

the Warrior

CLASS OF '23 SENIOR EDITION

Sherwood High School: 300 Olney Sandy Spring Road, Sandy Spring, MD 20860

www.thewarrioronline.com

Local Legend Chosen as Graduation Speaker

by Evan Joseph

Sherwood's Class of 2023 has chosen local celebrity Walt Williams to speak at this year's graduation ceremony. Williams played 11 seasons in the NBA and is a Maryland Terrapins basketball legend, but it is his love and passion for his community that got him here. Now, Williams is a multifaceted entrepreneur, author and local coaching hero. Since the end of his NBA career in 2003, Williams has found many ways to give back to the area.

Williams gives a lot of credit to the area he grew up in for making him who he is today and helping him reach his dream. Williams was born in Washington D.C. but raised in Prince George's County where he would find his passion for basketball. Williams looked up to another UMD basketball legend, Len Bias, and knew very early that he wanted to follow in his footsteps and stay local.

During his time as a Terp, Williams decided to stick with the program amidst severe NCAA sanctions restricting the team from tournament play. The Terps also had a shadow hanging over the program just two years after the tragic death of Bias from a cocaine overdose. Rather than making a decision to transfer that many would have believed to be beneficial to his career, Williams remained loyal and helped rebuild the program due to his commitment to the community.

After retiring from the NBA, he returned to the area and raised his family with his wife April. "It was always a sense of family here," said Williams "I wanted to



Williams' 2019 OBGC championship team included many 2023 grads.

represent my neighborhood and always make it known where I'm from." As his three sons grew, he began coaching youth basketball in the Olney area. He coached many local teams, including with many kids now in the graduating Class of 2023 and Williams' youngest son, Bryce, is one of those graduates. Some years ago he also was an assistant coach for Sherwood's basketball team.

Growing up in the area, Williams felt as if he was always surrounded by love. "You know I've never had a situation where there were a bunch of haters and stuff like that; for the most part it was all support, and it always inspired me and I want to be that for the youngins that are coming up behind me," explained Williams. "I think the competitive nature and humble spirit is unique to this area. I think that type of mentality has helped me overcome many things in my life."

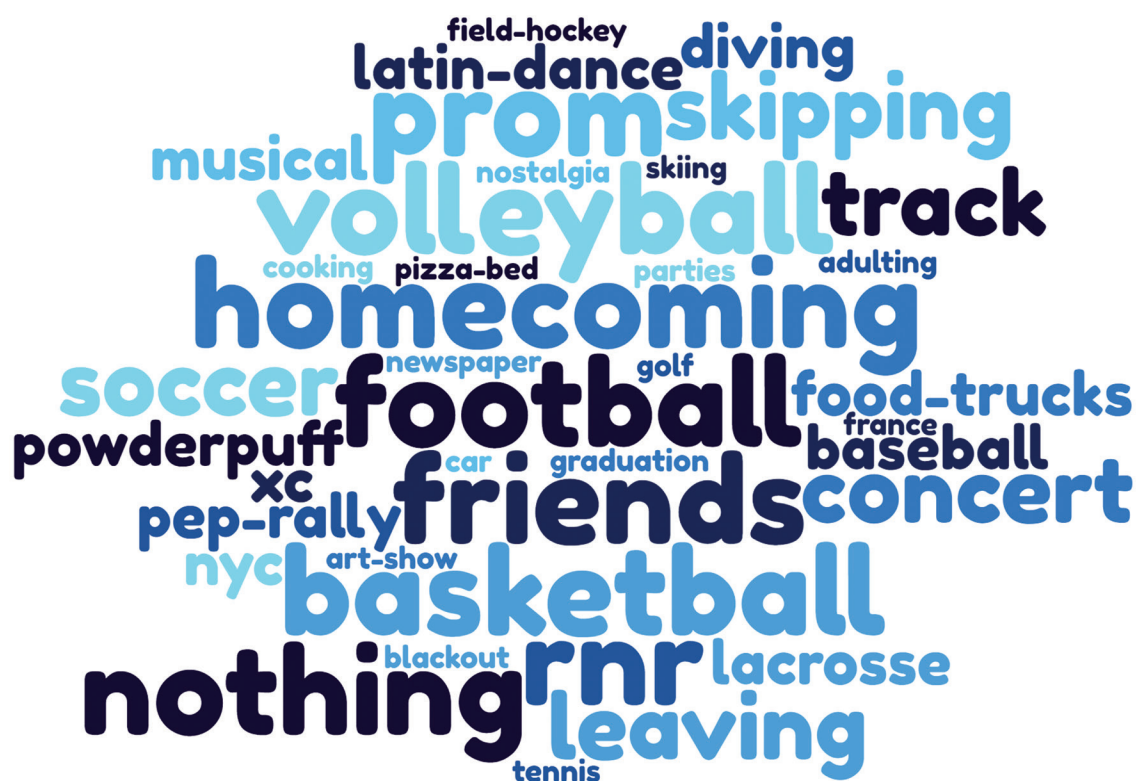
In another effort to support his community, Williams helped

