents of this form of collective punishment believe that it instills in students a sense of accountability, while critics argue that punishing one student for another's actions is unfair and hurts students socially.

"I'd become really close to this girl and was planning on asking her to prom. But one day,

I was bored in a class we have together, pulled out my phone, and got everyone shocked. She won't even talk to me anymore!" said junior Everett Stubblefield.

Several coaches have also expressed an interest in using shock-collars on their teams. In athletics, shocking could serve two purposes. Coaches use it to punish players for being on their phones during practice, and many also believe that pumping electricity through players' veins may give them performance-enhancing superpowers.

"Here's how I see it: electricity powers things. For example, electric cars can exceed 100 miles an hour. If a person weighs a tenth of what a car weighs, Newton's law dictates that a person should be able to exceed a thousand miles an hour—10 times that of a car—after receiving the same voltage. This would allow my players to fly all over the court," said tennis coach Tom Maley. Sherwood's physics department declined to comment.

Some critics of shock-collar punishment believe that sending

large amounts of electricity into students' brains may have a negative impact on their health. Some students have, after getting shocked, been forced to leave school when they began experiencing dizziness, nausea, and lightning bolts coming out of their fingertips.

"While I applaud the teachers' innovation, as a medical professional, I would advise them to switch from a medically dangerous 50,000 volt shock to a safer 40,000 volts," said Dr. Sarah Sullivan.

The Environment

Sherwood Steps towards a Greener Future

by Isabella Pilot '18

In a time when climate change is making national news on a daily basis, schools and colleges around the globe are making efforts to help the planet. Within the past year, Sherwood has taken various 'green' steps such as installing solar panels and water bottle refill stations.

Sherwood's electrical consumption has gone down nearly 29 percent in the past year, according to the MCPS website. Whenever an MCPS school decreases their electrical consumption from one year to another, the School Energy and Recycling Team (SERT) rewards their progress monetarily. While the solar panels were entirely funded by the county, projects such as the new water bottle stations or new recycling bins are funded through SERT money.

Aside from their convenience, the new water bottle refill stations serve to reduce waste by promoting the use of reusable bottles. Raw data collected by these stations helps the school monitor its progress in waste reduction, as each station displays the number

of bottles which have been filled since its installation. Eco-Sherwood hopes to use their next SERT award to invest in reusable water bottles for the entire student body to be used in conjunction with these stations, as plastic water bottles are semi-toxic and create unnecessary waste.

Most of Sherwood's efforts to save energy and reduce waste are done behind the scenes by the building service staff. Building services ensures that all lights and computers are turned off at the end of the day, collects litter from both indoors and outdoors, and heads the majority of the school's recycling efforts.

While fancy gadgets help in the journey become more eco-friendly, environmental science teacher Laura Dinerman believes that, ultimately, the biggest impact is made when teachers, students, and administrators form meaningful habits for the well-being of planet Earth. "At this point, we're looking at reduction. The most important thing you can do to make an impact is reduce your consumption," said Dinerman.

Students Value a Cleaner Education

by Danielle Katz '18

Sherwood recycles paper, encourages conserving energy, and has installed water bottle refill stations throughout its hallways. These environmentally friendly initiatives reflect the overall progressive movement toward increased and improved environmental consciousness at the school.

Rooted in education, the benefits of these efforts could be magnified with more environmental education. According to a survey of 100 students given by The Warrior on this topic, most students at Sherwood place a high value on environmental education with equally high levels of disappointment for the lack of classes, besides AP Environmental Science, offered on the topic.

Most students also note that they would eagerly take an environmental education course if it were to be offered. Not only this, but some students even advocated for an environmental education course to be part of the graduation credit requirements.

When asked what getting an environmental education means to them, students noted the importance it holds in being able to prepare for a healthy future, while also granting them the opportunity to learn about how personal efforts can affect the community and the world by "reducing ignorance." Additionally, an environmental education can teach students how to more effectively become a political activist.

Trump Administration Kills Paris Agreement

by Brynn Smith '19

Before President Donald Trump was elected, he made his views on environmental issues very clear. In January of 2014, he tweeted things like, "The concept of global warming was created by the Chinese in order to make the U.S. manufacturing non-competitive," and, "NBC News just called it the great freeze - coldest weather in years. Is our country still spending money on the GLOBAL WARMING HOAX?"

When Trump surprisingly won the presidential election, many wondered if he would stick to the harsh views he expressed on environmental issues during his campaign, such as climate change, air pollution, energy policy and the numerous other problems confirmed by scientists but denied by Trump. The world wondered if Trump the president would maintain the same views as Trump the presidential candidate. So far, the answer is yes.

On the campaign trail, Trump told his supporters that if he was elected president he would withdraw the United States from the Paris Agreement. The Paris Agreement is a pact between 175 countries to enact policies aimed at slowing the rise in global temperature. Trump confirmed suspicions on June 1, announcing that the U.S. will withdraw from the Agreement.

The Future for Our Climate

by Josh Averbach '18

Climate change looms large in political discourse and may greatly affect humanity's future. Opinions on it range from denial of its existence to belief that it is an existential threat to humanity. The scientific community, however, is less polarized; several studies have found a broad consensus among climate scientists that human activity is causing the planet to warm. Just how much of a problem is this trend? That depends on several factors, which include the actions of governments and private citizens to curb greenhouse gas emissions, advancements in clean energy sources, and environmental factors that could exacerbate or mitigate humanity's impact on the climate.

Worst:

-Sea levels rise greatly, leaving coastal cities and islands uninhabitable.

-Increasingly severe droughts cause food and water shortages worldwide.

-Severe weather events significantly intensify.

-The effects of climate change remove trillions from the global Gross Domestic Product (GDP).

-Tropical diseases such as Zika and Ebola become more prevalent.

-The planet's biodiversity diminishes; one in six animals may be threatened with extinction due to climate change.

Best:

-The atmosphere turns out to have a surprisingly high tolerance for carbon, meaning that human emissions could theoretically cause less warming to the planet than many scientific models expect.

-Advancements in clean energy such as solar and wind technology render fossil fuels nearly obsolete.

-People become more aware of their impact on the environment and change their behavior accordingly, causing global temperatures to only increase modestly.

As soon as Trump was inaugurated, he started making changes to his predecessor's environmental policies. In his first hundred days, Trump signed numerous executive orders limiting the scope of environmental agencies, including the Environmental Protection Agency (EPA) and the National Aeronautics and Space Administration (NASA).

President Trump instituted a media blackout on the EPA a day after he was sworn in, and quickly appointed Scott Pruitt as the head of the agency. Pruitt has had a long and ugly history with the EPA, suing the agency no less than 14 times in the past six years. Since his appointment and subsequent confirmation, Pruitt has established a new set of priorities and regulations aligned with the Trump administration's goal of putting American jobs above environmental programs.

Under the White House's most recent budget proposal, 31 percent budget cuts to the EPA were featured prominently. In doing so, the agency would lose billions and be severely limited in enacting and enforcing any regulations they try to put into effect.

Trump's recent executive order nullified much of former President Barack Obama's climate change efforts. Trump directed the EPA to start the complex process of repealing and re-writing Obama's Clean Power Plan, which aimed to reduce carbon emissions by closing hundreds of coal-fired power plants and stopping the construction of new ones.

STEELE
2012

STAFF EDITORIAL

IN OUR OPINION

Don't Blame MCPS for School Tragedies

MCPS is one of the best school systems in the country. This is not so much an opinion as it is a reasonable conclusion to reach after surveying all the facts; it has one of the highest annual budgets at \$2.4 billion, consistently tops lists citing the best places to live and raise children, and even sits at number 55 on Forbes 'Best Businesses' list. Despite this success, many have tried to pin the county as increasingly unsafe, hastily losing its luster and credibility in the wake of what has frankly been a series of bad luck.

In recent months, MCPS has grappled with a series of undeniably unfortunate scandals, including several incidents of staff members sexually abusing students and the alleged rape of a student by two others in a bathroom at Rockville High School. The latter became a national news story once it was revealed that the alleged rapists were undocumented immigrants. Although the rape allegations were later proven false, this did not stop local parents from growing doubtful of MCPS's ability to keep its students safe.

