

What College Board Isn't Telling You

by Jena Le '23

The College Board is a modern-day monopoly that has cornered the education market for grades 9-12. Because of this and the added benefits of being categorized as a non-profit, the College Board has become a massively wealthy organization that is able to charge its customers almost whatever it wants for its entrance exams and AP exams.

Monopolies, which are defined as the exclusive possession or control of the supply of or trade in a commodity or service, are illegal. The Sherman Act outlaws any form of "monopolization, attempted monopolization, or conspiracy or combination to monopolize." However, the College Board is able to bypass these restrictions because it is categorized as non-profit, which means it is not supposed to have a primary purpose of making money.

The College Board is using its profits to invest 1.2 billion dollars in private equity, hedge funds, real estate funds, all in an effort to make even more money. Adding on, The College Board has also invested about 82 million dollars less on AP exam expenditures in 2020 compared to 2019 and spent about 78 million dollars less on SAT expenditures in 2020 compared to 2019.

The stated mission of the College Board is to connect students to college success and opportunity. AP exam scores and SAT results are just some examples of the metrics that the College Board provides for

colleges to assess how knowledgeable high school students are.

In this way, the College Board can theoretically prevent unfair advantages and provide equity since every student is taking the same test. This is quite appealing--and cost-effective--to colleges because they only have to look at one exam rather than factoring other metrics for academic success.

The influence of the College Board also can be seen in the high school curriculum. With 38 AP courses to choose from, most students will face the decision whether to take these advanced courses.

But is there really a choice? Most high schools in America have AP classes as the most advanced course students can take. So, students at a school like Sherwood essentially have to take College Board-designed AP classes whether they take exams or not because colleges want to see those most rigorous offered courses on the transcripts.

The College Board charges \$96 per AP exam and students have pressure to pay that fee because many colleges want to see that an applying student took the course and the exam. Most colleges and universities allow students to test out of a class if their AP score reaches a certain requirement. For example, a 4 or 5 on the AP U.S. History exam tests out of Maryland's History 200 course, saving hundreds of dollars in college tuition.

The PSAT and SAT are College
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Students and staff participate in a "study circle" at Einstein to discuss hateful language.

Following Uproar, Administration Works To Improve School Climate

by Reade Fenner and Tori Newby '22

Following events at the girls varsity soccer game on September 30 and the subsequent scrutiny of Sherwood's climate, the school administration is taking steps to address and remedy the situation involving racist and transphobic language. An investigation concluded that Sherwood students shouted derogatory comments at Einstein soccer players on September 30, followed by an eruption on social media with students from other MCPS high schools speaking out against Sherwood.

Principal Tim Britton has been working with students and staff to address the perception that Sherwood excuses racism and other forms of discriminatory behavior. In addition to holding a voluntary staff meeting on October 12 to discuss the situ-

ation, Britton also recently met with clubs representing various minority groups. "We are concentrating our efforts on recognizing various holidays and special celebrations from different cultures through our morning announcements," said Britton, who said that he wants to explore with students what it means to be "One Sherwood."

Britton plans to work alongside Spanish teacher Christina Aguilar and music teacher Jonathan Dunn to host a cultural celebration week, which will be held December 13 through 17. Similar to Sherwood's 2019 Unity Week, this event will include singing, dancing, and poetic performances in an effort to showcase Sherwood's diversity. "We want to do these things now, while things are fresh," explained Britton. "It will hopefully be representative of all

See School Climate, Pg. 3

MCPS Gets through First Quarter without a Covid-19 Outbreak

by Jay Joseph '22

During the first marking period, MCPS has not had a Covid-19 outbreak that has caused a closure of any K-12 schools. There have been about 789 Covid-19 cases and 7,941 quarantines throughout between MCPS buildings in total since the beginning of August. At most, there have been 23 cases at one time in a school.

According to the New York Times database, 92 percent of people ages 12 and up and fully vaccinated in Montgomery County, compared to 68 percent nationally. Seventy-eight percent of all residents in Montgomery County are vaccinated. With such a high vaccination rate, Montgomery County is among the top 20 counties with the highest vaccination rate in the United States.

In addition, Montgomery County has exhibited one of the lowest community transmission rates in the country. MCPS also required all staff to provide proof of vaccination by October 29. However, MCPS continues to expand upon its Covid-19 prevention measures with the county's transmission rate at a 14-day av-



Students complying with the MCPS mask mandate as they work diligently in their class.

erage new case rate of 6.8 new cases per 100,000 people and about 2,145 students and staff quarantined in October.

Outbreaks have occurred in schools across the United States, causing many school closures. However, the Centers for Disease Control and Prevention (CDC) observed that these closures occurred when schools did not implement or enforce Covid-19 prevention strategies effectively, such as mask-wearing requirements, ade-

quate ventilation, and limited class sizes. Likely because of the high vaccination rate and extensive preventative measures (such as in-class air purifiers, the indoor mask mandate, and school-provided masks), MCPS has not had an outbreak.

However, students in grades K-6 are still highly vulnerable to contracting the contagious Delta variant without vaccines. The recent trials of Pfizer-BioNTech's vaccine proved that a lower dosage of the

vaccine was safe and effective on kids ages 5-11, and the FDA and CDC have approved use for the age group. It will take at least a few weeks for vaccinations to begin en masse and even longer to fully vaccinate students.

As a result, MCPS has required that unvaccinated individuals who come into close contact with people exhibiting at least one symptom of Covid-19 to undergo rapid and PCR testing.

Close contact is defined as within three feet of the symptomatic individual for 15 minutes indoors and within six feet outdoors while eating or drinking. If a student's parents and guardians have not consented to the test, they must quarantine for at least ten days or until the symptomatic individual tests negative for Covid-19 or receives an alternative diagnosis.

MCPS's adaptive response to Covid-19, along with its extensive prevention methods, lower community transmission rates, and vaccinated high school population, should prevent outbreaks that could result in school closures in the coming months.

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Sherwood Soccer

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MCPS Takes Police Officers Out of Schools

by Lauren Hill '22

Recently, MCPS announced that the fiscal budget for this year would no longer include funding for student resource officers (SROs), after the SRO program was called into question by community members for potentially doing more harm than good. The county will no longer have armed officers in any schools. Instead of the SRO program, County Executive Marc Elrich as well representatives from the school district, health department, and County Council announced a new plan called the “Reimagining School Safety and Students’ Well-Being Initiative,” which will focus on addressing student safety and health in schools.

Along with the removal of SROs from schools, Montgomery County council members plan on adding safety measures to better the health and mental well being of students. With less funding going to resource officers, MCPS has decided to use part of the \$112 million that it received from the American Rescue Plan to hire 50 social workers. The county has not finalized all plans for new programs, as there has been much criticism surrounding how MCPS will address student’s safety, mental and physical wellbeing without the SRO program. Elrich along with county council members are working to create a completed plan that will be up for review by the superintendent and county executives by the end of the year.

CDC Plans To Research Toll of Gun Violence

by Tatiana Rodriguez '23

According to data found from the Center for Disease Control and Prevention (CDC), “over 100 people, on average, are killed by firearms in the U.S. everyday.” Despite such statistics, there is wide political disagreement about the accessibility and prevalence of guns in the United States. After years of neglecting an analysis of the statistics of gun violence, the CDC will now investigate the steps needed to reduce the number of deaths that firearms cause.

In 1996, Congressional Republicans passed the The Dickey Amendment that prevented government agencies, specifically the CDC, from using federal funds to advocate for gun control or even researching the public health costs of gun violence. For the last 25 years, the congressional amendment stopped the CDC from studying gun violence. In 2018, Congress clarified that the ban on federal funding being used for preventing gun violence did not apply to researching the impact of firearms. As a result, the agency is now able to start the initiative of researching gun violence, including the analysis of why someone would want a gun.

The research by the CDC also may lead to a greater understanding of the effectiveness of gun laws by understanding the underlying causes of gun violence. Some experts say that there is much more left to do to actually take action on the toll of gun violence, the first step is understanding the impact of guns in America.

MCPS Recommends Vaccine for Elementary Students

by Yusra Husain '22

In October, the FDA authorized the emergency use of Pfizer’s Covid-19 vaccine for children ages 5-11, and the CDC endorsed the rollout of this vaccine last week. MCPS is encouraging the community to get all children vaccinated as it will keep them safe and in school, and the school system is offering free vaccinations at schools and other county sites through partnerships with the county’s Department of Health and Human Services and Holy Cross Hospital.

In addition to protecting children from Covid-19, the approval of vaccines for students in K-6 will lower the risk of outbreaks at elementary schools in the county. The CDC suggests that vaccinating children under the age of 12 will reduce Covid-19 transmission rates nationally by eight percent, and that number will be higher in communities such as Montgomery County, where parents are more likely to get their children vaccinated.

Pfizer highlighted the safety and effectiveness of their vaccine for this age group of children. Utilizing a smaller dosage on a two-dose schedule, their trial generated a stronger immune response in youth populations. The CDC is allowing vaccine providers to administer the vaccine as soon as possible, and a number of select pharmacies, such as CVS, Walgreens, and Rite Aid, are already accepting appointments. Many professional medical agencies have also declared their support for these youth vaccinations.

Senior Interns with Maryland State Attorney

by Tori Newby '22

As Sherwood seniors take advantage of half-day schedules to attend various jobs and internships, senior Makenna Hill uses her free afternoons to gain experience in a field in which she hopes to work one day.

Hill interns at the Family Justice Center, which is a part of the state attorney’s office that provides services to create safe domestic environments for families. Attorneys, counselors, detectives, and other employees at the Family Justice Center work to support victims of domestic violence, child abuse, and sexual assault, often aiding in legal battles. With help from an attorney family friend, Hill interviewed over the summer for the position.

Putting in about 15 hours per week, Hill gets flexibility with her internship, choosing to do schoolwork first some days after she gets home from her four-period schedule and completing internship duties first other days. Hill hopes that this experience “will aid in preparation for my future career as a lawyer,” she said.

As an intern, Hill reviews interviews, police body camera videos, and inmate or 911 phone calls to dissect information and take notes for the attorney. She is able to watch some criminal tri-



Senior Makenna Hill, intern at the Family Justice Center, reviews film and takes notes of a criminal trial from the comfort of her own home.

als as well. “I find the strategies the attorneys use in the courtroom very intriguing,” Hill said, who transcribes and analyzes the recordings of court hearings to assist the attorney in the case. “It ends up being pages worth of notes,” she said.

Compared to TV shows like “Law and Order,” Hill has noticed that real-life trials are much slower-paced, observing how the attorneys frame their questions very thoughtfully in order to fo-

cus their arguments. “Lawyers aren’t as hardcore as expected, but they get their job done,” said Hill.

At the Family Justice Center, many employees continue to work remotely, so Hill opted to begin her internship online as well. However, she may attend some in-person trials over the next few months and start going into the office a few times per week. “I am open to going to work in person, and I look forward to it,” said Hill.

Sherwood Takes Momentous Steps Towards Equity through Use of Anti-Racist Initiatives

by Apurva Mahajan '22

For the past year, MCPS has been conducting an Anti-Racist System Audit set to be complete in May 2022. As part of more frequent and continuing conversations about race in educational environments, Sherwood has been attempting to address bias and racism in schools as part of the larger county mandate. This effort has become more pressing due to Sherwood students’ recent involvement in racist and transphobic incidents directed at students from other schools.

Last year, all teachers at Sherwood participated in the MCPS Anti-Racist Survey for the county to gather data for the upcoming audit. Students also participated in a Student Voice survey in their social studies classes that asked them about what they knew about being anti-racist and about equity. The school used this feedback to talk to staff from the MCPS Equity Initiatives Office, who trained selected staff on anti-racism before this school year began.

“If nothing else, [the training] was about having those tough conversations, so that when we come back with students, when questions are being asked about race, that teachers aren’t going ‘I’m not going to have those conversations,’” said Principal Tim Britton.

Equity training runs from the county level to the school’s instructional leadership team, and teachers are on Professional Learning Committees (PLCs) based on individual content areas.

“There are three levels of training: county training, content train-

ing, and in-staff focus,” explained Britton.

Last year in February, 20 Sherwood students were selected by teachers to participate in discussions called study circles. “We had students from each grade level that reflect the racial and ethnic diversity of our school,” said Staff Development Teacher Catina Wist.

Although a school-wide implementation plan for study circles has not been decided, the school plans to hold them this school year in November or December.

Another major area of focus is emphasizing getting underrepresented minority students into AP level courses. “The AP PLC analyzes the transcripts of students with GPAs of 3.0 or higher who have not yet taken an AP course. This year we will share those names with teachers during recommendation time so that they can talk to the students,” said science resource teacher Gina Martin, who is a member of the AP PLC along with ESOL teacher Angelic Searles-Thompson.

Students also have the opportunity to take the elective class AP Seminar, in which students who may be taking their first AP class learn the skills to succeed.

The Social Studies department is expanding their resources from the traditional curriculum with new books and materials that add more groups’ perspectives into the study of history. Students will also be offered choices on which perspective they want to learn more about in detail.

“The U.S. history curriculum, and this is the first year it’s being

taught, was written through an anti-racist lens,” said social studies resource teacher Christine McKeldin. “For example, we’re going to be giving a common writing task on the progressive movement, and usually we focus on the main part of the progressive movement ... Now, the students have a choice of whose lens they want to look at the progressive movement: women, African Americans, Mexican Americans, and Native Americans, [and explore] how the progressive movements affect their causes.” We couldn’t be any more excited to be given this green light to really open up perspectives and dive into some of this stuff that before, we may not have had the platform to do it.”