to create the Walter A. Williams Sr. Fund at the University of Maryland in honor of his father. This \$125,000 scholarship fund he provided helps minority students from Prince George's County pay for their education. "I wanted to leave something lasting in his name because he was so important to me, my family, and our successes."

Williams' post-NBA priorities have been working with charitable organizations and supporting community events. "For me my thing was being a professional athlete, but you know I'm more than that and have done so many things with my life, and I think that it's important that kids see that and know that they can be anything they want to."

The theme throughout Williams life has been and continues to be community. Speaking at this year's graduation is the latest opportunity he has taken to help give back to the state that has raised him and his sons.

Favorite Senior Year Memories



*Based off 275 survey responses

What's Inside



Time Capsule

Read about top headlines from the past four years of The Warrior. **Page 4-5**



'23 Flicks

Take a look at senior year highlights in photos. **Page 16**

Sherwood Student Takes Grad Stage with Hopes of Inspiration

by Alexis Booker

Senior Semret Shiferaw is this year's graduation speaker after being selected through a rigorous audition process, and she has plans to inspire her community in a way audiences haven't seen before. "I didn't want a boring graduation speech, I wanted [the audience to] sit through something that would motivate [them]," said Shiferaw.

She is taking a realistic approach to life after high school, with her theme centered around not only setting goals but having the motivation to achieve them. She wants to inspire her audience of fellow seniors by encouraging them to take the steps to achieve their goals, contrary to what she's seen in other speeches where they primarily focus on harping on setting them.

"My whole speech is about acting on your dreams ... not a lot of times are we told to actually achieve what we want to achieve," Shiferaw added.