Hundreds of parents flooded the town hall at Rockville High School the week after the alleged rape to voice their anger and concern at the school system. Critiques were showered upon the county for nearly every aspect of the incident. The day after courts released that the act was consensual,

The Washington Post scathingly wrote in an editorial, "No doubt, the county school system should be held to account for an episode that, whatever the circumstances, should not have occurred in a public building during a school day. That no crime may have been committed does not excuse an extended encounter in a bathroom under the nose of teachers and other school authorities."

This outrage may seem superficially understandable, but is ultimately misplaced. It is natural to feel anger and disbelief after tragic events occur. However, putting the blame for them on the school system accomplishes very little in the long run. MCPS is not an overstaffed, overworked, underpaid, or underprepared system. Given its previously mentioned credibility, increasing budget, and continuous praise for its work, the problem here is not that the lustrous county is suddenly faltering in greatness, either. MCPS did its part by vetting its hired staff, installing cameras and other security probes, and working tirelessly to develop a communal atmosphere in its school system. Additionally, after the fact, the county has reacted to said incidents with wide-sweeping security reviews and implementation of stricter security measures across dozens of schools. To demand anything else of the MCPS would be to ask them to isolate the school system in an impenetrable glass dome.

As frightening as some of these incidents may seem, the reality is that they do not neces-

sarily mean that similar events are likely to occur in the future or that MCPS is failing to protect its students. Unfortunately, abuse cases such as the ones MCPS has grappled with could happen in any school system. Many MCPS residents forget how lucky they are that they attend schools that generally do not face gun violence, drug problems, and gang violence nearly as often as many other less-fortunate counties do. On top of this, the idea that these past cases of abuse lead to more cases in the future is based on poor reasoning. If anything, the past abuse scandals may decrease the chances of them occurring again because MCPS has taken concrete steps to keep its students safe, such as the mandate that all staff members participate in training to teach them how to recognize and prevent abuse.

The hard truth is that no matter how much precaution is put in place, there will always be something that is able to slip through the cracks. This does not mean that the county lack the ability of MCPS to ensure safety, but rather stands as a testament to the reality of probability; it is simply impossible to say that safety, or anything, can be guaranteed 100 percent of the time. While we can continue to mourn the effects these incidents have had on the lives of the victims, we can also be sure to stand with MCPS in its effort to reverse the damage.

the Warrior

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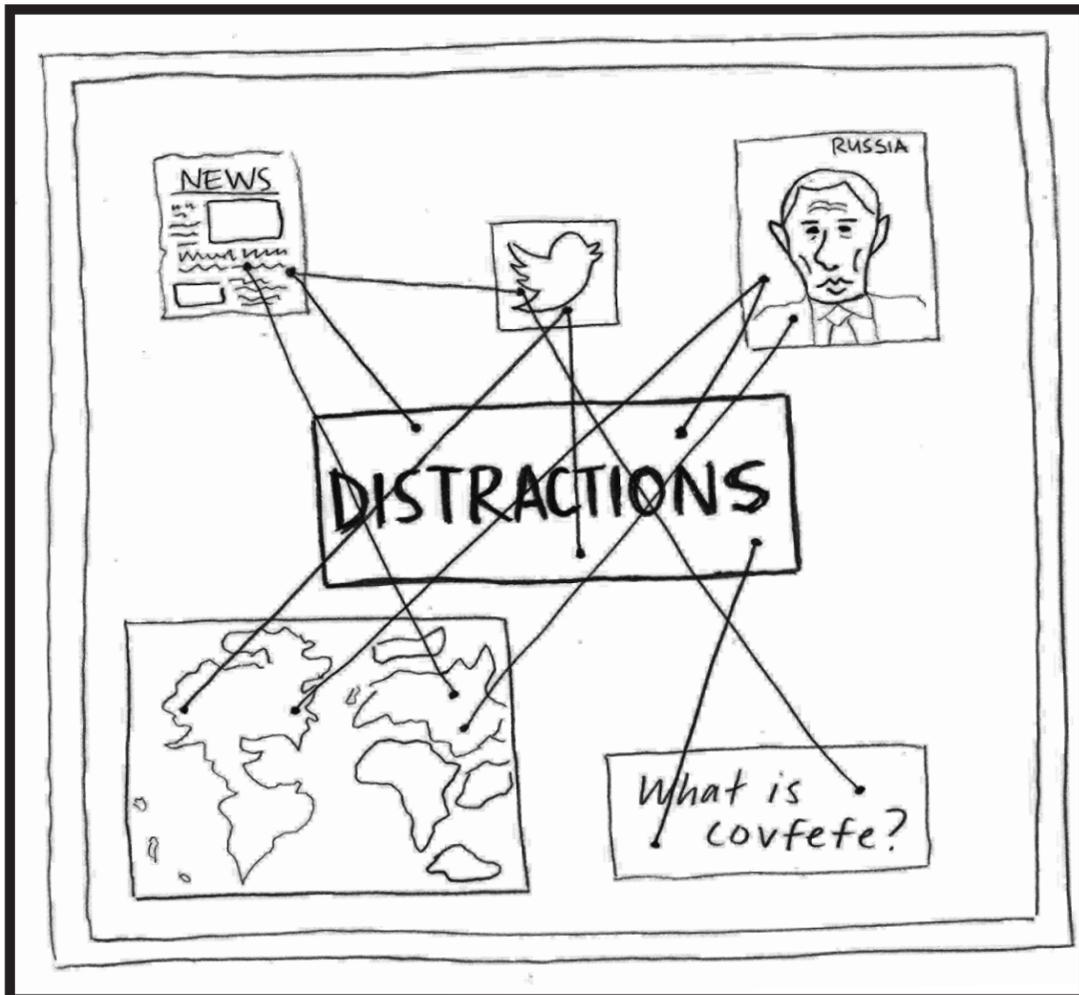
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by Dinah Aguilar '19

PRO V. CON

Required Quarterly Assessments

Starting the 2015-2016 school year, MCPS ceased administering semester final exams and adopted a new system of quarterly assessments known as RQAs. The change in assessment strategy has stirred a dialogue among parents, teachers, and students. Two writers weigh in.

RQAs Do Make Sense

by Matt Post '18

In Spring 2015, the Montgomery County Board of Education faced a choice. New state mandated "PARCC" tests had just been piloted and people were not happy about them. Thousands of messages flooded into board office days after the exam's inaugural administration with one consistent complaint: the tests were a waste of time. The criticism held some truth. Testing in MCPS was nearly close to taking up two percent of class time, a limit now enshrined in state law. After months of stakeholder focus groups, consultation from experts, and policy drafting, MCPS decided to pivot away from final exams and create a new system of required quarterly assessments (RQAs). They made the right choice.

To understand that choice, you have to understand testing serves two purposes: to gauge how well teachers teach and students learn. When MCPS final exams were crafted 16 years ago, the system worked well within that ideal. In 2001, there were no consistent benchmarks for student or teacher success. Final exams brought the accountability of hard data and a performance comparison among high schools. And because there were few state mandated assessments

at the time, a temporary block schedule where students miss a whole week of school was inconsequential. Obviously, that situation is vastly different from current circumstances. Today, PARCC, HSA and AP testing gobble up a month of class time and final exams stand in the shadow of modern and more effective assessments. The vacuum final exams once filled is overcrowded and their singular marketable feature no longer justifies the drain on class time.

Given Maryland's new testing landscape, RQAs make sense. As one-day assessments embedded in the curriculum without the need for extensive prep, RQAs provide localized data, but not at the cost of extensive class time. Additionally, because RQAs are actually given back to students after they've been graded, there are more opportunities for growth.

This does not mean RQAs are perfect. Occasionally the assessments aren't reflective of what's been learned over the quarter or are unreasonably difficult. Yet it's important to remember final exams weren't flawless assessments in their first year either. With continued refinement and feedback from students, RQAs prove themselves the better choice.



67

Percent of public school parents say there is too much emphasis put on testing



70

Percent of educators believe standard exams are not 'developmentally appropriate'

RQAs Do Not Add Up

by Malec Fahmy '20

As the school year comes to a close, many students wonder about the future of RQA's and whether they should continue, considering that both teachers and students have problems with the test. Will the RQAs be back for more years to come, and what changes will come along? The likely and unfortunate answer to the first question is yes. For someone who is not a fan of change, the transition into a different standardized test is difficult.