On a more community-focused scale, students are taking anti-racism and equity into their own hands. “I’m a part of BSU [Black Student Union] because I think the more we talk about peoples’ bias and irrational thoughts, the more we can get rid of it because you only realize you have a problem once you start acknowledging it from the beginning,” said senior Christian Maffei, who is president of BSU at Sherwood. “BSU is volunteering at the nearby Slave Museum and hosting field trips to educate people about real things that actually happened to Black people, because the more people learn about real events, the more they can grow,” said Maffei.

The club hosts open discussions on current events and important issues that the members face in their day to day lives because of racial discrimination.



Club creator, senior Anna Tovchigrechko, leads an interactive Helping Hands club meeting for members on November 5 during the lunch period in regards to its upcoming activities and events.

Sherwood’s Helping Hands Club Continues To Lend Its Service to the Underrepresented

by Riley Sandoval ‘22

Helping Hands is a student-led organization run by senior Anna Tovchigrechko. The club aims to help marginalized groups in the community through their projects with twelve chapters in other schools. Helping Hands is currently working on a card making project to send to elderly homes impacted by the Delta variant of Covid-19. Tovchigrechko started the club in April 2020 with her own family in mind, and initiated the first handmade cards project. During quarantine, the club sent over 1,000 cards to nearby nursing homes and raised awareness on Covid-19’s impact using infographics on social media. Helping Hands continued the handmade cards project by sending holiday cards to homeless shelters in 2020, and bringing it back to life with in-person card making. As a club that was started during quarantine, being back

in-person has been positive for the club. Tovchigrechko mentioned how online meetings often felt one-sided with little participation or feedback. Whereas, “It’s so much more fun making cards together in one room as opposed to sitting by yourself making cards during online school,” explained Tovchigrechko. The club also raised almost \$7,000 for the Angel Tree Program of the nonprofit Prison Fellowship. This project provided Christmas presents to children of incarcerated parents in the United States. Through more infographics on social media and an interview with actress Anna Sophia Robb on Instagram Live, Helping Hands helped spread awareness on the different factors contributing to incarceration and the impacts on the families of those in prison. Tovchigrechko has shared her story of having had a loved one in prison with club members and hopes to hold another fund-

raiser with Prison Fellowship to spread more awareness now that school is back in-person. She intends to reach a wider audience in-person and help other students impacted by incarceration feel less alone. The club also hosted a fundraiser in collaboration with the Alliance for Period Supplies and Future OB-GYN’s to provide menstrual products to those in need. In addition to another fundraiser with Prison Fellowship, Helping Hands plans to hold a clothing drive and send cards to hospitals. “I really enjoy this club because not only am I helping people, it is an overall good environment ... It feels people aren’t only helping just to have a club on their college application, but because they want to help,” said junior Abe Kesetebrehan. Helping Hands meets every Friday in the little theater with SSL opportunities. All students are encouraged to check it out.

College Board Eliminates Competition through Its Monopoly on Test Taking for High School Students

From College Board, Cover

Board owned tests that most college-bound students are expected to take. All of these exams and test results can be a make or break it for acceptance or rejection from dream universities. Colleges like University of Maryland and Salisbury University have only recently made these standardized test scores optional due to the

Covid-19 pandemic. However, more prestigious colleges like Yale and Stanford will not be test optional past 2022. So, current juniors, sophomores, and freshmen who are looking to apply to extremely competitive schools depend on their scores from the SAT if they want to maximize their chances of getting into their college of choice.

There has also been no real competition against the College Board for the education market other than the ACT because the College Board has already implemented their curriculums in most American high schools and has made a name for themselves in colleges and universities. All of those reasons are why no new competitors are pursuing the education market at the moment.

Students Engage in Dialogue Surrounding School Climate

From School Climate, Cover

the different cultures we have at Sherwood.” On October 1, the day after the girls soccer game, Britton made an announcement during class, expressing disappointment in the behavior of the student section without directly referencing the events at the game the night before. Dissatisfied with Britton’s remarks, schoolwide SGA expressed via the @sherwoodsga Instagram account that Sherwood SGA has no tolerance for discriminatory speech. Schoolwide SGA president Mackenzie Samartzis and vice president Ariana Welch also made similar remarks over the announcements the Monday following the incident at the game. Britton then sent a letter to Einstein’s principal and shared it with the Sherwood community. “We missed an opportunity to publicly acknowledge the impact that these actions had on you and the members of your school community prior to this correspondence. For this we are truly sorry, and we are committed to improving our approach to matters of race and equity,” read the letter. The letter stated that representatives of Sherwood planned to travel to Einstein on October 11, where the MCPS Equity Initiatives Unity facilitated a “study circle” discussion between staff members and student leadership to repair and restore the schools’ relationship with one another. Senior Megan Cha was invited to the study circle as the president of Asian Pacific Student Union (APSU). During the first meeting, participants shared emotions regarding the situation rather than discussing the situation itself, which Cha did not feel was entirely productive. “[We are] not here to deny anything,” said Cha. “We’re only here to make amends, and we

hope that translates.” The study circle with Einstein was part of a five-meeting series, with future meeting locations alternating between Einstein and Sherwood. After the third meeting on October 27, still Cha stated that they had still not explicitly discussed the events at the soccer game. The MCPS Equity Initiatives team instead led discussions on vulnerability and stereotypes, with the goal for the fourth meeting on November 10 to go “deeper into the conversation,” said Cha. The final meeting is scheduled at Einstein for November 17. On October 6, Black Student Union (BSU) and APSU held a joint meeting during lunch to provide students of color with an opportunity to reflect on the events. During this discussion, many

“[The Cultural Celebration Week] will hopefully be representative of all the different cultures at Sherwood” - Prinicipal Tim Britton

students related that discrimination against students of color is a continuous issue at Sherwood. Reflecting on her experience as a Black student at Sherwood, senior Daisia Smith said at the meeting, “there’s always been racism for all four years [I’ve] been here. Every year, it’s something ... It’s embarrassing. It’s our job to unite the POC and our school because so many other schools think of us as ‘the racist school.’” Dissatisfied with the response to such incidents, members of BSU and APSU expressed that they hope Sherwood will make more of an effort to alleviate discriminatory incidents and take action against hateful language. “Moving forward, I think there just needs to be a better job of not sugarcoating,” said Welch, who is an officer of BSU. “[Sherwood does] a lot of band-aids. You can’t put a band-aid over something as large as racist, misogynistic, sexist, xenophobic, any comments made of a derogatory nature. That needs to be addressed.”

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Dear readers,

Welcome to The Warrior. It’s been almost two years since the last print issue came out in January 2020, and on behalf of The Warrior staff, I am excited to have you all read what we’ve been working on for months. After a year of virtual learning, this year’s print editors were left to their own devices to figure out layout design, and they have been working diligently to produce what you are now holding in your hands. I hope you enjoy this issue!

Thanks for reading,
Tori Newby
Editor-in-Chief

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The Warrior serves as Sherwood’s primary news source, receiving numerous state and national honors over the 44 years it has been in circulation. With a staff of over 50 students under the guidance of Peter Huck, The Warrior keeps the Sherwood community informed about local and national events. All opinion articles represent the viewpoint of the writer, and the unsigned staff editorial solely reflects the opinions of the newspaper staff.

staff editorial

In Our Opinion...

Do you feel included as part of our school community?

What do teachers do to make you feel valued in class?

How stressed are you as a result of being back in the building?

What’s Next After Hearing Students’ ‘Voices’?

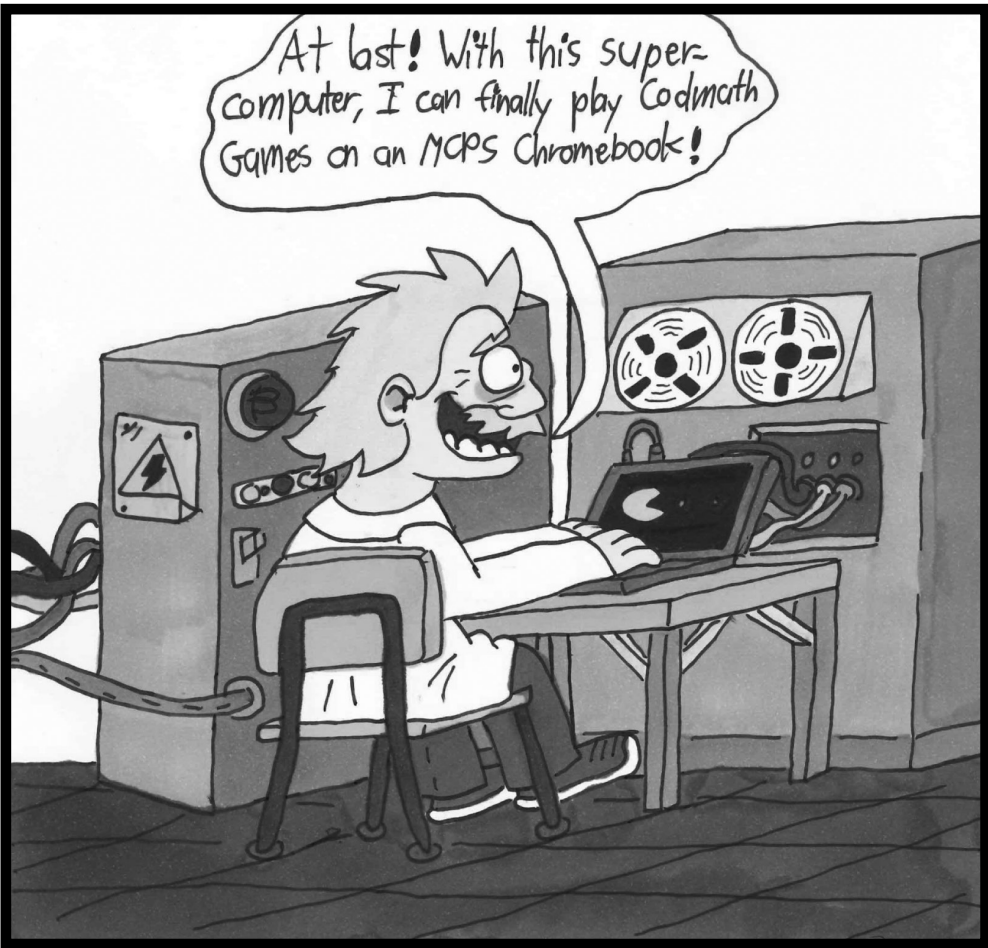
Students in all grade levels were asked by the school administration last month to complete an electronic Student Voice Survey to provide feedback on engagement, classroom community, student well being, and equity at Sherwood. Certain questions asked students to rate their stress as a result of being back in the building and list factors that contributed to their stress. Other questions asked if students felt included as a part of the school community, and what Sherwood can do to create a more inclusive school environment. The Student Voice Survey aims to call attention to important topics regarding students’ well-being and opinions on inclusivity. Sherwood’s administration next must share the findings of the survey, and take action based on those results.

The survey was posted as an assignment to complete in homeroom or in social studies classrooms, depending on grade level. The purpose of the school survey was not explained, and there were no follow-up discussions about the survey. While the survey aimed to help voice students’ opinions, many students did not take it seriously, viewing it only as another random survey that they’ll never hear about again. Without any follow-up on the results of the survey, it will continue to serve as a forgotten assignment with no purpose. The students who took the time to answer truthfully and share their experiences with their mental health or suggest how to improve equity in the school community deserve to see the survey results and that administrators will actually do something about the issues.

Most students, especially after some recent events, would likely agree that some changes need to be made to improve the inclusivity and equity at Sherwood. This survey seems to be the administration’s way of assessing and hopefully addressing problems with intolerance among Sherwood’s student body. However, without any information about the results from the survey and without transparency about what actions are being taken behind the scenes, it’s difficult for students to feel like changes are being made. By releasing the results of the survey to the community, Sherwood leadership could show that they are willing to be held accountable and involve students in the process of solving potential problems revealed by the survey.

Issues involving stress and mental health at Sherwood are very important to students, especially since these issues are rarely taken seriously in a high school environment. Even knowing that other students are having similar experiences could be helpful for struggling students. This could be an opportunity for Sherwood leadership to show that they really care about the mental health of students, and even more importantly, show that they are willing to take concrete action to support students’ wellbeing.

The way the Student Voice Survey was prefaced, it seems like it was meant to be more important or different than other yearly surveys students participate in. Timed with the return to in-person school, this survey appeared to be administration’s way of showing they care about their students. Questions asked students to rate their stress level, and a follow-up question asked if the students would like to be contacted by their counselor. It is understandable that many, if not most, students at Sherwood are moderately to extremely stressed for various reasons; however, a counselor visit may not be the way for them to combat that stress. If responding to students who selected “yes” for that question is the only concrete action the school is planning to take following survey results, then the Student Voice Survey is ineffective in conveying to students that administration values student voices.



by Nicholas Schade ‘23

Latinx Are Left Out as ‘Some Other Race’

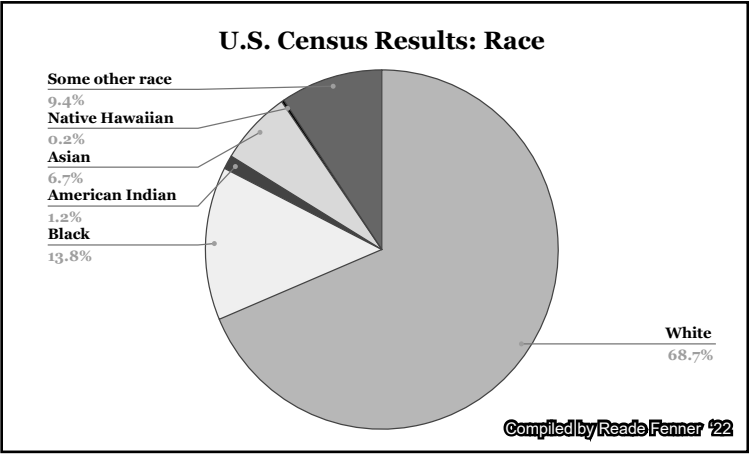
Coming Back to In-Person Education Just Feels Right

by Timaya Pulliam ‘23

The 2020 U.S. Census data shows a lack of care and respect for the Latinx community. The only options for people to select in the race category of the Census are, white, Black/African American, American Indian and Alaska Native, Asian, Native Hawaiian and other Pacific Islander, two or more races, and some other race. Under a different question about origin (which is in the category of heritage, nationality, lineage, or country of birth of the person or the person’s parents or ancestors), ‘Hispanic’ is listed as one of many options.