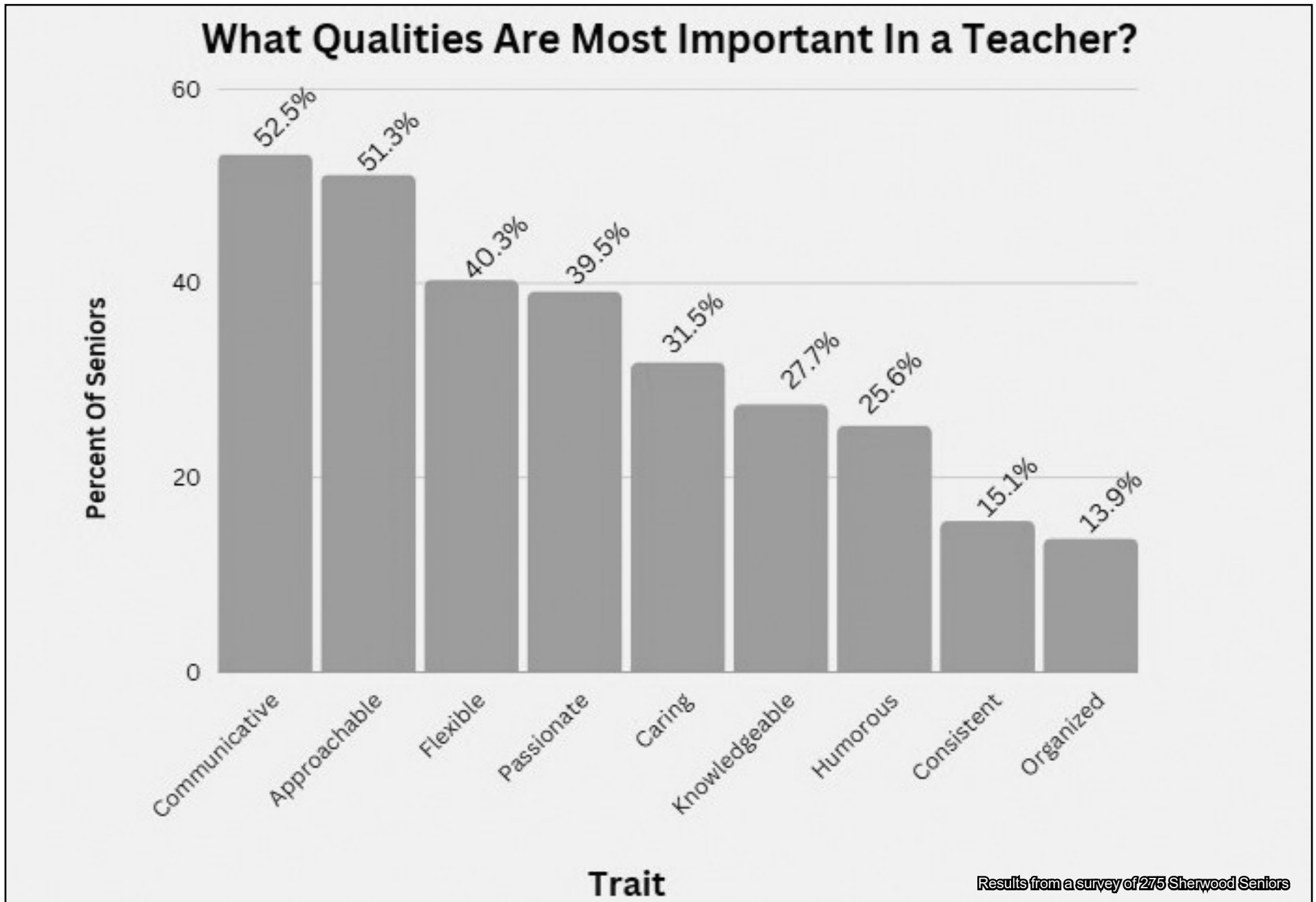
Throughout her writing process, she faced many challenges about how to communicate her message of ambition and positivity to the outgoing Class of 2023. Despite this, she had a clear idea

of what she did not want to say as it became the basis of her speech. Shiferaw credits her two friends, college freshman Jylea Rahim and Sherwood junior Kalkidan Alelegn, for assisting her in the midst of writer's block.

A few thousand people are expected to attend this year's graduation held at the University of Maryland in Baltimore County (UMBC), naturally eliciting feelings of nervousness in Shiferaw. However, knowing the messages she wants the audience to take away from her speech remains her ultimate priority. "It's always just about a dream but where's the 'doing process' of it?" she wants seniors to ask themselves. Her main goal is to motivate Sherwood students to pursue their passions rather than dwell on a dream.

As the school year comes to a close and the Senior Class begins their journey of adulthood, many students naturally have nerves about the impending change. Shiferaw's speech is meant to ease the minds of outgoing Sherwood students and fuel them with the determination to take on any path they take. She has committed to UMBC with a major in biology this coming fall.