For one, RQAs put a hole in instruction time, as teachers complain that it takes a week to prepare and take each quarter. The problem is that for such a time-consuming test, there are not many positives. Since the RQA is scattered throughout the quarter, students may not have learned everything there is to know on the test. On top of the time it takes for students to test, the difficulty of the test varies between subjects. Spanish, for example, is a much harder test than biology. Other subjects like English are more based on skills than content, while others are based on one small part of the entire quarter.

The grading of RQAs needs to be changed as well. Ten percent of a student's quarter grade can do practically nothing good

to students' grades so long as they are not failing the class. Ten percent is equivalent to the homework category; if students do well they stay the same or slightly better, and if they fail then their grade gets ruined. The RQAs should be more than ten percent, maybe fifteen or twenty so that it puts more pressure on students to feel the need to do well and also so that doing well will have a positive impact on their grade. Unlike the RQAs, exams had a 25 percent weight on the semester grade, and not the quarter grade, therefore having a meaningful impact on a student's grade.

Lastly, to those who think that exams were so time consuming, take into account that they are installed with specific dates to accommodate the students, unlike RQAs that take place at random times throughout the quarter, meaning there could be multiple assessments taking place per day.

Additionally, other classes don't pause, so students may have projects and unit tests due the same day. If the county wants to take all this time out of the school year for a series of tests that require little knowledge of a whole quarter's worth of work, then why not take one week every semester for a test that will assess everything you have learned. All in all, fix or take away the RQA's.



To The Point

Men Need to Find Their Chill

by Dinah Aguilar '19

Alamo Drafthouse movie theater in Austin, Texas announced that they would be hosting a women-only screening for "Wonder Woman" and every 40-year-old, Dorito-covered, unemployed man living in his parents' basement dusted off his high school history textbook and went straight to the Internet to rant.

It started with hateful tweets saying that the theater was sexist and that the event was illegal because of discrimination against men. Many decided to boycott "Wonder Woman" or the city of Austin all together. One man sent a letter to the mayor of Austin, not really talking about the movie situation but more on how he hates women. "The notion of a woman hero is a fine example of women's eagerness to accept the appearance of achievement without actual achievement." Loser Richard A. Ameduri wrote in his email. A fun event that was supposed to celebrate women by watching a superhero movie, turned into a showcase on how men still haven't found their chill.

No More Fidgeting Around

by Zach Weisenthal '19

Ironically, gadgets supposedly meant to help kids focus in school are causing such a distraction in the classroom that they are being banned in schools across the United States. Fidget spinners are often marketed as a stress-relief device for people who have difficulty concentrating, and some companies directly appeal to kids who have a hard time focusing in class. The satisfaction one feels after spinning it is surely what is making these toys fly off store shelves.

It isn't hard to spot a fidget spinner at Sherwood. Having one myself, I find the gadget more of a distraction than a study aid, as it requires two hands to spin and doesn't allow me to complete my work while playing with it. Although there are many devices that can assist in a student's inability to concentrate during class, such as a fidget cube or a stress ball, the fidget spinner is not one of them. Due to the limitation the spinner puts on one's ability to complete their work, the schools that banned them are justified.

Please Edit Trump's Tweets

by Colleen Yates '18

Donald Trump is continuing his trend of absurd tweets. Most recently a typo that we can only assume was referring to press coverage came out as "covfefe". The internet quickly filled with jokes as Press Secretary Sean Spicer explained that "The President and a small group of people knew exactly what he meant." The President's supporters need to stop making excuses for his unprofessional behavior. White House staff should not to allow Trump to tweet whatever he feels in a moment. They should at least read his tweets for misspellings and alternative facts before he Trump sends them to the world to become memes.

As funny as these tweets may be, they are completely inappropriate coming from the leader of the United States of America. For a president to have attacked so many people on Twitter is already outrageous, but to have such careless spelling errors in simple sentences is more than a little concerning. Give Trump an editor for his tweets, please.



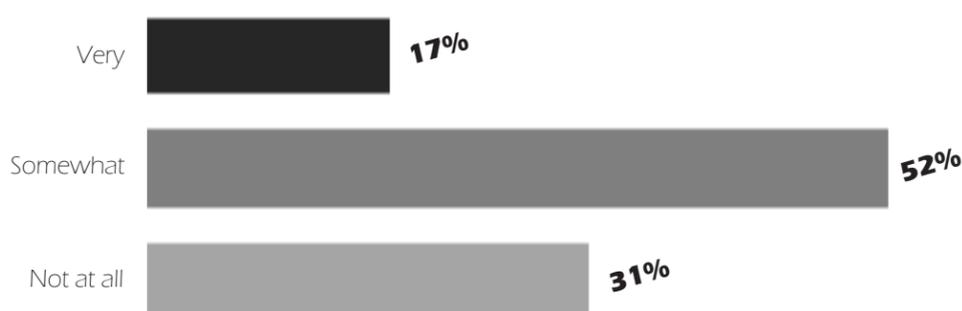
The Pulse

Patriotism in Modern America

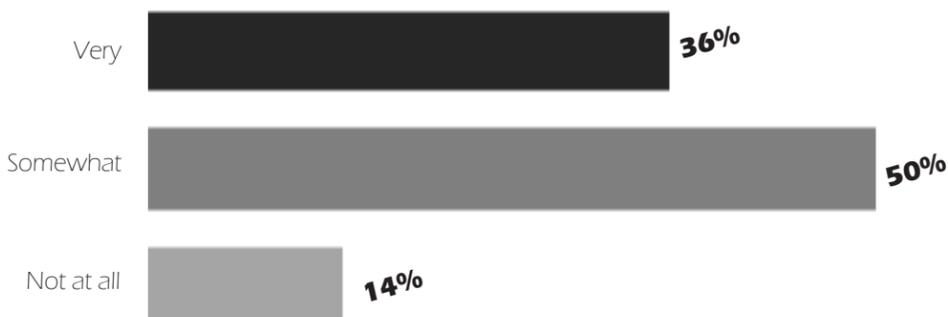
In this day and age, there are mixed feelings on the idea of patriotism. The Warrior surveyed 138 students from grades 9-12 classes about their opinions on the following issues about patriotism.

compiled by Emma Shuster '18 and Lexi Matthews '18

How important is the Pledge of Allegiance to you?



How important is the National Anthem to you?



Do you find it offensive that some athletes take a knee during the National Anthem?

| | |
|------------|-----|
| Yes | 18% |
| No | 62% |
| No Opinion | 20% |

Do you find it offensive when people emphasize the 'oh' in the National Anthem?

| | |
|------------|-----|
| Yes | 8% |
| No | 76% |
| No Opinion | 16% |

Do you find it offensive when people do not stand for the Pledge of Allegiance?

| | |
|------------|-----|
| Yes | 21% |
| No | 56% |
| No Opinion | 23% |

Do you stand for the Pledge of Allegiance?

| | |
|-----|-----|
| Yes | 51% |
| No | 49% |

Burning of the American flag...

| | |
|--|-----|
| Should be protected by the First Amendment | 47% |
| Deserves punishment | 53% |

Opening Up about Mental Illness Is Beneficial to One's Mental Health

by Natalie Murray '18

The first time I went to therapy was in eighth grade.

I had become downcast, motivationless, negative, distracted, and irritable -- enough that three of my teachers had either e-mailed my parents or pulled me aside after class to discuss whether or not I was "okay."

My concerned parents eventually decided to take action. They pulled me out of school one day to go to a therapist, where we all discussed why we were there and eventually set up a week-

ly appointment for me. So at 8 o'clock every following Tuesday, I'd go to therapy.

Although at first my siblings didn't care about my absences from the house, they eventually realized where I was disappearing to every week.

After this realization came the jokes.

My siblings would say things like, "This is why you're in therapy," "Go back to your psychiatrist," and other taunts that worsened my self-consciousness about my mental health. I began covering up my problems, attrib-

uting my sadness and lack of motivation to tiredness. After about a month, my parents pulled me out of therapy, much to my initial delight. But I soon realized that my problems didn't go away because I stopped going to therapy -- in fact, they worsened. So after a major breakdown last summer, I began going to a new therapist, one who greatly helped to improve my quality of life.

Some may read this article with a judgemental attitude, as if I'm oversharing. While I understand people's initial adversity to discussions about mental health,

that reaction must be overcome. One of the reasons I was so self-conscious about my mental illness was because I didn't talk about it and wasn't exposed to regular discussions about it. I thought mental illness was something embarrassing that I should keep to myself.

This is not the case.