Leani García Torres told NPR that it was easy to mark the “yes” box to the question about her being of Hispanic, Latino, or Spanish origin. However, when asked about her race, Torres said, “It does raise a little bit of anxiety ... I don’t know what to put.” She’s never considered herself a part of any of the groups described in the racial section of the Census, as her parents are both from Puerto Rico and she just thinks of herself as tan. This prompted Torres and many like her to select the “some other race” description when filling out the data collector.

The “some other race” category grew by 129 percent, which is 49.9 million people in the 2020 Census. A large portion of this group is a part of the Latinx population, as they could not select anything else to represent themselves. The actual races of those who pick “some other race” are



unidentifiable, causing every single one of them to be left out of any governmental data about race taken from the Census.

With this, it needs to be recognized that not every Latinx person is of the same race or color. The answer that Latinx people give for the race question on the Census largely can be based on how they self-identify. One problem with the Census is that it limits how people are able to identify themselves, causing them to not be represented in government data in such areas as health, social mobility and equity, socioeconomic status, and others.

Misrepresentation is even more prevalent when speaking about racial justice. If different groups of people continue to be falsely represented, they will continue to be falsely seen and heard. People shouldn’t have to fit into one box that the U.S. government wants to put them in.

It is not surprising that a large group of people are unrepresented or feel misrepresented in the “land of the free” and

“melting pot” of different people and places. The United States of America is a country that has always struggled with racism and xenophobia. While more attention is being called towards these discriminatory behaviors today, it does not mean that the issue of the Latinx community being misrepresented or neglected is something new.

As the U.S. Census Bureau prepares for the 2030 Census, new and improved categories may better represent the Latinx community. New questions about race, culture, and ethnicity should be asked so no one is left out of future data. The Census could potentially combine the heritage and race questions where citizens can choose more than one answer to describe themselves. This would give Latinx people a chance to answer the question without being omitted from the data. If unity, freedom, and equality are as important as American citizens preach them to be, the country’s data needs to depict these characteristics.

by Emily Siansky ‘22

I’ve always been one of the kids who actually wanted to go back to school at the end of the summer. Everything about the start of the school year is exciting to me: going shopping with my mom for new clothes, getting my schedule and finding out how many friends I have in each class, and cramming in my summer reading at 10 p.m. are things--believe it or not--I look forward to each August. This year I got to experience the same excitement that I missed last year.

Compared to last school year, I have a much better daily routine being back in the Sherwood building. During virtual learning I tried my best to stay motivated and on top of my work. But, like many others, this did not end up working very well. After about the first quarter of Zoom classes, I was already burnt out and ended up “attending” most of my classes while sitting in my bed. Also, being on the computer for upwards of eight hours a day often gave me major headaches, which made me want to stay in bed even longer. School became an endless cycle of monotony and sadness that I struggled to escape.

I soon started to hold it against myself that I was not enjoying school anymore. Part of my identity was being a good student, and my experiences during online school made me feel as if I was coming up short.

As much as I tried to snap myself out of it, I couldn’t. It was hard for me to admit that all my feelings and emotions were valid; I felt that this was only happening to me when in reality it was happening to students across the world.

Despite all the tolls online learning took on my mental well being, there were some good parts. Having Wednesdays as a work day was super helpful to catch up on homework, sleep in, and have more time to just relax. Still, the workload feels much more manageable this year even if it’s back to school five days per week. We meet with each of our teachers everyday instead of twice a week. With more classes in a week, lessons don’t feel as rushed. Even my AP classes seem to be more relaxed this year in terms of learning the material.

But maybe the best part of being back in school is the daily experience of interacting with friends and other students. It’s refreshing to once again hear students laugh in class, or even greet classmates in the hallway. Even though we’ve only made it through the first quarter, I’m feeling a lot better now than I did a year ago. Seeing my friends and teachers every day really makes such a difference. Though last year was difficult, I’m proud of myself--and everyone else--for making it through. The social element is so crucial to the high school experience, and I’m glad we have it back again.



Taking a Sick Day Is Okay

by Reade Fenner ‘22

American culture values hard work and dedication to one’s profession, but at what cost? The pressure put on Americans to succeed leads them to prioritize their jobs over their health. Employees, fearful of having to make up work they miss, come to work even when ill, a practice also present in schools. Students need to conquer the pressure to attend school even when feeling very sick and stay home when necessary.

Many students choose to go to school when sick because they dread make-up work. However, this is no longer an excuse, as schools throughout America were virtual last year, and many teachers continue posting lessons and classwork online each day following the return to in-person education, making it easier than ever for students to catch up on work.

As the pandemic persists, it’s crucial for students to stay home to prevent the spread of illness. It’s not worth coming to school sick, unsure of whether or not you have the coronavirus and risking the health of your peers in an effort to avoid falling behind. Attending school while sick can also not only damage your physical health, but your mental health. Spending class after class in misery takes a toll and may cause you to face issues such as academic burnout. It’s far more reasonable to let yourself rest and face your schoolwork when you are healthy again.

Game Culture Is Toxic

by Jena Le ‘23

Riot Games has just announced that they are disabling a popular feature on online team-based video game League of Legends called All Chat (a feature that allows players from opposite teams to communicate with each other) in an effort to curb verbal abuse. League of Legends is one of the most popular games in the world with an average of 105 million players logging on monthly in 2021. League of Legends is not only known for their gaming platform, but also for the beautiful animation and hard hitting music that comes along with it. League of Legends seems almost perfect with its great storylines, flawless animation, and upbeat music, but the reality is that it is far from perfect. Though the fanbase is primarily responsible for Riot Games’ impressive growth, they have also been the downfall of it.

As a frequent League player, I have experienced this toxic behavior firsthand as a female gamer. Teammates will constantly berate me and even refuse to collaborate with me because I’m a girl. It is extremely difficult for me to continue playing the game when almost every match consists of sexist and derogatory comments. It has come to the point where being rude is the new normal in gaming culture. Though I love League of Legends, it is not worth playing if I constantly feel terrible about myself after every game.

Parents, Act Your Age

by Jay Joseph ‘22

Controversies over school closures, mask mandates, anti-racist education, LGBT+ rights, and more have sparked aggressive protests across the country, causing a variety of extreme reactions ranging from illegitimate elections for school board administrators to persistent death threats towards these public servants. Attorney General Merrick Garland issued a memorandum on October 4 addressing the recent “disturbing spike in harassment, intimidation, and threats of violence against school administrators, board members, teachers, and staff.” The Department of Justice will also form a task force to address these incidents and prepare local school employees to handle them.

While parents have the right to voice their opinions and values while defending their children in an appropriate setting, they don’t have the right to endanger public servants or break the law in these pursuits. These public servants chose to devote their time and energy towards ensuring a quality education for the students of their communities, not towards stalking, death threats, and the endangerment of their families. These recent false elections mock the authority of school boards and, as Attorney General Garland said, “the nation’s core values.” Save these outrageous and self-righteous games of pretend for children and be mature adults; let school board administrators do their jobs with the same safety they strive to ensure for their students.

The Pulse

The Washington Post conducted a survey from May 7 to June 15 of students ages 14 to 18 about the impact of the pandemic on their lives, as well as their attitudes towards the future. Using these questions, The Warrior newspaper has brought back The Pulse, a section of Opinions dedicated to surveying the Sherwood student population. The Warrior conducted a survey of 495 Sherwood students, and this edition of The Pulse features the opinions of Sherwood students relating to their future, the future of America, and the impact of the pandemic on their lives.

The Future

How important are each of the following aspects of your future?

	Very Important	Somewhat Important	Not Important
Success in Career	85.1%	14.9%	0%
Family of One's Own	60.2%	39.8%	0%
Making a Difference	50.1%	49.9%	0%
Being Rich	30.1%	69.9%	0%

How optimistic are you about...

	Very	Somewhat	A little	Not at all
America's future?	11.1%	34.4%	31.8%	22.7%
Your future?	38.4%	45.1%	13.5%	3.0%

Survey of 495 Sherwood Students Compiled by Reade Fenner '22

The Pandemic

How much did the pandemic impact each of the following parts of your life?

Impact on Academic Success

Not at all	10.9%
Significantly	25.5%
A little	18.6%
Somewhat	45.1%

Impact on Mental Health

A little	16.6%
Not at all	9.7%
Somewhat	30.4%
Significantly	43.2%

Impact on Relationship with Friends

Not at all	11.4%
A little	19.7%
Somewhat	33.3%
Significantly	35.6%

Impact on Relationship with Family

Not at all	23.9%
Somewhat	31.2%
Significantly	25.6%
A little	19.3%

Streaming Services Only Get Worse the More Choices They Add

by Erica Kuhlmann '22

These days it seems like every TV channel and media company has its own streaming service, and they affect what we watch and how we watch it more than ever before. The stated goal of most streaming services is probably along the lines of, “good content, to your tastes, available from the convenience of your couch (or perhaps phone).” But are streaming services actually convenient? It seems like they’re getting less and less so.

With newer streaming services owned by major movie companies like Disney and Paramount taking over, content is constantly switching platforms.

It’s possible that as the streaming industry settles down this will stop being so common, but with new services being created all the time, that seems doubtful. It’s often difficult to tell what movies and shows will be where, meaning it’s a common experience for people with multiple services to have to check three or four places before finding what they’re looking for. Additionally, with shifting contracts and services’ mysterious habits of pulling shows and movies with little warning (something that’s especially characteristic of Netflix), it’s easy to make plans to watch a movie only to discover a few weeks or months later that it’s no longer available on a service you own, or sometimes not avail-

able anywhere.

Larger services fragmenting off into smaller and more specific platforms also affects the type of content out there. Streaming services want to have large libraries so users don’t feel like they’re running out of content or getting ripped off, which means newer services might rush to get content out there to get established, and also means companies that have never previously been responsible for actually making shows or movies are trying to create “originals” that they can license themselves and market as platform-exclusive. All of this leads to a massive amount of content being released constantly, much of which is rushed or low quality.

The sheer quantity of media available can be overwhelming, and it’s difficult to sort through all the junk to find what is genuinely good.

With many streaming services containing a relatively small amount of content or a very specific type of content (for example sports or cartoons), most simply aren’t worth the amount of money they cost. It’s not uncommon for people to subscribe to a streaming service just to watch a particular show, and then cancel their subscription once they finish watching, which calls the effectiveness of the streaming-exclusive model into question. Why not just make these shows available for rent or purchase? Why not release shows on multiple platforms? Why not try to streamline the process as much as possible?

Every platform is trying to become the new Netflix and replicate the success that a few streaming services had when they could hold a virtual monopoly, with no consideration for how it affects the viewer experience. Watching movies and TV is intended to be an escape for many people; a relaxing activity that doesn’t require much effort. The way streaming services currently operate is inconvenient, stressful, confusing, overly expensive, and results in worse quality content across the board, and all these problems only get worse as more companies try to cash in on the industry.

HUMOR DISCLAIMER: This section is intended as satire and uses the tools of exaggeration, irony, or ridicule in the context of politics, current trends, recent school events, and other topical issues.

(not) exactly news

by Ella Scher '23

Homecoming Horrors

Attendees of the Sherwood homecoming dance on October 23 were shocked and surprised when, at the climax of the evening, in a truly brilliant bit of planning, the Sherwood SGA released six live tigers into the crowd of student partygoers.

“The theme for the night was Welcome to the Zoo,” explained an SGA officer involved in the planning. “Naturally, just decorations weren’t going to cut it after an entire year and a half gone to Covid-19. We knew for this one that we would really have to go all out, so we decided to bring the zoo to the students.”

Upon their release, the jungle cats stalked the student body for some time, posing no threat, but as soon as the DJ queued up “Hit the Floor (feat. Pitbull),” the tigers did just that, immediately entering the pouncing position, primed to hunt. Chaos erupted as the tigers began to stalk the fringes of the group. However, two intrepid parent chaperones, amidst general screaming and pandemonium, managed to save the lives of many of the freshmen in a daring maneuver involving the photo booth stand and a leather alligator purse.

After 30 petrifying minutes from which many Sherwood students have claimed they will never recover, the SGA removed the tigers with minimal incident, allowing the dance to continue.

“In all, I think it was a really exciting dance,” one senior said. (It’s worth noting that he missed the whole thing, as he was, at the time of the tiger reveal, showing off his sick moves in the dance circle). “Yeah, really thematic, totally awesome...”

Two students, according to their own Instagram stories, have reportedly incurred life-threatening injuries, the medical costs for which the SGA had previously accounted for in their ‘hazard expenses’ section of the budget. If nothing else, they know how to plan forward.

Zuckerberg To Create Robot Workers

In a press conference last weekend, Mark Zuckerberg, the clearly human Facebook CEO, announced his grand plan to replace all of his staff with robots. After the Facebook crash on October 3, which rendered large portions of the internet effectively dead as every app owned by Facebook was hacked.