May 18, 2023



Teacher Shoutouts

We asked Sherwood seniors to shout out teachers that made a positive impact on them during their time at Sherwood and here are some chosen responses of the over 150 that we received:

“Mr. Falls is definitely someone who made my experience memorable. He was a very funny and bright person and he always managed to make me smile.” (Yonatan Estiben Amaya-Sosa)

“Mr. Silverbook has been a teacher of mine every single year and has always had a positive attitude towards things. He just brightens up the room and makes the day better.” (Ricky Pepper)

“Mrs. Greco is not only a great teacher but a good friend too. Her goofy personality made class so much more fun and I always looked forward to her class even on days where I just wanted to go home.” (Siobhan Connell)

“Mrs. Jasnow is an incredible English teacher who made the class fun yet relaxed, and continued to help us even if we were finished with her class.” (Caroline Hartman)

“Mrs. Barbera treats her students with constant kindness and is always welcoming. After high school, I am definitely gonna remember how considerate and thoughtful she was.” (Avery Moxley)

“Ms. Games manages to make even the most hard-to-swallow topics fun for her students. She is understanding, kind, an intellectual, and maintains valuable relationships with her students.” (Alexis Booker)

“Dr. Martin is a great teacher because of her calm and kind demeanor, concern for my well-being, and belief in me.” (Docia Owusu)

“Mr. Huck expects a lot from all his students and is very honest. He is really easy to talk to and I know he believes that his students are destined for greatness.” (Timaya Pulliam)

“Mrs. Kominski has been such a great director and teacher these past few years. She really has a great environment in her classes and made me really love theater.” (Jordan Goodman)

“Throughout my time at Sherwood Mr. Dunn has served as a personal rock, not just for me but other students as well. He always makes time to listen to his students’ issues, whether it’s academic or personal, and a motivational quote and some advice.” (Taylor Brooks)

“Anytime the stressors of outside issues had become too much for me and all I wanted to do was give up with my education, Ms. Russell was there to support me and encourage me that I was capable of greatness.” (Nathan Barrios)

May 18, 2023

In our survey, we asked seniors to praise teachers that they felt had the biggest positive impact on them at Sherwood. We contacted the teachers whose names showed up the most and asked them how they strive to be the best they can be.

To inspire students, I try to let them know that I sincerely believe in them and their ability to do what I am asking them to do. Considering the hardest hill to climb is often overcoming one's doubt or questioning of self; once those obstacles are faced, and hopefully overcome, achievement can then be realized. When someone genuinely cares about you, you are assured they have your best-interest(s) at heart. When that happens, trust is realized. When you can trust that someone is being honest and genuinely wants what's best for you, that degree of confidence tears down barriers and creates a bond ensuring risks can be taken without judgment. Criticism can then be received without contempt or hurt, and growth can then be realized as participants engage in the learning process. Without genuine, authentic connections with students, I have learned that it is hard to move students forward without first communicating that you care.

- Mr. Dunn

I think humor is wonderful to use in the classroom as school can be stressful! Anytime we can keep things light, fun, and low-stress, students learn more and are more successful ... and what teacher wouldn't want that for their students?! I do not consciously think about being "fun," - I'm just a naturally goofy person. I seek to inspire my students by building positive relationships with them. I try to treat my students as members of my own family; I try to show them love & respect as I would my own children. And it all comes back to learning - if students don't trust their teacher, don't feel respected by their teacher, then that makes learning much, much harder. I want all of my students to learn and thrive, and that is easily accomplished when students feel supported and respected.

- Mrs. Greco

Students, especially seniors, want teachers who know what they're talking about in a subject area and who show excitement and passion about the material. I try to get AP Lit students to share that same appreciation and often awe that I have when reading literature, and for those students in the Newspaper class to feel the rush when articles they write come together and are ready for publication. I'm sure I don't always hit this mark, but I aspire for my classes to feel like an authentic 'learning experience' for students rather than just one more period of the school day.