After my breakdown, I began reaching out to my friends for advice, a shoulder to cry on, someone to talk to; I was met with open arms and plenty of support. The knowledge that I had people to talk to improved my mood

and strengthened several of my friendships.

But most importantly, talking to people about my own mental health showed me that I'm not alone. Nearly everyone I talked to had faced similar struggles with mental illness. And when I began to mention casually my depression or medication or therapist, other people expressed similar experiences.

So if anyone out there is struggling with a mental illness, know that you're not alone, and that if you ask for help, people will give it to you.

America, Please Pay Attention to the Missing DC Girls

Ayana Antoine '20

In the last few months there have been several posts on social media about missing girls in Washington D.C. Although this isn't an uptick when compared to data from other years, the number of missing adolescents has alarmed D.C. residents. When there are missing persons, especially girls, it's commonly linked to sex trafficking of some sort; fortunately, no girls have turned up dead and some have actually been found. And there is no evi-

dence pointing to sex trafficking.

However perceptions have arisen that police haven't pursued cases of the reported missing persons like they would if the girls were white. To some, it also is undeniable that these girls haven't gotten as much news coverage due to their race. Although there has been coverage about the girls, much has come from social media. This may or may not be credible or completely accurate. There is not proof that definitively says that the police don't care, but it may seem that way to

people of color who look to the police and credible news sources to show their sensitivity to these matters. One would only expect more from the people who are put in place to serve and protect D.C. citizens.

The New York Times wrote a story about the missing girls and reported the frustration of worried citizens who questioned how it is possible that, "14 black girls go missing in 24 hours in DC and it's not a goddamn news story?!" One citizen went on to say, "If it would have been a

white girl, it's usually blown up... You would have seen it on CNN." How could anyone say with all honesty that they care for others without showing responsiveness to matters such as these.

This contributes to the bigger issue of why there has been tension between predominantly communities of color and the police, and the history behind this divide is understandable. Over the past three decades, credible sources, including the U.S. Justice department, have found that many police departments across

the country systematically discriminate against people based on their race. The Washington Post has documented thousands of fatal police shootings across the country in just the past year and yet many people still argue that it is the police who are the victims of the unfair treatment. There seems to be a willful ignorance to much of American society about the role that race plays in police responsiveness. The events surrounding the missing girls in D.C., both real and interpreted, only add to the racial divide.

THE WARRIOR WONDERS...

BEST MEXICAN FOOD IN OLNEY

Cafe Rio 21%
MEXICAN GRILL.

California TORTILLA 25%

EL SOL AZTECA 12%
Mexican Grill & Bar

CHIPOTLE 42%

BEST DESSERT IN OLNEY

BR 28%
bakin' robbin's

COOLDSTONE 23%
CREAMERY

Rita's 28%
Ice Cream & Treatery

yogberry 21%

BEST GROCERY STORE

Giant 18%

Shoppers 13%

Safeway 25%

Harris Teeter 44%

BEST PHARMACY

CVS 90%

RITE AID 10%

WHAT IS YOUR FAVORITE THING TO DO IN OLNEY?

"I like to go to Pet Valu and play with the kittens"
-Victoria Chaves '18

"Chill with my boys at Chipotle and grab burritos"
-Jacob Dowling '18

"Get Dunkin on my way to school"
-Nick Stonesifer '20

"Waiting for Chick-fil-a to be built"
-Thomas Guilday '19

WOULD YOU RATHER GO TO...

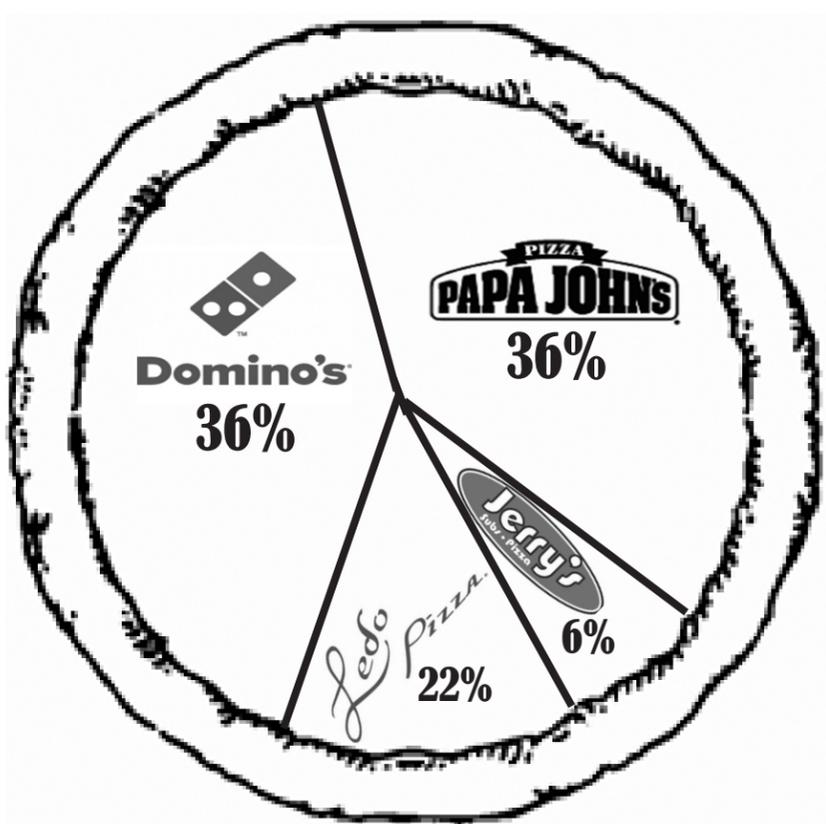
FIVE GUYS 45% OR **Cheeburger Cheeburger** 55%

SUBWAY 56% OR **Jersey Mike's SUBS** 44%

Ricciutis 20% OR **Mamma Lucia** 80%

Olney Grille 42% OR **GrillMarx** 58%
STEAKHOUSE & RAW BAR

BEST PIZZA IN OLNEY



*114 students surveyed
Compiled by Colleen Yates '18

June 13, 2017

Guardians Vol. 2 Is an Empowering CGI Masterpiece

by Lucy Kuchma '18

From its kick-butt soundtrack to its incredible CGI, “Guardians of the Galaxy Vol. 2”(GOTG2) measures up, technically speaking, to its predecessor. Although the gang consists of superheroes, the film touches on many emotional complexities such as romantic longing and the importance of family.

The story follows the same group of galactic warriors including, Peter Quill (Chris Pratt), Gamora (Zoe Saldana), Drax (Dave Bautista), and Rocket (Bradley Cooper), with one major change: the once towering character of Groot (Vin Diesel) is shown as his baby self, earning the audience’s affection immediately.

One brand new character catches the audience’s attention big time, however, and his name is Ego (James Gunn). To say Ego causes the guardians trouble is a massive understatement. Along the way, the audience slowly learns of familial ties that take everyone by surprise as well as efforts by an unknown villain to destroy every being and object of substance in the universe and absorb it all into himself.

Additionally, contrary to popular prediction, Thanos, Gamora and Nebula’s father, does not make a reappearance in GOTG2, although Nebula (Karen Gillan) does return, having a significant impact on the story’s progression. She and Gamora butt



Vol. 2 features many of the same characters from the first film, like Peter Quill and Gamora.

heads throughout the entire film, resulting in a final physical battle between the two of them. Nebula ultimately reveals to her sister that, although Gamora was always so concerned with winning and being the best, all Nebula ever wanted was a sister.

A resolution between siblings as well as between Peter and the

father who left him as a child prompt a terribly emotional and complicated string of events. Following an epitomical battle near the close of the film, the gang has to escape from Ego’s planet to avoid a ticking bomb, and the gang loses its newest member. Such a heart-warming yet painful ending leaves the audience knowing one

must always accept and forgive.

From a graphics and audio standpoint, the film was superbly made. And even much of the guardians’ banter measures up to that of the prior film. The only major plot hole that many major GOTG fans drew attention to is the fact that Ego, although merely a manifestation, an embodiment

of an immortal soul, mysteriously ages. It is unclear whether the directors made this decision consciously or whether it slipped their minds, but if it was intentional, it should be explained.