Zuckerberg blamed the issue on the incompetency of his human staff, arguing that it was “[O]nly logical for us to take the next step and remove the problem. What we’ll do is adapt existing technology to create replicas of human personnel that will perform exactly the same way that human workers do, but much more efficiently. No need for sleep, food, or bathroom breaks,” Zuckerberg explained. “Robots are truly superior to the pathetic species that calls itself the human race.”

The proposed plan, however, will mean a dismissal of more than 60,000 employees at Facebook. As of now, just a little over a month after the incident, Zuckerberg already has several offices staffed completely by robots--even while no one outside the company has ever heard a word of this plan before this morning, let alone of any robots being constructed. The Facebook CEO was reportedly touring all of his offices this afternoon, seemingly engaged in deep conversations that involved some sort of telepathic contact between Zuckerberg and his mechanized employees. Sources are unsure how Zuckerberg managed to establish a neural link between his own obviously very human brain and those of his robot workers.

“I think this is really calming him down,” one of his aides noted. “His movements are way more natural now that he’s not so stressed, you know? He almost looks like a real pe--oh, whoops, haha. Forget I said that.”

Seatbelts Represent Communism

by Ben Schoenberg '24

The requirement and enforcement of seatbelts in cars is the greatest form of oppression in America since McDonald’s stopped selling supersized meals. Mandatory usage of seatbelts is a law that limits my freedom as a patriotic American. I was born and raised in this blessed country, the land of the free and home of the brave, and I have the God-given right to drive my Chevy Silverado 2500 80 mph down the freeway without some government strap that is supposed to “protect” me. I say hell naw!

This narrative of seatbelts being enforced for safety is an obvious lie told by the media. It was by doing my own research that I discovered the truth--seatbelts are people killers created by soyblooded egg-heads. I love America, but the government ... no thanks! They just want to get rid of those with free thoughts and red blood in their veins.

In fact, seatbelts actually cause car accidents instead of preventing them. Ever since seatbelts in cars were mandated in 1968, every car crash has included a seatbelt in the picture, so where were all the people “dying” before 1968? During the good old



days, they didn’t need seatbelts, which not only cause car accidents, but also increase estrogen in men due to the seatbelts’ chemical makeup.

Possibly the worst outcome of normalized seatbelt use is the forcing of the Big Seatbelt agenda on the children of America! They are simply kids, with no idea that their rights are being taken away! The choice is ours to wear seatbelts, so don’t brainwash good American children with propaganda. The left can’t keep using the media to put these seatbelts in our cars and shove them in our faces.

Seatbelt users (*cough, cough, sheep*) just love telling others to wear seatbelts and getting outraged when people exercise their right not to. They just don’t un-

derstand that the right to not wear a seatbelt is mine to choose: my body, my choice!

Regulating and mandating seatbelts in cars is just a way to single out the real Americans ... the ones who believe in God, the ones who vote for the right leaders, and the ones unafraid to be alpha males amongst the sheep. These days, the world is full of these communist seatbelt supremacists who want to censor freedom fighters because they are told by “scientists” that wearing a seatbelt in a car will protect them from accidents. It is good knowing there are people out there who are willing to stand up for their freedom! For more of the truth, follow me on Facebook.

--Richard Rider, Olney resident with opinions

Disney: The Force Awakens

by Liam Trump '24

It is no secret that Disney is the best company making movies today, but are they really doing enough when it comes to social change?

The simple answer is: Yes. Disney, as everyone knows, has little reliance on China and Russia when in relation to their box office success. Because of this, they are making bold moves to combat the growing issue of homophobia through their movies.

Back in 2017, Disney broke new ground with the release of their seminal reboot of *Beauty and the Beast*. The film’s bold inclusion of a homosexual man (LeFou) made it clear that Disney wasn’t messing around with representation. As a result, the 2017 *Beauty and the Beast* currently holds a 5/5 score on Facebook.

Later on in 2019, the sequel

trilogy to *Star Wars* concluded with *Star Wars: Episode IX - The Rise of Skywalker*.

Towards the end of the movie, fans were gifted with a kiss between two female characters. Both of their names went unmentioned in the movie, but that’s what made it special; people could create backstories of their own for these characters and enrich the *Star Wars* franchise on their own.

Even in 2020, a time which many regard as the worst year in human history, Disney put out *Onward*. While *Onward* only received a mere 7/10 by IGN, it made history by presenting the first lesbian couple in an animated movie--ever. Although only half of the couple made it on screen, this gesture showed many people that Disney cared.

Even with all of these examples, some anti-Disney critics

claim that Disney is only adding gay characters for people to applaud how progressive they are, whilst actually releasing an altered version without homosexual characters for countries like Russia and China.

That is clearly preposterous; companies are always transparent with their consumers and a stunt like that is simply too far-fetched. Disney’s the only studio out there that has an annual occurrence of introducing their first on-screen gay character. You don’t get more progressive than that.

As for the future of representation in Disney movies, it doesn’t seem like they’re stopping any time soon. Just this year, they released the first ever Asian-lead female superhero movie in 2021’s *Black Widow*. And it looks like in the upcoming *Eternals* movie there might even be a gay couple with actual dialogue.

Sherwood Ghost Outbreak Sparks Outrage

by Andrew Papalia, Ben Schoenberg & Liam Trump '24

Sightings of eerie white smoke have been reported in the recently closed off C hall boys’ bathroom, and the dilemma is clear: ghosts have invaded Sherwood. To get to the bottom of this, three up-and-coming journalists took to the halls to get Sherwood’s view of its paranormal environment.

Students have reported ghost sightings throughout the school for weeks. “I’ve been seeing some very suspicious activity going on in school lately ... things

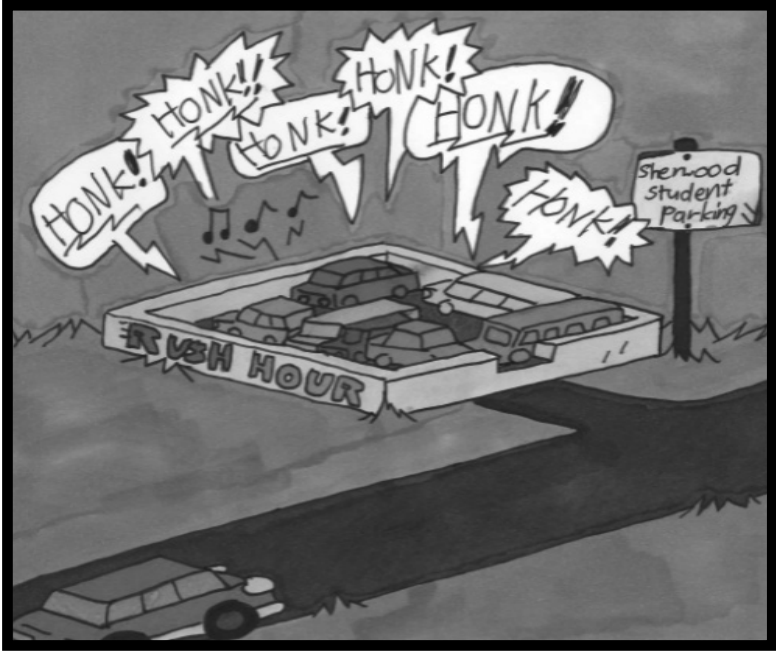
have been disappearing,” said freshman Elijah Pierce.

The boys’ bathroom isn’t the only paranormal hotspot; the F hall girls’ bathroom is also haunted. “I was in the bathroom, and the lights began to flicker,” sophomore Amaya Williams said. Poor electrical maintenance isn’t a legitimate explanation; ghosts are here, and if Sherwood doesn’t reform, they’ll remain.

Despite the overwhelming evidence supporting a paranormal invasion, the Sherwood fac-

ulty has their reservations. Music teacher Johnathan Dunn stated, “I do not believe there are ghosts inhabiting our halls at Sherwood.” Science teacher Rebekah Harrison corroborated this, as she said she has “not seen any scientific evidence indicating that we ... have ghosts [in Sherwood].”

Obviously, these opinions aren’t those of the Sherwood student body. These anomalies shouldn’t be taken so lightly among Sherwood’s populace. People have become too comfortable in a world where ghost sightings are a normality.



by Nicholas Schade '23

Freedom of Speech for High School Students

Supreme Court Ruling Leaves Much Unanswered about Cyberbullying

by Reade Fenner '22

Freedom of speech in schools has been a prevalent issue for decades, made more controversial and contentious by the invention of social media. In June, the Supreme Court ruled in the case *Mahonoy Area School District vs. Levy*, and although the court’s decision in favor of the student has significant implications on the extent to which schools are permitted to punish students for their online speech, the Justices were vague about what schools can do in instances of online bullying and harassment of other students.

After finding out she didn’t make the varsity cheerleading squad, freshman Brandi Levy posted to her Snapchat story, using vulgar language to express her disappointment. Though she wasn’t in school when she posted, she was suspended from all cheerleading activities for a year following the incident. Levy sued her school in court, and her case eventually rose to the Supreme Court, as it represents an important dispute surrounding students’ rights to freedom of speech in schools. In a ruling of 8-1, the Supreme Court decided that the actions Levy’s school took against her were in violation of her First Amendment right to freedom of speech.

However, this ruling does not represent a complete victory for freedom of speech in schools, as the justices purposefully did not deprive schools completely of their right to punish students for what they say off school property and on social media.

Justice Stephen Breyer, who sided with Levy, wrote that the court “[does] not believe the special characteristics that give schools additional license to regulate student speech always disappear when a school regulates speech that takes place off campus. The school’s regulatory interests remain significant in some off-campus circumstances.”

Yet the court’s decision is vague about what qualifies as an off-campus circumstance that requires schools to step in.

Bullying is deemed one of such situations, but there is the question of what is characterized as bullying.

In its Student Code of Conduct, MCPS defines bullying as “verbal, physical, or written conduct or an intentional electronic communication that creates a hostile educational environment by substantially interfering with a student’s educational benefits, opportunities, or performance, or with a student’s physical or psychological well-being.” This corresponds with Maryland’s updated bullying law signed by Governor Larry Hogan in 2019, punishable by anything from a discussion with the school counselor to expulsion at the school level and subject to criminal law at the state level.

MCPS also retains the right, as mentioned in their Student Code of Conduct, to step in when bullying occurs outside of school if the harassment “substantially disrupts the orderly operation of a school.” Sherwood Principal Tim Britton stresses that though an incident may not occur on school property, if the behavior of a student impacts Sherwood’s ability to function, administration can take action.

“[If] one student is not feeling well and doesn’t want to go to class, now counselors are stopping what they’re doing to deal with [the situation],” Britton explained about how bullying becomes a disruption. “The teacher doesn’t have the student in their class anymore ... and then we have another student walking around the hallways who might not just be bullying this one student, but several others.”

Mahonoy Area School District vs. Levy left a gray area in terms of what is protected under freedom of speech for students, with it mostly differing on a case-by-case basis, even in districts like MCPS where there is a clearly defined Student Code of Conduct. It’s likely that there are more decisions to come from the Supreme Court relating to freedom of speech in schools.

‘New Voices’ Law Protects Student-Journalists

by Lizzy Hermosilla '23

The First Amendment protects freedom of speech, freedom of religion, freedom of assembly, freedom to petition the government, and freedom of press. A cornerstone of American democracy is the free press that informs the public as well as acts as a watchdog for the public to hold the government accountable. High school newspaper publications are in theory given the same protections as a free press; however, as an organization supported and funded by their school and district, school newspapers are not wholly independent. To ensure that a high school newspaper will not be unfairly censored by its school administration or district officials, Maryland is one of ten states that have passed legislation protecting student-journalists’ rights.

Freedom of press for school newspapers was significantly hindered by the Supreme Court case *Hazelwood School District v. Kuhlmeier* (1988) that ruled school newspapers are not “public forums”

and therefore not covered in the previous *Tinker v. Des Moines* (1969) decision that stated high school students have many freedom of speech protections. Over the next thirty years after *Hazelwood*, there have been a number of publicized incidents in which school administrations censored articles or even stopped the distribution of a newspaper issue. This led to the New Voices campaign which advocates for free press among student-led papers.

Governor Larry Hogan signed Maryland’s New Voices Bill into law on April 26, 2016 and took effect on October 1, 2016. Under New Voices students may exercise freedom of speech and press granted under the First Amendment. Students are also granted the responsibility to determine the news, opinions, feature, and advertising content of school-sponsored and student-led newspapers without fear of repercussion or influence from advisors, administrators, or the school board. Along with protecting students,

New Voices protects newspaper advisors from repercussions like dismissal, suspension, or reassignment as a direct consequence of protecting students’ right to establish newsworthiness and exercise their freedom of speech.

Under the law, school newspapers still must follow many of the same guidelines that national media outlets follow, which include speech that is not protected by the First Amendment like libelous content, content which invades the privacy of another, content that violates federal or state laws, as well content that incites “clear and present danger” or disrupts the orderly conduct of society [public schools]. School boards across Maryland are required to adopt the policy outlined in New Voices, but maintain discretion to attach clauses that will allow the censorship of “language that may be defined as profane, vulgar, lewd, or obscene, or language that has intent to harass, threaten, or intimidate.”

How should schools handle students who post racist or offensive content?

“I think the school should act in re-educating the student, but at the end of the day, all students go home to their parents. Unless you change hateful culture at the root, that child will never have the opportunity to change. In short, I think schools should act to teach values that are accepting of cultures and identities, yet they should not expect a kid to learn and use them.”

- Eleni Green '22

“The administrators should act on getting that student punished immediately. Racism shouldn’t be tolerated in a school that has “One Sherwood” as their motto.”