- Mr. Huck

If teachers are not approachable, how are they going to build relationships? How are students who maybe aren't used to asking for help going to get it? I honestly believe it's just little things like using students' names when you speak to them, looking them in the eyes when you talk to them, smiling and saying 'good morning' in the hallway. You've got to meet students where they are when it comes to inspiring them. For some kids, you need to inspire them just to come here every day. Sometimes you're inspiring them to get off their phone and just tune into something that you think is important and will be better for them in the long run. It all comes back to my values being rooted in Maslow's hierarchy of needs. If you're hungry, if you're scared, or if you're not feeling good about yourself, then nothing positive is going to happen to you. I also want to inspire my students to get the most out of life-I want them to really try all of the food, go to all of the places, and listen to all of the music. I think being approachable is just in some ways natural or intuitive for me. I grew up in a family of people who liked people, liked meeting people, liked hearing people's stories.

- Mrs. McKeldin

I feel teachers need to be very honest with their students and let them know exactly what expectations are, due dates and deadlines, and when quizzes and tests are. Students have 7 classes, and the more they know what the exact expectations are, the more secure they will feel and less stressed. I also like to be totally honest with my students so they realize I am human and trying my best, just like I would want them to do. I try to be very clear with my students, but I find it easy to do because I like to be organized and I love what I do! I encourage my students to keep trying and not to give up even when something is hard. I let them know that life is hard, but the more you persevere, the easier it becomes. I also let them know that challenging themselves can be very rewarding. I offer retakes so they can keep trying to learn the math topics so they can be successful. Students will be more likely to perform well if they have a positive relationship with you because they trust you and they want to do well. If a student feels you don't care, they are more likely to give up. I want to like my job, so I feel putting positive vibes out there is the key.

- Mrs. Baxter

I think a passion for teaching is just my nature. I love history and travel and learning and I love to share those with young people with the hope that they too will find life to be a great adventure. I seek to inspire my students to be thoughtful, kind, and to give back. Each of us can only do a little in this life, but if everyone does something, that little will become a lot. I don't actively work to establish positive relationships, they just happen naturally because I actually like teenagers. When I tell adults I teach high school they always comment on how hard it must be and I always say not really, best thing about the job is the kids. Teaching kids gives you hope for the future.

- Ms. Games

"Mrs. Thompson has helped me stay on track with my work and helped me develop skills to prepare me for the future." (Nicholas Goforth)

"Mr. Kinnetz is one of the first teachers I've ever had that is able to teach in a way that is actually interesting and engaging. Most of the things I've learned in his class has stuck with me and I can still remember the content to this day, while other teachers I just learn the content to pass the tests." (Anna Hendery)

"Mrs. McKeldin connected with students on such a good level and talked to us like we were actually human teenagers rather than robots. She included everyone in every assignment and she was always available for help, or just to talk about anything." (Ava Picket)

"Mr. Miehl is a very fun teacher and makes personal connections with every student. He is very passionate about chemistry and is patient with his students. He truly cares about each and every one's success." (Corinne Wasson)

"Mrs. Harriger always puts her students first, and has a teaching method that is easy to understand and follow. Even when she was faced with personal challenges and could no longer be present at school, she would always check in and keep her students updated." (Jenna Corcoran)

"Mr. Daigle is passionate about the material and is a great teacher for the complexities of digital electronics. He always encouraged exploring concepts outside of the required assignments, to develop creatively and better understanding of the material." (Andrew Tegler)

"Ms. Jaffe was very helpful and made AP psych easy to understand and fun to learn. She was always willing to help whenever it was needed." (Natalie Candia)

"Ms. Giovenco most definitely had the biggest impact on me - she was one of the first people who truly made me feel safe and comfortable with not only myself, but in the school." (Phillip Booker)

"Dr. Sykora is genuinely one of the most understanding teachers and is one of the best teachers I've ever had. She always hears you out and always makes sure you understand and keep going." (Sudha Poudel)

"Mrs. Evans-Williams is always so supportive of my academic career. Not only is she a great English teacher, but she was also always willing to take time outside of class to support me in my college aspirations." (June Dorsam)

"Mrs. Baxter always encourages us through such a tough class and is a great person to talk to or even get life advice sometimes. Favorite part is when she played "Living on a Prayer" when we were halfway through Unit 10. She really helped me believe that I can do hard things." (Christopher Barakat)

For the four years that the Class of 2023 has attended Sherwood, the Warrior has reported on major events across the nation and around the world.