Aside from that slip-up, however, the film is grossly entertaining. Drax endlessly taunts Peter about his apparently obvious infatuation with Gamora, which is revealed when Ego’s personal assistant, Mantis, reads Peter’s emotions and tells the group he feels intense love for her. The two, at the very end of the film, meet one another’s gaze momentarily and subtly verbally acknowledge that there’s an “unspoken thing” between them, possibly foreshadowing their building relationship in another sequel.

Future audiences might do well to approach each character with an open mind. The movie features some shocking turn-arounds and side-changes, if you will, that take the audience by great surprise.

“Guardians of the Galaxy Vol. 2” is a feel-good action film that, while cheesy at times, sends messages of acceptance, family, and determination against the odds, which are messages everyone needs a dose of from time to time.

GRADE:
B+

Logic Album Draws Attention to Issues of Racial Tension and Bias

by Alex Nnabue '18

Logic, rapper and Montgomery County native, released his third studio album “Everybody” on May 5. The album is centered around strong political and social messages as Logic raps about his upbringing in Gaithersburg, systematic inequality, racism, and mental health. Following the format of Logic’s previous projects, “Everybody” includes a storyline with skits embedded in select songs.

The plot follows two narrators, one who stars as God, and another as Atom. After dying in a car accident, Atom encounters God in purgatory, a “waiting room” for Heaven, and He informs Atom about his upcoming reincarnation.

The album is composed of many powerful songs. “Hallelujah” serves as a strong album opening with upbeat piano riffs and soul-inspired rhythms. Logic praises God and assures his listeners that the album is for “all [his] brothers and sisters.”

“Everybody,” the album titled single, introduces the topic of police brutality and Logic’s struggle with being accepted by blacks and whites due to being biracial. Logic raps that in his blood is both “the slave and the master.” The theme of unity amongst the

human race is prevalent as Logic insists that despite physical differences, everybody bleeds and loves.

“Waiting Room” is a skit in which God tells Atom that his next reincarnation will be as an 1800s slave owner. God reveals that Atom is every human being that has ever existed. After Atom experiences life as every race, gender, and class, he essentially enters afterlife and becomes God.

After this song, the album experiences a shift as “1-800-273-8255” and “Anxiety” are more intimate and introduce the topic of overcoming depression, suicidal thoughts, and anxiety. “1-800-273-8255” is titled after the National Suicide Prevention Hotline and features Khalid and Alessia Cara. The album’s hit single resembles a classic Logic song as it incorporates mellow beats and some gospel vocal backups. “Anxiety” includes calming soprano melodies while incorporating explosive beats for Logic to rap on. The rapper utilizes string instruments while he discusses his experienced with anxiety that caused an episode of derealization in 2015.

“Black SpiderMan” features orchestral melodies and strong piano riffs. Logic continues to rap about being misunderstood by society and his family while

growing up. However, Logic strives to defy stereotypes as he is not ashamed of his Mexican wife and raps that he wants neither to be black nor white but just a man. Furthermore, Logic pleads for black representation.

“AfricAryaN” is a strong conclusion to “Everybody” as it mixes mellow chill beats, a calming piano melody, and jazz inspired saxophone solos. Logic claims that “[his] skin fair but life’s not.” The plot concludes with God telling Atom that no matter how successful or rich an individual is, everybody ends up 6 feet under. God insists Atom live his life in the moment. The end of the song features a nearly 3-minute verse by rapper J.Cole.

“Everybody” is an impactful and woke album as it addresses timely social issues in America while shedding a light on some of Logic’s personal experiences. The album’s storyline also keeps audiences engaged and eager for more plot reveals. Overall, “Everybody” successfully reaches and caters to all audiences by relating to people from different backgrounds.

GRADE:
A-

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June 13, 2017

'13 Reasons' Sparks Discussion about Exposing Young Adults to Teen Suicide

by Emma Shuster '18

The hit Netflix series "13 Reasons Why" about teen rape, assault, bullying, and suicide has prompted many schools, including Sherwood, to issue warnings to parents.

On March 31, Netflix released "13 Reasons Why," based on an original story by Jay Asher. The series centers around the suicide of Hannah Baker (Katherine Langford) and focuses on Clay Jensen's (Dylan Minnette) experience with the tapes Hannah left explaining why she ended her life. Shortly after its release on Netflix, the show became a sensational hit, earning a high level of popularity amongst teens.

MCPS has communicated its concerns about the series. "We want to be proactive with our community and let parents know that students are hearing about this show and watching this show," MCPS spokesperson Derek Turner said. "It does have some very adult themes that discuss suicide and romanticizes it."

Sherwood's letter, sent home May 2 by Principal Bill Gregory, advises parents to monitor changes in their child's behavior and

steer them away from the series. Letters about "13 Reasons Why" were initially sent to parents at North Bethesda Middle School, Julius West Middle School, Herbert Hoover Middle School, and Pyle Middle School, but by May 4, many other high schools sent out letters as well.

The Sherwood letter states "mental health professionals are concerned that adolescents who watch the series without an adult available to process the themes and their feelings may be more likely to imitate these at-risk behaviors. The National Association of School Psychologists (2017) states, "While many youth are resilient and capable of differentiating between a TV drama and real life, engaging in thoughtful conversations with them about the show is vital. Doing so presents an opportunity to help them process the issues addressed, consider the consequences of certain choices, and reinforce the message that suicide is not a solution to the problems and that help is available."

Despite its mature content and messages, the show has gained in popularity and has been renewed for a second season. Ac-

ording to journalist Corey Chichizola, "in response to criticism, Netflix and the folks behind '13 Reasons Why' are including additional content warnings to the series. While two of the show's more graphic episodes already had these types of warnings, now a lengthy one regarding the series as a whole will be streamed before the first episode. Additionally, according to Deadline, the language and verbiage of existing warnings will be strengthened, as will the message to seek help and resources over at 13ReasonsWhy.info."

School staff continue to fear that depressed students will keep their problems to themselves rather than seeking help from parents and school officials. Counselors are urging parents to be aware of the mature content their children may be watching and assure them that they are there to listen.

"I personally wish the show never came out. I think for those students who are emotionally fragile and see it without any kind of parental support, could not be positive. Now that it is out there, I recommend that a student do watch it with their parents," said counselor Elizabeth Al-Atrash.

Teen Novel Makes Subpar Film

by Natalie Murray '18

"Everything, Everything," by Nicola Yoon, is a teen romance/drama novel telling the story of Madeline "Maddy" Whittier (played in the film by Amanda Stenberg), an 18-year-old girl who suffers from Severe Combined Immunodeficiency (SCID). Because of this, she's on permanent house arrest: any exposure to the outside world could overload her fragile immune system, potentially killing her. An avid bookworm with an active imagination, Maddy doesn't mind her confinement—that is, until Olly (Nick Robinson) moves in next door. Olly and Maddy fall in love, and begin pushing boundaries and risking everything to be together.

Although neither the movie nor the book lived up to my expectations, it is an endearing (though shallow) film, based on a similarly endearing novel.

In many aspects, the book and movie seemed rushed—though the movie was faster than the book, which I believe to be its primary downfall. Whereas the book contained more character arcs, the movie moves so rapidly that the characters have little time for development. Maddy and Olly go from seeing each other through their windows to falling

head over heels to risking their lives in what seems like minutes.

The novel, contrastingly, has a much better flow. Maddy had time alone in the beginning of the novel, allowing the reader to fall in love with her and her quirks, and she fell for Olly over a more realistic time period. The book also better developed the mother's character, so the major plot twist at the end seemed less random in the book than in the film.

Despite flaws in the pacing, the film was cinematically strong. The actors are refreshingly diverse, which is noteworthy in an age where Hollywood is rightly criticized for the lack of characters of color. The soundtrack made the movie, though wildly unrealistic in some aspects, more relatable to its teenaged audience.

"Everything, Everything" is mediocre, both as a book and a movie. Both have pacing flaws, which led to severely underdeveloped characters and plot lines in the movie, though it didn't harm the book as much. So if you want a cute, casual film to watch, "Everything, Everything" could be the one for you.