- Lydia Tesfaye '24

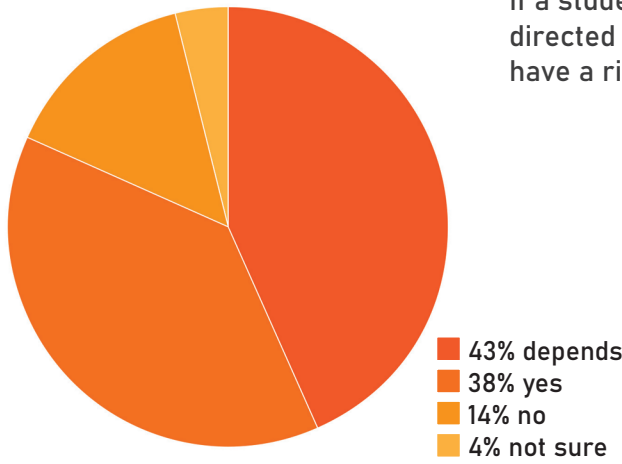
Should students be held to higher standards if they participate in sports or extracurriculars?

“Not all students have the same privileges to take away as a punishment. Some students may participate in multiple clubs and no sports, while others may be three season athletes. If the school does need to get involved, I do not think it is reasonable for clubs or sports to be used in relation to punishment.”

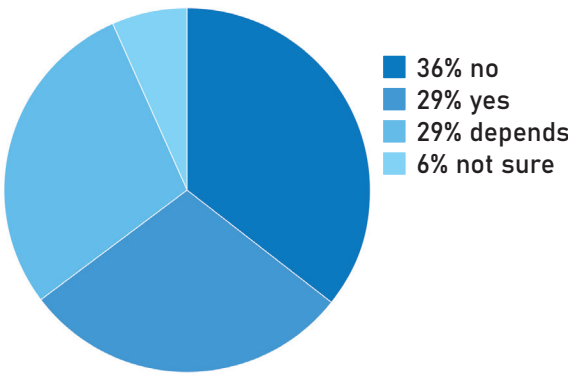
- Lexi Whelan '22

Survey of 495 Sherwood Students
Compiled by Lauren Frank '23 and Yusra Husain '22

If a student posts offensive speech about their school itself, is it the school's responsibility to investigate the issue?



If a student posts offensive speech not specifically directed at the school or students, does the admin have a right to impose consequences?



Does the 1st Amendment protect students’ right to post inappropriate content?

“No, as sometimes expressions of free speech inherently contradict those values of life liberty and pursuit of happiness.”

- Arjunpal Sethi '22

“I do not think that the First Amendment applies to offensive language. Some of the content that is targeted towards students makes them feel unsafe and can lead to mental health issues. Students should always be punished for offensive behavior; students should feel protected at Sherwood.”

- Katya Lorienen '25

“The First Amendment does not let people be racists or offensive.”

- Allison Griffin '23



Tinker v. Des Moines

In 1969 during the Vietnam War, Mary Beth Tinker and her brother John planned to wear black armbands to their Des Moines, Iowa public high school with other students to protest the war. Upon hearing about this plan to wear the armbands, the administration of the school created a new policy prohibiting students from wearing these armbands. If students did wear the armbands, they would be told to remove it and if the student did not comply, he or she would be suspended. Yet most students that were a part of the plan showed up wearing the armband and expectedly got sent home. The parents of the students sued the school board, citing that the students’ freedom of expression was restricted. Once reaching the Supreme Court, the court ruled 7-2 in favor of the students. The court cited that students do not lose their First Amendment rights upon entering school property, and those armbands represented pure speech and expression. Adding on, the court made it clear that the school was not able to restrict those rights, since the school officials could not prove that wearing the armbands could “materially and substantially interfere” with the school operation.



Hazelwood v. Kuhlmeier

At Hazelwood East High School in St. Louis, Missouri, students worked to write and edit the school-sponsored newspaper, The Spectrum. In May, 1983, while proofreading an issue, the principal found two articles to be inappropriate. The articles discussed the experiences of student peers with teen pregnancies and divorce. The principal ordered those articles to be omitted from that week’s publication. Cathay Kuhlmeier and two other former Hazelwood students felt this was unfair and the case made its way to the Supreme Court. The court had to answer the question of whether the censorship of the articles violated the students’ First Amendment rights. The Supreme Court ruled 5-3 in favor of the Hazelwood school district, reasoning that since the newspaper was school-sponsored, the principal could decide what was and was not published. The court held that schools are able to set standards for student speech, and if those standards are violated, the school can censor the speech. The justices clarified that the school can censor student speech as long as it raises legitimate concerns. However, the Hazelwood ruling limits students’ free speech as schools were granted broad latitude to decide when speech is a “legitimate concern” that may be “disruptive.”



Morse v. Frederick

In 2002, before the Winter Olympics took place in Salt Lake City, Utah, the Olympic torch passed through Juneau, Alaska. Students at Juneau-Douglas High School were let out of school to stand on the side of the road and watch the torch pass by. Joseph Frederick, an 18 year old senior, did not make it to school that day because of snow blockage, but still went to watch the torch pass by. When the TV cameras panned towards him and his friends, he unveiled a large banner with “Bong Hits 4 Jesus” written on it. The principal, Deborah Morse, saw the banner and confiscated it, as well as suspended Frederick from school for 10 days. Once the case reached the Supreme Court, the justices had to decide whether Frederick’s actions were protected under the First Amendment. The court ruled 5-4 in favor of Morse, holding that although students do have political speech at school, it does not extend to promoting illegal drugs. Their decision affirmed that political speech rights are not as broad for students as they are for adults, while also saying that the decision only applied to pro-drug speech and not broader political speech.

by Alex Braun '23

Anxiety and Depression Affect Memory

by Anna Haas '23

According to the Center for Disease Control and Prevention (CDC), anxiety, also known as Generalized Anxiety Disorder, affects 40 million adults and approximately 4.4 million children aged 3-17. Depression, also known as Major Depressive Disorder, affects 16.1 million adults and approximately 1.9 million children, and about three in four children have both depression and anxiety. Though awareness and conversations about these mental disorders are increasing, there are still many symptoms that many people don't know or talk about. Perhaps one of the more prevalent of these is how anxiety and depression affect memory.

Anxiety keeps people stuck in a loop of worry and fear about things that should not require that amount of panic. This elevates the brain's production of the stress hormone cortisol. Cortisol is by no means bad for peo-

ple. In fact, the right amount can actually help improve memory. However, people with chronic to severe anxiety tend to have high levels of cortisol, which contributes to the constant fight-or-flight mode that people with anxiety find themselves in, and this has a negative effect on memory. Generally, the part of memory that is affected by anxiety is a person's working memory. This means that it could be harder to remember task instructions, conversations with others, and information that has just been read.

Though anxiety has a detrimental impact on memory, depression seems to have a much larger impact. People with depression have reported that they have a harder time recalling particular memories, which suggest that depression affects many different types of memory like declarative and autobiographical memories. According to Medical News Today, a study from 2013 found that young adults with depression scored poor-



ly in pattern separation. People with impaired pattern separation may find it harder to remember where they have been, especially if those places look similar. This study supports the idea that depression may negatively impact declarative memory, which deals with facts and events. Due to the results of this study, there is also the question of whether depression slows down the creation of nerve cells, making it harder for the brain to form or access new

memories. A study from 2018 found that people with depression may also have trouble recalling specifics from their autobiographical memories. According to the same 2018 study, depression may also cause short-term memory loss. A study from 2014 also found that people with depression have trouble with executive function, which helps people focus on tasks, pay attention, and monitor self-behavior.

While it is frustrating, mem-

ory loss due to anxiety and depression is very common, even though it may seem like no one else is dealing with it. The fact that there is a correlation between memory loss and anxiety and depression is more than enough reason for society to talk more about mental illnesses. No one should ever be ashamed to talk about mental illness, especially since we now know that it has serious implications on people's memory and causes severe damage.



A Fitbit for The Skull?

by Camilo Illanes '22

Imagine a world where humans could use telepathy, store their memories in a computer, and upload their brains into robots. Along with these futuristic abilities, Elon Musk believes that the Link -the latest product from his company Neuralink- will cure paralysis, blindness, and mental health disorders.

The Link V0.9 is a brain computer interface designed to be implanted directly into the brain by a surgical robot, with same-day surgery and no side effects. "A fit bit in your skull with tiny wires," as explained by Musk. Fundamentally, the Link is a chip that has the ability to go inside of a human's brain to send and receive signals, in order to tell the body what to do, just like a neuron would.

Recently, Neuralink completed a demo where it showcased the Link's abilities. For this demonstration Neuralink implanted the Link inside a pig named Gertrude for three months. The demo showed Gertrude's comfort and ease with the chip inserted in her brain.

Furthermore, through the use of the Link, Neuralink was able to predict the pig's movements, stimulate neurons, and observe different regions of her brain light up. As Gertrude used her snout to sniff and discover different foods, people could hear the different signals that Neuralink was send-

ing inside Gertrude's brain.

While this pig demo portrayed promising results for Neuralink, the company is behind its intended schedule to conduct human tests by 2020 and now plan to have these first trials completed by summer 2022.

"The first trials would be aimed to cure things like paraplegia," Neuralink's head neurosurgeon, Matthew McDougle, said. For example, if a person were paralyzed in their arm, they could use Neuralink's chip and send signals from their brain to move their arm by simply thinking about it.

Neuralink plans on taking the device even further and believes that eventually humans will connect the Link chip to a bluetooth. Users would then store their memories in their phones and computers, "creating a backup file for human memories," Musk explained. As far-fetched as it sounds, this would allow people to watch their own memories on a screen. Additionally, Neuralink plans to connect the Link to smart houses. This would give people using the Link "telekinesis" abilities, where they could control objects in their house like the kitchen stove, the lights, and the TV with just their minds.

However, Neuralink does not have an exact timeline on when it will achieve these futuristic aspirations, so do not expect to see any human cyborgs walking around Sherwood any time soon.

Stem Cells May Hold Key To Repairing Nerves

by Lilika Jenkins '22

Developing technology introduces a new approach to nerve regeneration and surgical repair through the use of stem cells (unspecialized cells with the potential to develop into specialized cells like nerve cells) to aid in proper recovery. With this new technology, instead of extracting nerves from other parts of the body, making these areas potentially lose function or sensitivity, it is now possible to repair these nerves with less invasive procedures and even higher chances of the regenerating nerves to develop properly without disfiguration or premature death.

While nerves can regrow and regenerate in damaged areas of the body naturally, it is usually an

extremely slow and painful process that may result in imperfect recovery or cause complications. When there is an area of the body that needs immediate nerve repair, such as the face, throat, or internal body organs, nerves from areas such as the legs or arms are used to aid in regrowing and healing of these crucial body parts. This procedure, however, can cause complications, and nerve grafting in this manner may cause the nerves to not fully attach to the graft and fail to aid in recovery altogether. Sometimes, regrowing nerves can mature without a myelin sheath: a protective membrane that protects the nerve from outside factors and potential damage. Without the myelin sheath, the nerve will quickly deteriorate and can slow electrical impulses sent to

the brain and body.

Research surrounding stem cells can open gateways to much more efficient recovery and safer procedures. Stem cells have contributed to more efficient recovery methods in heart conditions, chronic muscle pain, severe burns, and other potentially life-threatening or severely disabling ailments. While the research surrounding nerve regeneration and stem cells is still in its early stages, studies show that it can reduce the total damage to peripheral nerves and improve tissue regeneration. With proper testing, trials, and improvements surrounding nerve repair and stem cells, this method of treatment may be the new go-to procedure for intensive nerve regenerative surgery and recovery.

The Problem with Private Space Companies

by Erica Kuhlmann '22

Amazon founder Jeff Bezos exited the atmosphere this past July in the rocket "New Shepard," built by Bezos' private space company Blue Origin. New Shepard is the first private rocket to cross the internationally recognized marker of outer space and marks a new age in space travel.

Blue Origin is one of several companies pioneering the "space tourism" industry, which would eventually allow theoretically anyone to take a trip to space. Other players including SpaceX, owned by tech billionaire Elon Musk, and Virgin Atlantic, owned by billionaire entrepreneur Richard Branson. There is an emerging trend of some of the world's richest individuals investing in space travel and technology. Unlike organizations such as, National Aeronautics and Space Administration (NASA), these companies and individuals are privately funded and serve private interests. They may not have the best interests of science and the environment in mind. One rocket launch can release up to

300 tons of carbon dioxide. Rockets that aim to release less carbon, like New Shepard, still release other particles like soot that can be disproportionately harmful even when only a small amount is released.

Even seemingly innocuous water vapor can have warming effects when released directly into the upper atmosphere. This has always been true of rocket launches, but previously it has not had a significant impact compared to other sources of pollution because of the small number of rocket launches overall. A multibillion dollar space tourism industry, launching thousands of people to space a year, could see rockets becoming a formidable source of emissions.

All this activity also creates consequences that directly affect space itself. SpaceX's Starlink project has put over 1,300 satellites in orbit in the last three years, and has plans for 42,000 more. Amazon recently announced a project to put over 3,000 satellites of its own in place. Objects in orbit reflect light down to earth. The amount of satellites currently

in the sky already increases light pollution to a degree where it interferes with astronomical observation, and there seem to be no signs of slowing down.

The Starlink project in particular creates satellite "mega-constellations": trains of satellites that create glowing streaks across the sky. As more small satellites are placed in orbit, collisions will become more frequent, only further increasing the amount of manmade debris floating around Earth.

Many industries have survived an increase in regulations over the past few decades as environmental preservation becomes a primary concern throughout society. While the degradation of Earth's surrounding outer space negatively affect the planet, space is a valuable part of the environment too and deserves to be protected. Current restrictions on commercial rocket launches and satellites do not primarily consider environmental concerns. As space-related industries expand, it seems that the laws governing them are in need of a change to keep up with the current times.