Freshman Year

Sophomore Year

NCAA Players Will Get Their Pay Very Soon

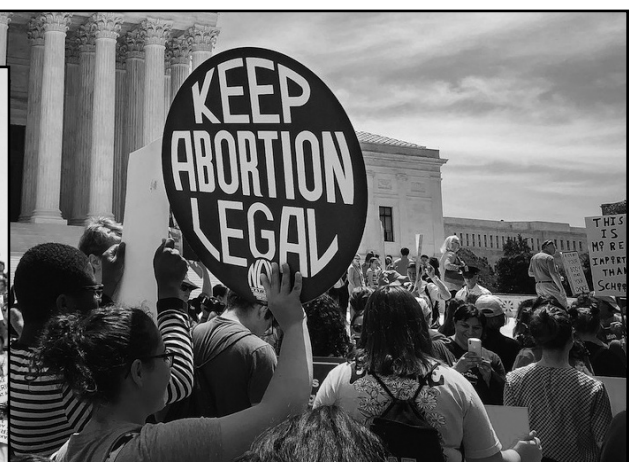
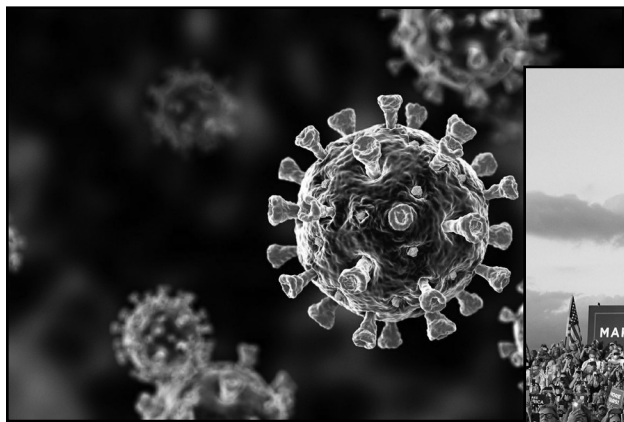
On October 29, the NCAA officially gave the go-ahead for collegiate athletes to cash in on their own name and likeness.

Trump May Face Criminal Charges for January 6

Greta Thunberg: Champion of the Climate Crisis

Greta Thunberg has become by far the most famous activist in the world regarding climate change. Thunberg's passionate and emotional speech at the UN Climate Action Summit provided her with attention, and the platform she needs to make lasting change. She repeats the phrase "How dare you?!" constantly throughout her speech, ridiculing world leaders for having to be asked by children to save their future.

Candidates on the Issues in their Own Words (2020 Presidential Election)



Coronavirus Shutdown

Believe it or not, it has already been more than three years since the coronavirus pandemic began. The first official cases of Covid-19 were recorded in December 2019 in China and the World Health Organization declared the outbreak as a "Public Health Emergency of International Concern" a few weeks later. The United States declared a State of Emergency on March 13 and MCPS soon announced schools would be closed from March 16 to 27. When the return date was pushed back to April 24, MCPS began the first phase of online learning set to start March 30. We all know how the rest of the story turned out: MCPS spent the rest of the 2019-2020 school year and most of the 2020-2021 school year online. "See you in two weeks" turned into over a year without normal socialization.

Though things looked bleak for the first year, vaccine rollout began in record time with Moderna, Pfizer, and BioNTech as the main players. By the spring of 2021, teenagers could begin receiving the vaccine, too. However, these medical breakthroughs became the source of political and social divisions with many Americans resisting the vaccine. Mask mandates also began causing divisions throughout the country with some people claiming it infringed on their civil liberties. As of this year, 70 percent of Americans are considered fully vaccinated with only a third of Americans receiving a booster and masks are no longer mandated in most areas. In many ways, the world has already begun to forget that Covid-19 even existed.

by Anna Haas

Trump's Lasting Effect

Former President Donald Trump has been the defining political figure during seniors' time in high school. Despite the criminal charges, investigations, and other legal troubles since departing from the oval office, Trump has made it clear that he intends to stay in the political sphere and currently remains the top contender of the Republican Presidential nominee in 2024.