GRADE:
C+

"More Than Words"

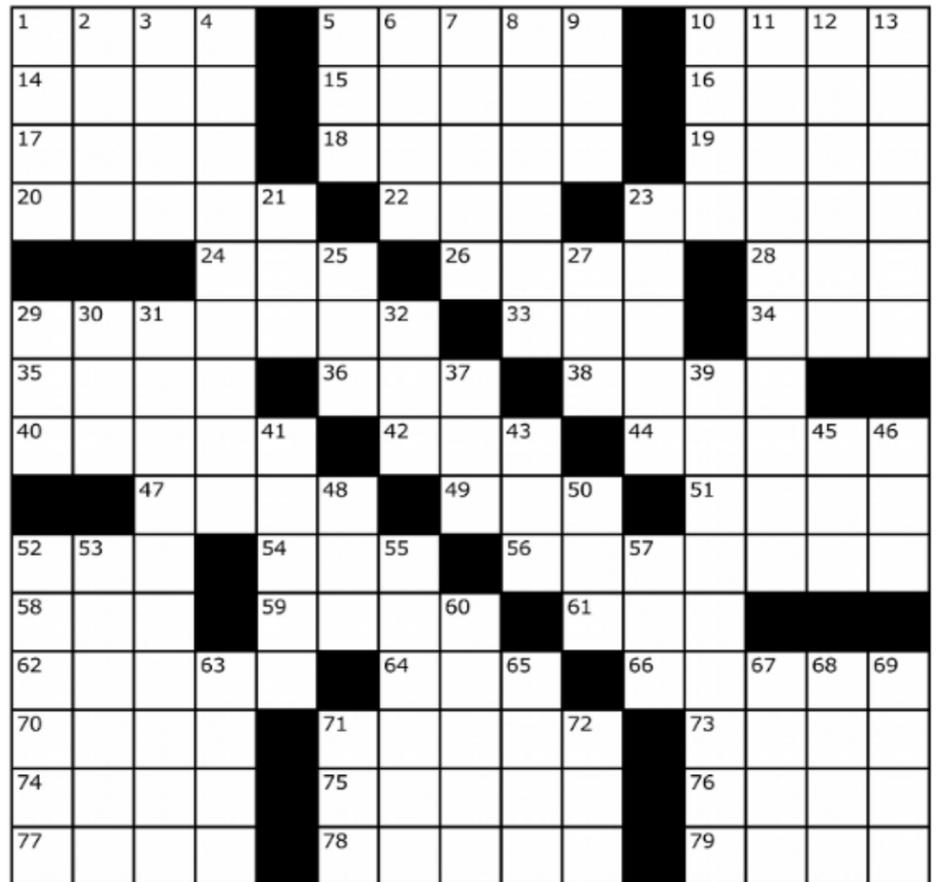
by Josh Averbach '18,
Lucy Kuchma '18,
Lexi Matthews '18,
and Isabella Pilot '18

Across

1. "Hey now, you're an all-____"
5. Artsy item usually made by hand
10. Bad sign
14. 'Parrot,' to a Spaniard
15. 'Other,' to a Parisian
16. Social media platform that shut down in 2016
17. Donald's portrayer on SNL
18. Fatigued
19. Fill-ins, briefly
20. Country singer Shelton
22. Only black dancer on 'Dance Moms'
23. On your toes
24. Pester
26. Of similar character
28. Word spoken by dinosaur in popular online meme
29. Quarreled
33. George H, to George HW
34. Prefix meaning "wax"
35. Sphere of the earth 75-1000 km above the surface
36. Number of pennies in a dime
38. All up in your business
40. Delay
42. Antithesis of peace
44. Domed nomadic tents
47. Unfortunately
49. A play on words
51. Occupied
52. Possess
54. Communist color
56. Negative response to "are you happy?"
58. Move head in agreement

Down

1. Hunk of stone or concrete
2. Fee for using a bridge or road
3. Region
4. Sherwood revives it every spring
5. Stevens who sang "Wild World"
6. Desecrate
7. Left and right chambers of the heart
8. ____ and Geeks
9. R-rated movie starring a vulgar stuffed animal
10. Egg-like shape
11. "The Climb" singer
12. Main course
13. Squatter
21. Appendage used for listening
23. Bug
25. Acquire
27. A charged atom or molecule
29. Ivanka to Tiffany, briefly
59. Finished a book
61. The protein-building nucleic acid
62. Arch rival
64. Comes after the beg.
66. Farmer's commodities
70. Unmoving
71. Stores away, as money
73. Brainchild
74. Where eggs are found
75. James Bond is a secret one
76. The robot from Phineas and Ferb
77. Father of Araethyrea and Aoris in Greek mythology
78. Untidy
79. One of the Great Lakes



30. It called the kettle black
31. Sisters who dueted in "Do You Want to Build a Snowman?"
32. Droplets found on grass each morning
37. Daytime snooze
39. Yellow vessel of popular Beatles song
41. Maryland Governor Hogan
43. ____ DMC
45. Airport protection org.
46. "Odd Future" rapper 'Tha Kid'
48. View
50. Neither here ____ there
52. Paired with 'million,' expression signifying a tiny chance
53. Stevie who sings "Superstition"
55. Harm
57. Gandhi's polit. party

59. Pronounced the same in past and present tense
60. Guy Fieri's show, "Diners, Drive-ins and ____"
63. NY baseball team
65. Lairs
67. Aroma
68. Prefix often attached to -scope or -meter
69. "Me too"
71. Smith who sings "Stay With Me"
72. A pig's home

For answers, please visit
www.thewarrioronline.com/
on June 16

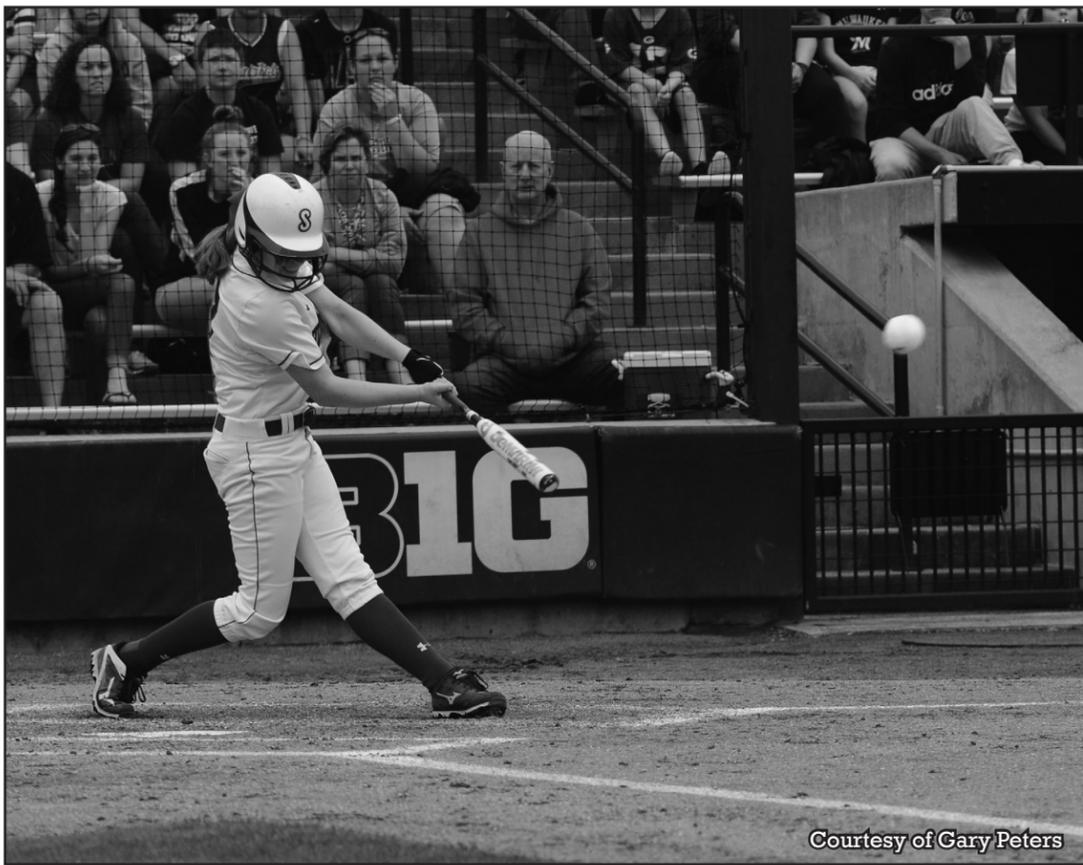
Softball Reaches State Finals, But Falls to Northwest

by Jackie Vilaseca '19

The softball team's 9-5 loss to Northwest on March 25 proved prophetic as the Jaguars beat the Warriors again in the 4A State Championship by a score of 8-4. The loss denied Sherwood a sixth consecutive state title. The Warriors' only two losses of the season were against Northwest, and the regular-season loss ended a 105-game winning streak that began in 2012.