November 11, 2021

Southeast Chicago Is a Case Study in Environmental Racism and How To Fight It

by Alexis Booker '23

Built on swampy marshes long ago, Chicago’s famous tall buildings have been causing concern recently because their stability and safety are at risk. While certainly important, there is a more immediate problem as a result of the effects of climate change that is already occurring in the Windy City. It is one of the most glaring examples of what policy experts refer to as environmental racism.

The Southeast side of Chicago is home to many lower income families mostly consisting of people of color. Their homes are now notorious for the area’s horrible air quality, poor water from worn-down systems, and litter. The Southeast area of the city is also susceptible to massive flooding during climate-induced storms. These are the consequences of the racial discrimination on minorities using environmental policy. It is a growing problem in a time when the effects of climate change are more prevalent than ever.

Due to their proximity to industrial plants, many of Southeast



Chicago's residents are susceptible to developing breathing problems such as asthma. The cause was only determined after many people started raising questions about the spike in respiratory-related deaths. Commonly referred to as ‘toxic soup’, the water supply consists of mercury, PCBs and a plethora of other heavy metals that companies dump into the area as if that section of the city was a large trash can. This has made the water unusable and is known in Chicago for its dangerous consequences if ingested. Steel plants and corporations also are dumping millions of gallons

of trash all along Southeast Chicago. The copious amounts of debris have been proven to be contaminated with lead and cyanide, further hurting public health.

The history of the Southeast Chicago area begins in the 1860s when industrialist George Pullman used it for dumping sewage in the midst of the industrial revolution. As time progressed steel mills were built, circling the surrounding land. Some of the land was then given to African-American World War II veterans in 1969 to use as a neighborhood and as “white flight” was occurring. The mills produced air pollution that

the residents dealt with for many years because they provided jobs for many living there. The steel mills have been phased out in the past 40 years but have been replaced by bulk storage hubs, with corporations mostly in the steel industry known for illegal dumping in the Calumet River. Questions were raised after patterns of respiratory related deaths were on the rise and it didn't take long to realize the cause.

After this discovery, group advocacy succeeded in the first win for the neighborhood in 1984 when citizens pressured the government enough to address the horrible quality of water and sewer lines. The Southeast Environmental Task Force was then founded in 1989 to address the public health concerns of the people. It was created to advocate for Southeast Chicago citizens and created a cleaner living environment through legislative protection and accountability.

After the one victory 30 years ago, the residents of Southeast Chicago have gone on to see successful changes since then. For one, the Southside Environmental Task Force was the first

to lead abatement training for the workers of the community. The first National People of Color Environmental Leadership Summit also took place two years later, and the summit established the 17 principles of environmental justice that was later used in President Clinton signing Executive Order 12898. The new law was meant to make federal agencies take into account how their decisions will affect lower income communities and people of color. The task force also prevented disaster by stopping a garbage incinerator from being built, stopping the reopening of old city dumps, and blocking a proposal to cover a wooded area for a bus storage facility.

With the Southeast being home to so many Chicago citizens, their cries for assistance are finally gaining national attention. There is little done as of now to maintain the integrity of the land, but by demanding government help and encouraging people in other parts of the country to fight for the cause, Southeast Chicago citizens are looking for a more substantial difference to improve their quality of life.

Ways To Navigate Seasonal Depression

by Nia Peake '23

It is that time of year again when the sky looks the same in the morning as it did when you went to bed, and the cool temperatures make you want to stay under the covers. This seasonal change triggers for some seasonal affective disorder (SAD), or what many know as seasonal depression.

Seasonal depression can take a significant toll on people’s day-to-day life. What might start as just the “winter blues” can suddenly become a constant feeling of sadness, excessive tiredness, and lack of socialization. These are just a few of the symptoms of SAD. While not everyone experiencing these symptoms will have SAD, it’s still important to recognize a change in behaviors in both yourself and those around you.

While there is no specific cause for seasonal depression, a

disruption in our circadian rhythm correlates with seasonal depression. Circadian rhythm is the body’s 24-hour clock. The body knows that it’s time to wake up when there is daylight and when it’s night to go to sleep. This becomes thrown off when daylight savings hit and when days start getting shorter.

Changes in sleep patterns crucially affect teenagers as it makes it more difficult to stay motivated in school. While it might be challenging to stay in good spirits during this time of year, there are steps you can take to help with your seasonal depression:

Stay active

With the lower temperatures, most find themselves not spending much time outdoors, feeding into the sluggish feeling that comes with seasonal depression. Keeping your body moving is a powerful way to combat SAD as it sends out more endorphins and

serotonin in your body. While finding activities to do outside is more difficult with the cooler temperatures, plenty of apps and videos are available for you to engage in fun physical activities that can be done indoors. Junior Noralexis Carrion finds that the gym helps her clear her mind. “Whenever I start to feel a shift in my mood, going to the gym is a great way for me to distract myself,” said Carrion.

Be social

As easy as it might be to resort to social isolation when you feel down, it’s important to continue interacting with friends and family. Even if you feel unmotivated to make plans, daily social times like the lunch period are excellent for connecting with friends and maybe even joining a club or two.

Prioritize your interests

During periods where you aren’t feeling your best, it’s good to continue activities and hobbies



that make you happy. Since you can’t avoid schoolwork, finding time for your interests is a great way to keep your spirits high, which junior Bella Rodrigues finds helpful. “Taking time to myself and participating in my hobbies is how I cope whenever I feel sad,” said .

Reach out

As cliché as it might sound, reaching out to a trusted person can be very beneficial in finding some relief in any sadness

you might feel. Utilizing your resources like the counseling office at school can be a great option when it comes to talking to a trusted, unbiased party to help you sort through your emotions as the seasons change.

Although this and the other tips aren’t a guaranteed fix to seasonal depression, they should help in easing waves of sadness that might be felt during these upcoming months where the sun doesn’t shine as bright.



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Go ‘Under the Sea’ with Sherwood Theatre

by [Tori Newby ‘22](#)

The theatre department is up and running again after a year of virtual performances. On November 18-20 at 7 p.m. and November 21 at 2 p.m., Sherwood Theatre plans to put on a production of *The Little Mermaid* in the Ertzman Theatre, directed by theatre teacher Elizabeth Kominski.

Sherwood Theatre is following the Broadway version of *The Little Mermaid* which is based off of the 1989 Disney film. The musical follows the story of Ariel, double-casted by seniors Kate Diuguid and Emily Scholl, who ventures to the world above sea to find her true love; Prince Eric is played by senior Luke Hanson and sophomore Ben Schoenberg.

According to county guidelines, performers must wear masks on stage. “Masks make it hard to perform to our fullest potential because ... breath support is super important while singing, and masks make taking those big breaths tough,” said Diuguid.

The Little Mermaid is a very dance-focused show, and Kominski has been working with student performers to choreograph dance numbers, drawing inspiration from purchased choreography videos. The show includes a tap dance number as well as a ballroom dance scene, and elementary-aged kids are included in “Under the Sea.”

“Everyone is doing a great job picking up dances quickly, especially the little fish [little kids] who are featured in the biggest dance number of the show,” said



Senior Emily Scholl and freshman Jordan Costolo rehearse their lines.

junior Mia Rohan, who plays Ursula.

However, the rehearsal process is not always easy. Diuguid said she is nervous to see how “Under the Sea” turns out. “So many people on stage at once can be chaotic sometimes, and everyone has to be focusing in order for it to look coherent,” said Diuguid.

The pit orchestra, led by music teacher Alex Silverbook, is rehearsing the music for the show, with “Under the Sea” being one of the most challenging pieces to learn.

Kominski has been working hard to block scenes, finishing one scene at rehearsal and then immediately planning for the next. “That period when we’re blocking a scene a day, as a director, is really demanding and stressful ... you’re constantly creating and inventing, and it’s really hard,” said Kominski.

Former Sherwood teacher

Sarah Breeden is leading set design, constructing multiple set pieces with help from the student stage crew. They have built and painted two separate boats along with set pieces that imitate an ocean floor. During the show, the tech crew will cast projections onto the stage; the two projectors will provide visuals such as storm effects to certain scenes.

Tickets are on sale at showtix4u.com/event-details/57325 and can also be purchased at the door: \$10 for students and \$15 for adults. Kominski hopes to eventually sell a few hundred seats per night.

Ultimately, Kominski and the cast are happy to be back for in-person theatre. “The entire theatre industry really tried to make virtual theatre work, but it just didn’t,” said Kominski. “To be back in-person together, to have them performing in front of you and with you, is so powerful.”

An Homage to Journalism

by [Liam Trump ‘24](#)

After a nearly eight year-long hiatus from live action films, director Wes Anderson is back with *The French Dispatch*. Starring the likes of Bill Murray, Tilda Swinton, Owen Wilson, Timothée Chalamet, and many more, Anderson weaves together an anthology that only he could dream up.

Chronicling the final days of the fictional Ennui-sur-Blasé based newspaper called *The French Dispatch*, the film tells of three separate stories which are all featured in the publication. Each story embodies Anderson’s signature style to some extent, but differs from each other in what themes take center stage. All of them eventually lead up to *The French Dispatch*’s staff coming together to write one final obituary to honor and conclude the journalistic legacy of the founder of *The French Dispatch*, Arthur Howitzer Jr..

The first story tells of an imprisoned Moses Rosenthale, portrayed by Benicio del Toro, as he creates modern art in prison with the help of his lover/prison guard, Simone Léa Seydoux. This story highlights how bombastic the artistic process can truly become. After the first story concludes, Lucinda Krementz, played by Francis McDormand, has her article brought into the film. Her story

focuses on Timothée Chalamet’s character, Zeffirelli, as he takes part in Parisian protests. The final article, which was passed off as a food story, is about a kidnapping case where a chef plays a major role in the article’s conclusion. In all of these stories, Howitzer’s recurring line of “Just try to make it sound like you wrote it that way on purpose” is evident as these articles, while informative to a degree of their own, are made memorable by how each reporter influences the sequence of events they have to cover.

The French Dispatch is not only a celebration of journalism, but it puts on full display how wonderfully the art of filmmaking can bring a story to life. From the color palette to the miniatures to the 2D animation, the presentation constantly one-ups itself as the anthology plays out.

It’s a true marvel that after 25 years of making movies such as *The Grand Budapest Hotel*, *Fantastic Mr. Fox*, and *Rushmore*, Anderson is still able to churn out unique stories that encapsulate absurdism so well. The French Dispatch is the perfect film for fans of Anderson, but even for people who aren’t familiar with his filmography.

Grade: A

Mitski Continues To Just Get It

by [Kyla Sanchez ‘22](#)

The date is October 4. After years of inactivity, the Twitter account @mitskileaks, the official information account of famed and supposedly retired indie musician Mitski, posts a single image of the artist’s back as she stands in a glossy elevator. The image contains white text across it reading, “mitski – October 5th, 2021. 10:00am ET.” From there?

A social media explosion. Across Twitter and Instagram, hundreds of thousands of users go into a frenzy upon Mitski’s unexpected return. “I CAN’T BREATHE,” says one Twitter user. “SHAKING SCREAMING CRYING,” says another post with thousands of likes.

Mitski, actually known as Mitski Miyawaki, only retired in 2019, yet the shock waves still coursing through the internet upon her return make it seem like she has been gone for a millennium. Even after her departure from the music scene, Mitski continued to be praised as an indie darling, with her hard-hitting and beautiful songwriting, gut-wrenching vocals, and unique performing abilities. Her new song was anticipated with much fanfare and celebration, but did it really live up to expectations?

The answer is an astounding yes. “Working for the Knife”

Daebak! South Korean Icons Make Waves in Pop Culture

by [Naomi Bang ‘23](#)

From *Squid Game* to BTS, there’s no question that South Korea has been making waves in international pop culture. Hallyu or “Korean wave” is a term to describe the rise in global popularity of South Korea’s pop culture. The country has made its mark in entertainment, cuisine, fashion, technology, terminology, and beauty.

The recent K-drama *Squid Game* has earned its place as Netflix’s most viewed original. Garnering over 111 million viewers within a month of its release, *Squid Game* surpasses previous number one show *Bridgerton*, and becomes the first to cross Netflix’s 100 million milestone. The thriller also became a viral sensation on social media drawing over 22.8 billion views on TikTok. Although the original production was entirely in Korean, the drama gained popularity in countries across the world with dubs and subtitles in different languages. K-dramas like *Squid Game* are becoming more mainstream, especially with Netflix’s forty available titles on their platform.

Global sensation BTS is leaving their mark in the music industry by breaking numerous records on music charts and streaming services. The band enters the 2022 Hall of Fame with 23 Guinness World Records. BTS has charted six total number ones on the Billboard Hot 100,

including their single, “Butter,” which holds the record for most viewed music video premiere on YouTube. BTS’s fans, known as ARMY, not only enjoy the band’s smooth melodies but also experience Korean culture through the group’s music and performances. BTS has embraced their Korean identity through commenting on social issues in Korea in their lyrics or performing at historical sites like Gyeongbokgung Palace.

South Korean companies like auto manufacturer Hyundai Motor Company are using their influence to advocate for change. Hyundai is in progress to achieve carbon neutrality by 2045 by focusing its efforts on zero-carbon hydrogen fuel. Using this and other green energy resources, Hyundai aims to run all of its factories completely on renewable energy. The company’s efforts could play a role in the world initiative toward net zero carbon emissions.

With the rise of South Korea’s influence, Korean terminology is becoming more recognizable. The Oxford English Dictionary recently updated its database of Korean terms. Among the words included in the update are “hanbok,” “mukbang,” and “daebak.” This influence over modern English is a testament to South Korea’s reach.