In New York, Trump faces criminal charges relating to his hush money payments back in 2016 to porn star Stormy Daniels which prevented her from discussing their affair. He also was found guilty of sexual battery and defamation in a civil trial brought by writer E. Jean Carroll, who accused Trump of raping her in 1990. Trump is also at the center of investigations by the Justice Department surrounding the January 6 attack on the U.S. Capitol and his refusal to accept the 2020 Presidential election results. On top of this, the Fulton County District Attorney is conducting an investigation relating to Trump's phone calls after the 2020 election, trying to get Georgia officials to change the vote count. It is seen as likely that Trump will be indicted in the case, possibly sometime this summer.

Whatever seniors' feelings about the former president, Trump has dominated the headlines and the national conversation for the past six years. There are no signs of Trump letting up as he continues along his campaign trail, seemingly unfazed at being possibly the most polarizing political figure in U.S. history.

by Lauren Frank

Cultural Divisions Grow

Though the Trump presidency has concluded, the effects of his legislation, court appointments, and rhetoric have reshaped the Republican party and ushered in a new brand of conservatism. American politics are embroiled in a 'culture war' between progressives and conservatives that hasn't been this evident since the 1960s. America's teenagers are living through a consequential period of time that regardless of their still developing ideologies, makes it impossible to remain apolitical. In the last four years, conservative Republicans have pushed out various forms of legislation against multiple minority groups.

Roe v. Wade, which guaranteed the right to abortion in the United States, was overturned last summer by a majority conservative Supreme Court. Since then, red states like Alabama, Arkansas, and Oklahoma have almost completely banned the right to abortion. On what would've been the 50th anniversary of the ruling, the Biden administration published a statement urging Congress to solidify access to legal abortion into federal law in an attempt to push back against recent restrictions. LGBTQ+ groups have also recently been put on the hot seat. The so-called Don't Say Gay bill, for example, which was signed into law by Florida governor Ron DeSantis at the end of March, prevents instruction of LGBTQ+ topics in classrooms up to third grade and opens the door for restrictions on topics through grade 12. Several conservative states have also passed bans on gender-affirming care for minors.

by Alexis Booker

Junior Year

Senior Year

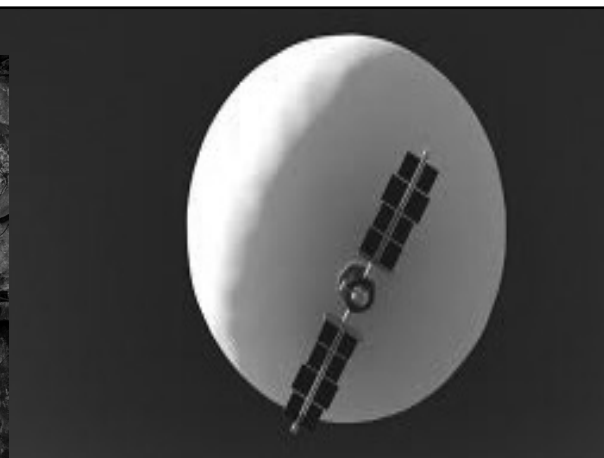
MCPS Drops Mask Mandate

Students Address Abortion After Leaked Court Decision

On May 2, Politico leaked the draft majority opinion for the Supreme Court case *Dobbs v. Jackson Women's Health Organization*. The case challenges the 1973 *Roe v. Wade* decision that granted federal protection to abortion." If the draft reflects the final decision, *Roe v. Wade* will be struck down and the legality of abortion will be decided by each state.