In the championship game, Sherwood started well by scoring two runs in the first inning but Northwest answered with five runs in the bottom of the same inning. "Even after Northwest scored five in the first, we all still had our heads in the game and we were playing strong," said freshman shortstop Hannah St. Laurent.

The championship game was played at the University of Maryland on May 27. St. Laurent was one of seven freshmen on varsity softball, and the playoff run to the state final was thrilling. "We were all so excited, especially the freshman, because we've never



Courtesy of Gary Peters

Freshman Kayley Bina gets one of her many hits this season in the state finals against Northwest on May 27.

experienced that feeling before," said freshman right-fielder Hannah Bowers.

Like Sherwood, Northwest should remain a top contender next year. The Jaguars' pitcher in

the state championship, Amber Yuille, is only a freshman herself. She gave up four runs on seven

hits and kept Sherwood off the board in the second, third, fourth and fifth innings—an impressive feat against the Warriors, who averaged more than 10 runs per game during the regular season.

The Warriors showed off their hitting prowess in the state-semis with a 12-0 victory against Arundel on May 23. The toughest game on the way to championship proved to be the North Regional final, which Sherwood won 2-1 against Dulaney.

While there is lingering disappointment about the two losses to Northwest, the fact remains that Sherwood softball competed in a mind-boggling eight of the past 10 Maryland 4A state championships, going back to 2008. The program is on one of the most dominant runs of any team in any sport in the entire history of Maryland high school athletics. There is every indication that next year's team will try to add to the team's incredible legacy.

"Overall, the season was so much fun. With the young team we had, all of us freshmen learned a lot from the coaches and seniors," said St. Laurent.

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Boys' Lacrosse Team Struggles Against the County's Top Teams

by Brandon Alter '17

After dismantling Gaithersburg in the first round 22-3, the boys' lacrosse team had just what they wanted—a rematch against a Quince Orchard squad who the Warrior lost to 11-10 in triple-overtime just a week earlier. In a game marked by shifts in momentum, the Warriors ran out of answers and the Cougars won 11-8 to end Sherwood's season.

The chance for revenge against Quince Orchard suffered a major setback when senior attacker and leading scorer Eric Braker suffered a partial ACL team in his left knee during a practice leading up to the second-round game. "I do believe that if I was playing and healthy that I could have contributed a lot to the game," said Braker. "The guys stepped up and played a great game. It was hard for me to just stand on the sidelines when I knew I could've been helping my teammates."

The Warriors had emphasized hitting the net in the playoff game against Quince Orchard, feeling that the team would win if it capitalized on its opportunities. The Warriors struck first, but the teams traded goals on the way to a 4-4 tie at half. The Cougars came out stronger and scored five of the next six to go up 9-5 with 10 minutes to go. Sherwood scored two goals in three minutes to cut the lead to two goals, but that was as close as the Warriors would get.



Brandon Alter '17

Senior Kevin Russell defends against a player attempting to crash the net.

In the first meeting against the Cougars on May 3, The Warriors went up 4-1 after the first quarter despite giving up a goal in the first 28 seconds of the game. Quince Orchard rallied to take a 10-7 lead with just over five minutes left. Sherwood then scored three goals in 18 seconds, two by senior Nick Pinto right off the draw with one coming at the buzzer, to send the game into overtime. The Warriors had numerous extra man opportunities (EMOs), including a two-man advantage in overtime.

Coach Matt Schneider decided not to call a timeout while his team was a man-up in overtime. "Our EMO knows its plays and systems. I trusted them to get a

quality shot. I thought the QO defense and goalie really stepped up when they needed to in OT," said Schneider.

The boys' lacrosse team struggled all season against the strongest teams in Montgomery County, losing to Whitman, Wootton, and Walter Johnson in the regular season by a combined 43-11 margin. The Warriors especially looked forward to its game against Walter Johnson, based on some "bad blood" between the teams. The game was rescheduled from April 20 to May 8 because of weather, but Sherwood never got on track and lost 13-4 in a game in which Schneider said the team was "not mentally present."

ON SPORTS

Basketball Is Being Hurt by the Top-Heavy NBA

by Frank Platko '18

The NBA has long been a competitive league. Throughout the 80s and 90s, and even into the 2000s, legends and teams worked to take each other down, and the ultimate goal was to win a championship. These two decades, were the greatest period of NBA basketball ever. But this era is long gone.

On July 8, 2010, the television special "The decision" was aired on ESPN and viewed by millions across the nation. LeBron James announced he would be joining the Miami Heat, teaming up with bona-fide all stars Dwayne Wade and Chris Bosh. This moment would change the league forever.

The Heat went on to make it to the NBA finals four straight seasons, winning two of them. We then began to see big-name players entertaining the idea of joining teams to maximize their chances at winning a championship. Kevin Durant followed a similar path as James this past summer.

After months of endless media coverage and suspense leading up to free agency, Durant decided to sign with the Golden State Warriors, joining a trio of all-stars in Stephen Curry, a two-time MVP, Draymond Green, and Klay Thompson. The Thunder, his longtime

team, were just one game away from defeating the Warriors and reaching the NBA finals in the 2015-2016 playoffs, but the Warriors won three games in a row to win the series.

NBA Insider Stephen A. Smith called Durant's decision to join the Warriors, "the weakest move by a superstar in the history of any sport." Powerful words, but spoken by many. Thunder fans, just like Cavaliers fans back in 2010, burned Durant's jersey and booed him when he returned as a Warrior.

But even before Durant's decision, the result of this 2016-2017 season was almost a foregone conclusion. Durant's arrival cemented the inevitable: the Warriors and Cavaliers would face off for the third straight year in the championship.

This is the 7th straight season LeBron has been in the NBA finals. Nothing should be taken away from his accomplishments and legacy, but the Eastern Conference is an annual cakewalk for James. And the Warriors haven't faced much adversity, either.

Regardless of the outcome this year, it doesn't look like any team is capable of challenging the Cavaliers and Warriors in the foreseeable future. Thus, the NBA will stay its course.

Top-heavy, with little competition.

Summer Teams Benefit Players and Coaches of Many Sports

Many student athletes use summer as a time to practice and improve their skills, often by joining a club, travel, or Sherwood-sponsored summer team.

by Natalie Murray '18

Boys' Basketball

This May, over 60 students tried out to be on the boys' summer league basketball, but only 15 players each made JV and Varsity. From tryouts until the end of June, these 30 athletes have a busy schedule. The practices are 90 minutes and occur once or twice a week, and they have games two to three days a week.

Such a commitment comes with numerous benefits: Coach Timothy Gilchrist commented that newer players have the opportunity to get "used to newer and tougher competition," and that the league helps returning players "develop new roles within the team," particularly leadership ones. The summer team helps all the athlete, regardless of grade, to "push themselves to uncomfortable levels to see their current abilities," said Gilchrist.

One thing Gilchrist stresses is that there is no guarantee that students who make the summer team will be on the winter team; the summer team is merely a gauge for athletes to determine what skills they need to work on so that they can earn their spot on the team in winter.

Girls' Basketball

Girls' basketball has a similar summer team to the boys' one in that tryouts are required to get on the team. Additionally, both summer seasons run until the end of June, but whereas the boys' team has several practices and games a week, the girls only have two games per week, and they did two workouts before the game schedule began. This lower-commitment league allows the athletes to balance basketball with different sports and other summer activities.

Another benefit to the girls' league is that, because they only play games, athletes are better able to determine where they stand on the team and what skills they need to improve. Coach Timothy Hobbs also benefits from this, saying that summer league "provides me with the opportunity to try new strategies and provide players with opportunities they may not otherwise have."

Field Hockey

MCPS has a summer field hockey league that anyone who is interested in joining the field hockey team can participate in. The league is overseen by coaches of many high schools (includ-

ing Sherwood) who go to watch the games, which occur two times a week for ten weeks. In addition to the games, Sherwood holds weekly conditioning sessions to get potential players ready for the fall season.

One interesting thing about the summer field hockey league is that many people who have never played field hockey use the league as an opportunity to get acquainted with the sport and practice playing with a team. However, safety is a top priority, so anyone interested in playing must have goggles, shin guards, and a mouth guard. Field Hockey coach Amy Morse says that athletes who participate in the summer field hockey learn that "It takes a lot of hard work to reach your goals."