Though South Korea appears small, the country has much to offer. Their technical innovations and memorable advances in pop culture make a worldwide impact.



Singer-songwriter Mitski makes a comeback after a two-year hiatus.

explores the effects of the oppressive forces of modern life, in which the narrator contemplates their dissatisfied life “under the knife.” The knife stands as a metaphor for any crushing force. Whether that be capitalism, mental illness, or life itself, its meaning is left to interpretation. The interpretive aspect of the song makes its themes ring all the more true; each listener can understand where the narrator is coming from no matter who they are. By the end of the song, the narrator realizes that she is now “dying for the knife,” concluding on a depressing note that stays with the listener after the final synth chords buzz into nothingness.

The unconventional structure of the song is also impressively constructed in the usual Mitski fashion. With no choruses and five similarly melodic verses, it creates a monotonous, chugging effect that reflects the narrator’s mindset and misery. The literal chugging production emphasizes

this; bells and echoic beat claps loop throughout the song like machinery sounds, further contributing to the unsettling feeling of being controlled. Mitski’s vocals are also better than ever. Though many of the lines could seem overdone if sung by a weaker singer, Mitski’s voice sounds solid and melancholic on every line.

Much of what makes this song so great is what makes Mitski so great: she just gets it. Across her discography, Mitski shows a level of vulnerability that is almost unmatched. She sings of depression, assimilation, being abandoned, lonesome longing for hurtful lovers, and more. Mitski has seen it all, and she doesn’t shy away from it, which can be comforting for those dealing with similar issues. Mitski makes her audience feel heard. She is a validating force for thousands who are often alone in their troubles. Rising to new heights with her latest release, her future project is one to keep an eye out for.

Dune Is Visually Stunning, But Lacks Depth Lana Del Rey’s New Album

by Peyton Blumenfeld ‘22

Denis Villeneuve’s attempt at directing the deemed unfilmable novel, *Dune*, proves that some story aspects are meant to be left for the imagination.

Frank Herbert’s 1965 landmark science fiction novel of the same name is set in the distant future, when noble houses rule over different planets in a feudalist society. The story focuses on Paul Atreides (played by Timothée Chalamet), son of a Duke, who leads a group of oppressed warriors to revolt against the galactic emperor in order to free their planet from the emperor’s rule. Villeneuve’s *Dune* however, is part one of a saga, so it just scratches the surface of the story by Herbert. Call it an introduction if you will, to the immersive planet of Arrakis.

Dune is essentially a geo-political allegory to the Middle-East. A planet under imperialist rule, enriched with a powerful natural element high in demand ... sound familiar? What makes the planet Arrakis, or Dune, so valuable is the special spice called “melange” that can only be found there. This spice is the basis of the story’s plot. It’s a drug that can extend life, cause prescience, and allow safe space travel. Basically, it’s a really big deal, and House Atreides is put in charge of it.

Going into the movie, it would be helpful to be at least familiar with the source material to be able to understand half of the



Timothée Chalamet and Rebecca Ferguson in Denis Villeneuve’s *Dune*.

conversations and actions that are going on. The film keeps the novel’s terminology to a minimum, yet without it, one may get lost in attempting to comprehend the importance of character’s status and powers. The film’s main priority is world-building, which makes sense—it is called *Dune* afterall. However, the two and a half hour movie can seem quite slow when it’s mere build-up for part two. With such an extensive novel to adapt, fitting all the important details in it seems hopeless.

What may have made the film *Dune* a little more comprehensible is if it would have incorporated the inner monologue and thoughts the characters have in the book. Almost every page includes italicized text that describes the characters’ emotions,

thoughts, and fears. The movie abandons this key element, leaving the film devoid of emotional heft.

Despite the apparent issues of *Dune*, it is undeniable that this was made to be seen on the big screen. Each shot is filmed with incredible detail, truly engrossing viewers in the planet’s geography. The composer of the film, Hans Zimmer, creates a magnificent score, and it is out of this world, pun intended. The powerful music shakes the theater, bringing what’s visually on screen to life. The combination of captivating visual effects and intense score make for a heck of an experience ... but not for a great film.

Grade: C+

Lana Del Rey’s New Album

Continues To Astound Fans

by Joseph Oscilowski ‘22

Almost a decade and a half after her first album *Sirens*, American singer and songwriter Lana Del Rey strives to continuously push out music. The day after the release of her seventh album in early 2021 titled *Chemtrails over the Country Club*, Del Rey announced news of another upcoming album. With a few singles to keep fans pleased between the two albums’ releases, including “Wildflower Wildfires,” “Arcadia,” and “Text Book,” Del Rey’s eighth album *Blue Banisters* dropped on October 22. Consisting of 14 songs and an interlude, Del Rey gives her fans exactly what they’ve been waiting for.

Blue Banisters racked up a large number of streams across all platforms due to its high anticipation as it was delayed from its initial release date of July 2021. This said, however, there was less of a media frenzy for this album as Del Rey is currently taking a social media break.

The album kicks off with the single “Text Book,” one of the songs released before the album. This song tackles her past loves, and her inability to hold onto what she’s had. For example, she sings, “God I wish I was with my father, he could see us in all our splendor.” Del Rey then moves into her title track “Blue Banisters.” Here, she reminisces on past memories, cherishing the happiness she’s

felt in her life. Smoothly, she sings, “Other men I met felt right, would smile at you and stick a knife in your back. Finally, I met you so I’m not wondering why.” Like the majority of Del Rey’s music, her songs are on the slow side, emphasizing her vocals over background rhythms and beats. Her lyrics speak to her listeners, connecting to a lot of people with the deepness of the topics she sings about. The mellowness of the songs tie into their meaning, giving them a nice, sentimental feel that is pleasing to listen to.

All the songs are very beautiful sounding, despite some scattered off-beatness of her lyrics to the background instruments. The only negative aspect to this album is the interlude. Only lasting just over a minute, the interlude’s rap-like feel and strong bass and instruments clashes with the rest of the album’s tranquility. It’s out-of-placeness to the album’s feel slightly takes away from the mood of the album, however it does not take away from the beauty of the songs.

The lightness of Del Rey’s voice and the gentleness of the songs themselves creates an overall ethereal sense to the album. Each song flows nicely together, giving the album a smoothness that makes it hard to stop listening to.

Grade: A-

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Senior wide receiver Idris Elburuji sprints from a Magruder defender.

Football Finishes 7-2 In Fields' First Season as Coach

by Matt Rosenthal '22

Sherwood football starts their postseason tomorrow at home against Springbrook, who beat Kennedy in the first round. The Warriors had a good season to kick off a new era under the direction of head coach Andrew Fields, finishing 7-2. However, the season lacked a “statement win” that established the Warriors as one of the top teams in the state, and tomorrow’s playoff game is an opportunity to announce themselves as a team that deserved its No. 1 seed and bye in the 4A/3A South Region.

“We have an inexperienced team that has relied on one another to help flatten the learning curve,” said Fields. “A lot of our kids have very little football experience, and the vast majority have no varsity experience. So this season was a bit of a shock to the system for us. But they have persevered through two tough losses, and here we are getting ready for round 2 of the playoffs.”

The Springbrook Blue Devils finished their regular season 2-6. Their wins came against Kennedy and Watkins Mill. But after winning those two games, the Blue Devils went on a six-game losing streak.

The Warriors have had two weeks between their final game of the regular season and tomorrow’s game. “As a program, we have gone back to the basics [last] week, really emphasizing some things that have been weaknesses,” said Fields.

“We have been amping up the intensity [at] practices lately because it is [the playoffs], and we don’t know when our last could be,” added senior quarterback Anthony Comeau.

If they win tomorrow night, Sherwood will face the winner of the Blake/Magruder game in

the next round, two opponents the Warriors have already played and beaten this season. Sherwood played the Blake Bengals early in the season and won 21-6. It was an initial defensive battle with only one touchdown scored in the first half. Blake responded with an early touchdown in the third quarter, but Sherwood answered back with two touchdowns to secure the win. Sherwood played the Magruder Colonels to conclude the regular season, and won 23-7.

On October 8 at home, Northwest handed Sherwood their first loss of the season, 37-14. The Jaguars were up 23-0, but senior receiver Idris Elburuji got the Warriors back in the game with a 98-yard kickoff return touchdown, and later senior running back Dillon Beidleman scored to make it 30-14.

Northwest scored late midway in the fourth quarter to end the Warriors’ comeback “We may not see another team with the sheer speed that Northwest had, so it was good for our kids to see it and be able to understand how they need to elevate their play,” said Fields.

Sherwood suffered their second loss of the season at home on October 22, a 33-0 shutout at the hands of the Paint Branch. The Panthers scored 13 points in the first quarter, but the Warriors’ defense locked in and didn’t allow another score until late into the third. However, the offense drove down to the 10 yard line on three occasions, but couldn’t score.

“I feel that these [regular-season losses] have been preparing us for what we’ll see late in the playoffs,” said junior linebacker Anthony Manana. With wins tomorrow and next week, Manana and the rest of the Warriors then will have the opportunity to find out if their preparation pays off.

MCPS Mandates Vaccinations for Winter and Spring Athletes

by Lizzy Hermsilla '23

In an update to its operation plan for athletics MCPS announced in mid-September that starting November 15 all high school and eligible middle school students athletes will be required to submit proof of full vaccination against Covid-19 in order to participate in the winter sport season. This mandate includes students who volunteer as team managers and athletes participating in the 2022 spring sports season. And effective October 29 face coverings will not be required indoors for student athletes actively participating in contests, but they will still be required to wear masks during practices. Additionally, spectators will still be required to wear face coverings at all times during indoor sports competitions.

MCPS defines fully vaccinated as two weeks post the second dose of the Pfizer or Moderna vaccines, or two weeks post the first dose of the Johnson & Johnson vaccine. As of October 1, MCPS is allowing athletes only medical exemption from the new vaccine mandate which is unlike the MCPS staff and coaches vac-

cination mandate, which allows for religious exemptions.

The decision for mandatory vaccination for student athletes is supported by MCPS Athletics Covid-19 Task Force, which has representatives from the Montgomery County Department of Health and Human Services (MCDHHS) and the Office of Emergency Management and Homeland Security. “MCPS’ top priority is keeping schools open and students and staff safe,” the MCPS FAQ states. “Vaccinations play a critical role in supporting this priority and minimizing interruptions to in-person learning and program activities. Furthermore, with the indoor activities offered in the winter season, vaccinations will be key to ensuring that activities continue in the safest environment possible.”

MCPS joins other counties in the DMV with similar mandates, such as Baltimore and Howard County. In Baltimore County a very similar vaccine mandate was put in place for winter and spring high school athletes; however, Baltimore saw a large push back from parents. The Baltimore Sun reported that “A grassroots group of parents who have pressed for

schools to reopen throughout the pandemic already [mounted] opposition to the vaccine policy.” MCPS has not seen the opposite reaction to the mandate. “We have had a few parents ask questions, but no pushback on the mandate that I am aware of,” said Jason Woodward, Sherwood’s athletic director.

MCPS employees also must comply with a similar mandate, and are required to submit proof of vaccination by October 29. If this is not done by the specified date, employee disciplinary measures are to be taken. This mandate has faced some opposition, and the Bethesda Beat reported that wide scale non-compliance could lead to large staffing shortages. “More than 300 people [as of September 27] have signed an online petition against the mandate, demanding that the district reverse course to allow those who do not wish to be vaccinated to instead undergo weekly testing.” In Howard County, student athletes have the choice to be fully vaccinated or undergo weekly Covid-19 testing which differs from MCPS employee and student athlete vaccination policy.

Ice Hockey Tests Itself in Upper Division

by Yusra Husain '22

Sherwood’s varsity ice hockey team began their season with a nailbiter, ultimately losing 5-4 to the Wootton Patriots. This was Sherwood’s first game in the Montgomery 1 division, which is the highest varsity division within the Montgomery Hockey Conference.

The league works to balance out all the teams and place stronger programs into the upper division, and Sherwood proved their worth as a result of having a team with tremendous depth and the experience of nine seniors to go along with the prowess of their goaltender. Despite the challenges the upper division presents, such as playing higher quality teams like B-CC and Churchill, Coach Shepard Winckler expressed his confidence in the team’s ability to succeed.

“I’m not ready to sell us short yet. I’m curious to find out how we will perform, and I’m expecting us to go in and see what we are able to do depending on not just our individual players’ abilities, but how we gel as a team,” said Coach Winckler. Senior Christian Winckler echoed this statement with a belief that the team has many skilled players who can take them deep into the playoffs.

Compared to other sports at Sherwood, ice hockey is unique in that it functions as a co-operation. Sixteen out of the 22 players attend Sherwood, and the rest feed from Sandy Spring Friends



Sherwood celebrates a goal scored by junior Jeremy Isaacs, who gave the Warriors a 4-3 lead in their first game of the new hockey season.

School, Blake, McLean School, Avalon, and the B-CC cluster. A number of the players from Sherwood and these other schools contributed to raising Sherwood’s division status as they also play on competitive travel teams. Though the team has one practice and one game a week, team chemistry and cohesion proves to be strong despite having players from other schools. “Other than they don’t see each other at school during the day, it doesn’t seem to affect interaction on the team,” said Coach Winckler.

Since Sherwood fielded a larger roster this season, the team has created a combined JV team with players from Quince Orchard. This system serves as a way to provide more ice time for players who aren’t as experienced in order to develop higher competence. The coaches can decide

who will dress for each varsity game, meaning JV players are essentially double-rostered. However, the team is restricted from sending AA or AAA players and seniors to JV unless they meet certain exceptions.