Boys' Lacrosse

The boys' lacrosse team, despite not having a Sherwood-sanctioned summer team, does encourage players to join a lacrosse team over the summer. According to Coach Matt Schneider, many of the boys participate in the Maryland Extreme Lacrosse summer league. This league does not have practices, only games, which are held at

MLK Park in Silver Spring, and occur once a week over an eight-week period. As well as showing Coach Schneider the progression of his players during the off-season, summer lacrosse helps the athletes to "identify strengths and weaknesses and get a chance to work on their weaknesses," according to Schneider.

Girls' Lacrosse

Like boys' lacrosse, the girls' lacrosse team does not have an official Sherwood summer team, so many of the girls play for other teams. Unlike the boys, however, most of the athletes join a ravel club team.

Club teams are costly—both in time and money. Members are required to pay a fee, and teams can have three to four practices a week, frequent fitness workouts, and tournaments nearly every weekend. Unlike many of the other teams mentioned, club teams have to be players' top priority, or they will not get as much playing time.

However, Coach Kelly Hughes asserted that, "Playing club is the best way to become great at the sport. You need to have the stick in your hand all the time to become good at it." Be-

cause of this, Hughes helps interested players to find club teams so that they can improve their game.

Girls' Volleyball

Girls' volleyball is another sport that has a Sherwood-sponsored summer team. Like most of them, there are no tryouts required, so anyone who wants to join and has the equipment is allowed to. Then, every Wednesday for seven weeks, the Sherwood team faces off against other schools from around the county. They are then seeded based on their record and put into playoffs.

Despite the fact that summer volleyball has playoffs, the team is not all about winning. According to Coach Jacob "Jake," Achten, summer league is used as a time to "play around with a lineup and see players in different positions." This is especially relevant for rising seniors, who have to not only fill the court positions that the graduated seniors have left empty, but also the leadership roles. And, since the league has no effect on the fall team's record, Coach Achten has the opportunity to experiment extensively, and "When it works, great. When it doesn't, it gives us an opportunity to look at something differently."

June 13, 2017

Girls' Lacrosse Ends Season With Loss in State Semifinals



Courtesy of Gary Peters

The girls' lacrosse team poses happily after they beat Churchill to earn the title of "Regional Champs."

by Emma Shuster '18

After watching several talented seniors graduate last year, dropping the first three games of the season, and losing three pivotal players for the season due to concussions, the Warriors thought that this was going to be a long and difficult season.

Given such challenges, the season turned out to be a huge success after the Warriors surprisingly reached the State Semi-Finals. Although Sherwood lost 19-5 to Harford County's Bel Air High School, the players celebrated how much they accomplished.

"We had an awesome sea-

son," said senior captain Emily Hughes. "We never expected to make it all the way to state semis. Winning our region was our goal and we were all so proud that we won. It was a long season but we were all so close and had so much fun."

The Warriors, who went 8-4 during the regular season, beat four county teams to reach the semis. After trouncing Watkins Mill on May 10 by a score of 17-1, the team beat Northwest 18-2 on May 12 and Magruder 19-6 on May 15. In the Regionals, the Warriors battled Churchill, an opponent not faced during the regular season. Sherwood was dom-

inant in offensive scoring and draw controls. The defense was ready for the challenge and out hustled Churchill to the ball and caused many turnovers. In the end, Sherwood won with a score of 15-7, capturing the 4A/3A West Region title.

"Churchill is always a great match and we were ready to play them. We ended up winning the game by a good bit," said sophomore Abbey Rose. "Winning the region was exciting for all of us. We all just wanted to win so much and when we did win it was so exciting because we were going to state semis, which we never expected at all."

Controversial Call Cost Warriors' Season

After strong regular season and great start to the playoffs, Warriors lose in Semis.

by Malec Fahmy '20

In the Sectional finals on May 16, the varsity baseball team suffered a painful loss to Howard 4-3. For the second year in a row, the Warriors have taken an early exit out of postseason play to Howard. In this year's game, only three players per team got a hit. In such close competition, which the Warriors had been 0-3 in games decided by three runs or less, one controversial call may have cost them the game.

Senior pitcher Connor Brady was called for a balk, or an illegal motion or action that involves a pitcher pretending to pitch when he has no intention of doing so. Brady, who says that he has done the same motion his whole career without being called for it, pointed out that the umpire was actually

behind him, making it impossible to see the "illegal" movement.

The call infuriated the whole team, and resulted in them giving up one run. The final score of the game was 4-3, so that one run was the difference. Along with the balk call, all four runs were given up in the fourth inning, and the Warriors' valiant comeback fell short as they scored the next three runs in the seventh inning.

Before the loss to Howard, the Warriors opened up the playoffs with a blowout win against Paint Branch in an 8-0 shutout pitched by sophomore Ben Vok. Senior Matt Migliozi and junior Michael Mbonny both hit home runs to get the bats going. Eight hitters earned a hit, and five of those hitters scored a run. The good hitting and strong pitching willed the team to a shutout win

and set up the rematch against Howard.

At the end of the regular season, the 15-4 varsity baseball team brought a lot of potential to eclipse last year's early exit from the playoffs. This year, 12 of their regular season wins were decided by seven or more runs. Three of the games were shutouts won by 20 or more runs. The team focused on making sure the bats were ready for the stronger pitchers in the playoffs, and ensuring that the defense did not allow any big errors.

Throughout the regular season, the Warriors possessed strong pitching, and wanted to make sure this continued. With all the promise and commitment, it was a disappointing end to the season, as the Warriors said goodbye to nine seniors.

Green Leaves Sherwood for County-Level Position

by Emma Shuster '18

After serving as Athletic Director for nine years, Kathy Green will be leaving to serve in the Athletics Specialist position with MCPS. The Athletic Specialist assists the Director of Systemwide Athletics administration of the entire MCPS interscholastic athletic program.

Green began her career at Sherwood in 2008. While here, she has taught dance, regular and Honors Health, as well as started and expanded the yoga classes. Between teaching and her duties as athletic director, Green works between 8-12 hours everyday. She ensures her coaches have rosters, transportation to and from games, certificates, and awards; executes parent meetings; reschedules cancelled games; updates the website; follows up with athletes on their grades; and improves the program as a whole.

"Ms. Green will be missed tremendously at Sherwood," said field hockey coach Amy Morse. "Her passion for SHS athletics was felt by all coaches and players. Her stellar work ethic enabled us all to work and play at our best and to strive for excellence. She wants all of her student athletes at SHS to feel empowered, valued, and successful in school so they may gain the confidence as they enter the next phase of their lives. She has been a role model for me as a coach and continues to teach our student athletes about hard work, thoughtfulness, and dedi-

cation."

In her new position as Athletics Specialist, Green will oversee the implementation of athletics for all 25 high schools, not just Sherwood. She will oversee pre- and post-season coaches meetings, help run athletic director meetings, and be a liaison between the MCPSAA and MCPS. Green also will be working with officials, sports directors, facilities, and maintenance.

One of Green's most significant accomplishments at Sherwood has been ensuring stability of the corollary sports program. Sherwood is one of just three high schools that fields a corollary sport all three seasons. Corollary sports consists of team handball, bocce ball, and allied softball. Fifty percent of the athletes have special needs and the others are non-special needs students. Another achievement of hers was utilizing social media to promote the student-athletes, increasing their exposure to college recruiters. A final accomplishment is getting a full-time athletic trainer.

"I'm going to miss Sherwood tremendously. I'm going to miss the coaches, the kids, watching games, and the Warrior club," said Green. "I am ready for the next step in my career. I am definitely up for new challenges and I am glad I am pursuing my next career goal. I basically lived here for the past few years, but I wouldn't trade a second of it, all of the ups and downs. It's been a fun, wild ride."

Gymnastics Team Has A Very Successful Season



Courtesy of Gary Peters

As well as being the 2017 MCPS Division and County Champions, the gymnastics team had several gymnasts accomplish major individual goals. Senior Toni Williams (pictured) won every event she competed in, making her the MCPS All Around Champion and earning her a spot on the Washington Post All Met 1st Team. Additionally, Coach Gary Peters hopes sophomore Eleni Guynn and senior Ania Pasternak will make Honorable Mention.



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

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