Since the team is designated as a club, it has not been able to generate much support and popularity over the years from Sherwood. Nevertheless, this season’s games are going to be stronger, faster, and definitely worth watching. Senior Aidan Sachs wants all Sherwood students to know that “hockey is an exciting game, so we need an audience. The fans would definitely get what they are coming for. It’s something you don’t want to miss.”

The Warriors next play the St. Johns Cadets on Friday, November 19 at 8:15 pm at Cabin John Ice Rink.

Girls Soccer To Play Whitman in 4A State Semi-Final on Friday

by Carter Braun '23

The Warriors have earned a spot in the state semi-finals after a 2-1 win in the quarterfinal on November 6 against Bowie, who had lost only once during the regular season. That win came after the girls soccer team finally got over the hump in regionals by beating the Blair Blazers on November 2 in penalty kicks after the game ended in double-overtime tied at 0-0. The Warriors previously had come up short against the Blazers in the regional finals in both 2018 and 2019.

The Warriors will face perennial powerhouse Whitman in the semis tomorrow night at 7:30 at Gaithersburg High School. The Warriors faced the Vikings on September 4 and were badly beaten 9-0. However, that game was more than two months ago and only the second game of the season under new coach Kristina Bryn. Since then, the Warriors have gone 11-2.

“Right now the team is on a high. We are just as shocked as anyone else that we have made it this far, but also incredibly proud that we have taken Sherwood girls soccer further than they have gone in years,” said central defender and senior captain Sophia Jasnow. “We are under no illusion of the result from the last time we played Whitman and of course the outcome was not what we wanted. However, we are confident that the team we have become, discipline we have learned, and trust we have earned from each other will bring a different outcome. Whitman isn’t gonna know what’s coming.”

Whatever the result of tomorrow’s game, the Warriors accomplished a long-time goal of the program by becoming regional champions. That it came against Blair made it even sweeter. When asked whether or not there was



The girls varsity soccer team celebrates after their win over Bowie in the quarterfinal game with a score of 2-1, sending them to the semi-finals.

any added motivation to beat Blair, central defender and senior captain Ari Welch responded with conviction. “Definitely,” she said. “After the last game, they even taunted us on their Instagram page, so the long-standing rivalry between the two teams brings out a certain hunger to win.”

The game against Blair was back and forth in regulation as players from both teams had limited chances to score, ending the second half at 0-0. Sudden death overtime came and went with both teams remaining scoreless leading to a penalty-shootout. But Sherwood had full faith in senior goalie Rebecca Hjelle; rightfully so. After a made PK from Sherwood, the game was in Hjelle’s hands in the 8th round, who made a wonderful save that seemed to have ended the game. The girls celebrated, jumping up and down. There was only one problem; Hjelle had gone off of her goal line, which resulted in a re-kick. Hjelle was not fazed as she made another outstanding save on the 2nd try to send her and the Warriors to the state quarterfinals.

“I was honestly thinking ‘just my luck’ and that we were

now going to lose. I thought there was no way I could save another shot by the same person,” said Hjelle. “But I remembered what my goalie coach John Young told me about staying calm and collected. So when the ref called us back to the line I decided I was going to dive the same way as she shot first.”

The Warriors began their playoff run as the No. 2 seed and faced off against Wheaton in the first round. After beating Wheaton 4-1 in the regular season, the girls backed up their confidence with a dominant 7-0 win after setting the tone early with a penalty goal two minutes in by sophomore Katie Rocklein. In the second round, the girls drew an intriguing matchup against No. 3 seeded Einstein. In the regular season on September 30, the girls won 3-2 at Sherwood in overtime off of a free kick by senior Giulia Murray.

In the playoffs, the game was a different story as the girls poured in the goals during a 6-2 victory. Six different players scored for the Warriors, and the team will count on that team balance when in the semi-finals.

ON SPORTS

Snyder Goes Unpunished; When Is Enough, Enough?

by Aviv Klayman '24

Dan Snyder is quite possibly the worst owner in National Football League (NFL) history, and that’s saying something. For the past two decades Snyder has been at the root of controversies, scandals, and embarrassments that have embroiled the Washington Football Team (WFT). During Snyder’s tenure, the team has a combined 151-208-1 regular-season record and has not won a playoff game since 2005. Amid news reports about emails between (now former) Las Vegas Raiders head coach Jon Gruden and former Washington Football Team executive Bruce Allen, the WFT is once again the centerpiece of an embarrassing NFL scandal.

In July of 2020, the Washington Post published an article in which 15 former front-office employees reported that they were harassed while working for the WFT. Snyder immediately promised to investigate the team’s workplace environment, but soon after, the NFL took over and uncovered incriminating emails between Gruden and Allen. After the NFL investigations, WFT was fined \$10 million for its egregiously misogynistic workplace environment and pervasive toxic culture. Recently, Gruden stepped down as Raiders head coach after racist and homophobic emails that he wrote to Allen were reported by the NY Times, but both Allen and Snyder himself are yet to be punished in any meaningful way by the league.

Since 1999, the year Snyder bought the WFT, there have been countless scandals and controversies involving the team and Snyder himself. Last December, to settle a sexual misconduct case against Snyder, the WFT paid a

\$1.6 million settlement to a former female employee. Snyder also allegedly had a video made in 2008 of topless cheerleaders, without their consent, for his own enjoyment and reportedly to share with others. When questioned, both the team and Snyder had no comments when pressed about the videos. Snyder was also involved in another legal incident with Allen, in which he accused Allen for having connections to an Indian-based source that published negative articles about Snyder. These few, of the many, examples just prove how frequently he has behaved in an inappropriate way as the owner of a major sports franchise.

However, Snyder hasn’t just been terrible for WFT behind the scenes; he also has meddled with player personnel decisions that have contributed to Washington being one of the worst teams in the NFL. In 2010, the team traded for 34 year old quarterback Donovan McNabb from the Philadelphia Eagles after a big push for the vet from Snyder. Snyder paid McNabb a contract that could be up to \$88 million. In 2010, McNabb had his worst season as a starter and was benched before the season ended and replaced by Rex Grossman. More recently, Snyder reportedly pressured the team to draft Dwayne Haskins with the No. 15 pick in the 2019 draft. Haskins went 3-10 in 13 starts and is now a backup for the Steelers. And let’s not get into the rise and fall of RG III, or that there have been a total of 23 quarterbacks who have started games during Snyder’s time as owner. Speaking of turmoil, and drama, Snyder also hired 10 head coaches in 20 years. Players and coaches come and go, and more and more fans stop caring. Somehow, Snyder still gets to be in charge.

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Volleyball Excited for Playoffs Despite Loss to Wootton in County Championship

by Maddie Tringone '22

Girls volleyball finished the regular season with a 14-0 record and so did Wootton's team. Both teams advanced to playoffs with a first round bye, but first they met on November 2 to decide the MCPS County Championship. In a contest worthy of the two best teams in the county, the match swung back and forth until Wootton made a few final big plays to win the tiebreaker set and the match (25-20, 23-25, 25-22, 18-25, 14-16).

The Warriors are led by senior outside hitter Sophia Kluska (committed D1 to Charleston Southern University), senior middle-hitter Gwen Eustace (committed D3 to Salisbury University), and senior middle blocker Morgan Conner.

The match against Wootton was back and forth from the very start. Sherwood built a lead after multiple blocks and massive hits by Eustace, and the set was finished 25-20 with a hit by Kluska that seemed to shake the gym. The second set was full of more momentum swings, which ended in Sherwood falling just short of



Senior outside hitter Sophia Kluska hits over two Wootton blockers in the inaugural County Championship.

clutching another set by a score of 23-25.

Kluska helped win in the third set with a major hit, leading Sherwood confidently into set 4. Sherwood missed the opportunity to win the match, and the many mistakes they made caused them

to be unable to crawl out of the hole they dug themselves and the Warriors lost the set 18-25. Heading into deciding tie-breaker set 5, the pressure was on because it's only to 15. Conner tied the game up 10-10 but things turned Wootton's way in the end, who

won 16-14 and were crowned county champions.

The county championship has no effect on seedings for the playoffs, but the first loss of the season was a wake up call. "The team should have focused more on ourselves and playing our

game instead of worrying about our opponents," said Kluska.

Over the course of the whole season Sherwood had only lost a total of 3 sets, whereas Wootton had lost 6. Conner says that Sherwood only "had about 4 competitive games all season and despite our record, we still have a long road ahead of us in playoffs."

During the regular season Sherwood's most intense games were against Northwest, Urbana, and Quince Orchard. Even during these games, the girls were able to stay focused and use their team dynamic to communicate and pull off 14 wins. "Over the four years I have played for Sherwood, we have not had a team that works as well together as we do this season," said Eustace.

After the loss against Wootton, the team headed to practice to make some adjustments before their first playoff game this past Monday against Einstein, who the Warriors annihilated in the regular season.

Sherwood is expected to be regional champions and then will test themselves against volleyball teams from outside Montgomery County.

Cross Country Wraps Up Long Season with Impressive Results

by Nicholas Schade '23

Cross country nears the end of its season, qualifying for State Championships as the final race of the year. The last half of the season has been crucial for the team's growth and improvement, with two weeks of conditioning after Gunpowder Invationals on October 16 to prepare for County Championships on November 1. Continuing to demonstrate the same perseverance that has carried them the past two months, Sherwood has done exceedingly well in all of its most recent meets.

Cross country entered its varsity season with an outstanding performance at the County Championships. The girls team placed sixth out of 19 teams in the meet, with freshman runner Avery Graham winning fourth place in her race. Although the boys team placed eleventh, nearly every runner scored a seasonal best, dropping their times from around 10 seconds to an entire minute. "I think it went really well, there were a lot of [personal records] ... I think a lot of people worked really well together," stated senior Allie Burdette, captain of the girls cross country team.

Only three days later, with minimal time to rest, Sherwood entered into the Regional Championships on November 4. Only the top seven runners for both the boys and girls teams advanced, a permanent lineup that will be used in State Championships. For the first time all season, the top seven boy runners all finished un-



The top seven girls varsity runners pose at the 4A North Regional meet.

der 19:00, a crucial improvement for ensuring that the entire team finishes as a pack to take higher placements.

Six of the seven girl runners achieved seasonal bests during their race, with Graham leading the pack once more and finishing second place. As a result of such high rankings, the girls also took second place out of the 13 teams at the meet. The boys did not score as high, but still managed to take fifth place overall, giving them a solid placement among the six teams moving on to states. "I am really impressed with what I saw at regionals...a lot of people were outkicked," stated senior Noam Tuchman, captain of the boys cross country team.

After demonstrating its peak skill at regionals Sherwood has ample time to recuperate before the state meet, which will convene on November 13. Unlike both the regional and county races, however, it is unlikely that Sherwood will achieve any per-

sonal records on the state course at Hereford High School, a course known for the unforgiving dip between its two most massive hills. "Hereford High School is considered to be one of the five hardest state meet courses in the U.S ... In 1981, the leader of a girls' race passed out near the top of the hill at the end of the dip," recalled coach Daniel Reeks.

The challenging nature of the course does not mean that Sherwood cannot score well, as the team has demonstrated an immense capability to take on adversity. "Whether you can run through a cold or pain, is what separates the boys from the men" explained Tuchman. From the 12 meets the cross country team has partaken in this year, each runner has honed in the ability to tackle various running conditions and terrain, an ability that will lead to an intriguing race at the State Championships and hopefully a strong performance for both the boys and girls teams.

Field Hockey Beats Blake Bengals To Win Second Straight Regional Title

by Camilo Illanes '22

Field hockey faced off against Paint Branch on November 1 in the Warriors' first playoff game. Sherwood was the clear favorite after defeating Paint Branch 4-0 in the regular season. A hat-trick from senior Carly Sefcik, as well as goals from junior Kat Hansen and senior captain Kayla Larsen helped the girls win 5-0. According to Coach Walter Velasquez, "great teamwork" helped earn Sherwood the victory.

The stage was then set for the Blake Bengals to host Sherwood on November 3rd in a match to decide the 4A North Regional II Championship game. The Bengals were not an unfamiliar opponent as the Warriors earned a tough fought win in a 1-0 defensive battle earlier in the season. This match proved to go the same way, with both defenses dominating early. In the first half Sherwood maintained pressure on the Blake defense, and got close to scoring with strong shots towards goal from junior Lizzy Hermosilla, Sefcik, and Hansen, forcing the Blake goalie to make some difficult saves.

As the half time whistle blew the game remained scoreless. Both teams regrouped and prepared to leave it all on the field for 30 minutes, determined to become the 2021 regional champions. "Honestly I was so pumped, knowing that we had the built up intensity and determination," said senior captain Greer Cohen. "I

knew we could finish."

The Bengals came flying out of the half, keeping The Warriors on their toes. Fearless defensive play to stifle and block shots from Larsen, senior Ella Joliet, senior Lauren Turner and senior Rose Gottschalk kept the game tied. The teams continued to go back and forth, both defenses making great stops preventing any goals from being scored. At the full-time whistle the game remained 0-0, meaning that a sudden death 7 on 7 overtime would be required to decide the 2021 4A regional champs. Four minutes into the overtime period Hansen made a long run down the field and was able to dribble around a diving defender, and shoot one right past the Bengal goalie. This goal gave Sherwood the victory over Blake, and made them regional champs for the second straight season. "When I saw it go in I immediately jumped up," recounted Hansen. "And the next thing I knew the whole team was jumping together and screaming."

Winning regionals qualified Sherwood for the girls Field Hockey state tournament. The Warriors were given the last seed in the event with an overall record of 8-6 for the year. A tough state-quarterfinal matchup against the No. 1 seed, Churchill Bulldogs did not go the Warriors way, as they dropped the match 6-0. While the team did not get the result that they were hoping for, the Warriors fought hard and were proud of how they performed.