AI's Rapid Rise Leaves Questions Unanswered

Governor Wes Moore Takes Office



The Rise of TikTok

Over the past four years, the hit app TikTok has had an undeniably strong grasp on the daily lives and social culture of young adults all over the world. Released to the public in September 2017, the app's built-in video recording and editing features helped it revolutionize the world of social media, giving its users a fast, simple, and extremely convenient way to post video content. According to TikTok's statistics, close to 150 million Americans use the app. Those who don't post scroll through the "For You Page," which provides each user with a personalized series of videos that updates instantly according to an algorithm.

Part of TikTok's relevancy comes from its adaptability to shifts in pop culture. Since its content is user-created, it is always able to stay current, allowing for an instant spread of ideas and discussion around timely events, hot topics, and social media trends. TikTok also has influence over aspects of mainstream media and culture, having revolutionized the online news sphere, and in many ways, the music industry. Many of today's Billboard hit songs and artists found initial popularity through success on TikTok.

Despite its unprecedented popularity as a platform, there has recently been political discourse surrounding a potential ban on the app in the United States because of concerns with user privacy and potential data theft by foreign entities. If TikTok were to face deletion in the near future, it would leave an enormous hole in the online world and popular culture at large.

by Katie Gough

Russo-Ukrainian War

For many U.S. students, it seemed like the events of February 24, 2022 came out of nowhere. Even those following the news were dubious that Russia would invade a sovereign country. Nevertheless, at 6:00 a.m. Moscow time, Russia invaded Ukraine, causing the largest European conflict since World War II. It seemed likely that Ukraine would surrender quickly, but the conflict that many thought would last days has lasted over a year.

Initially, Russian troops captured key Ukrainian cities like Kherson and Mariupol and reached the suburbs of the capital city, Kyiv. As the war progressed, Ukraine pushed back and regained territory as Russian morale weakened and Western aid continued. Internationally, the war impacted gas prices to grain shipments and reignited conversations about immigration as Ukrainians fled their homes. Photos and videos of Russian war crimes, now condemned by the United Nations, circulated around social media. Civilian infrastructure was bombed and evidence of civilian torture was discovered. In the initial stages of the war, concerns emerged over nuclear war. However, President Joe Biden was clear that the U.S. would not engage in a direct military confrontation with Russia, despite Ukrainian President Volodymyr Zelensky's calls for a "no-fly zone" over Ukraine. The Russo-Ukrainian War has proven to be an unpredictable conflict with no clear end, and analysts are uncertain what the conflict's long-term political and economic effects will be on the world.

by Sydney Wiser

U.S./China Tensions

On January 28, the American military shot down a Chinese spy balloon that entered U.S. airspace and crossed the span of the country. A week later, the United States detected four more. The discovery troubled many, increasing concerns over potential Chinese surveillance of American military installations and even citizens. This was not the first time the United States had grown alarmed over growing international Chinese influence. The two nations have been butting heads over a variety of issues since the beginning of 2020, when former president Donald Trump nicknamed the infectious virus the "Chinese virus," which fueled a subsequent spike in anti-Asian hate crimes.

Additionally, China has increasingly harassed neighboring country Taiwan in an attempt to intimidate the nation into returning and assimilating back into mainland China. In response to these provocations, President Biden announced that if China launched an effort to take Taiwan by force, the United States would defend it through military intervention. Taiwan is a key player in the production of electronic parts for all industries, thus making them a major economic ally to any nation that trades with them and especially the United States. Statements from military officials and other key American political figures have only perpetuated a surge in anti-Chinese sentiment. As American citizens have watched the conflict unfold, many have grown fearful of a potential military conflict between two of the most powerful nations in the world.

by Gaby Caballero

2023 All-Senior Team

The 2023 All-Senior Team was chosen based on multiple factors including leadership, individual accolades, team success, and contribution to Sherwood Athletics during high school.

BOYS:

Amari Allen (Baseball, Football)

Allen came to Sherwood during his junior year of high school and has left an undeniable impact on each team he played for. As a senior, Allen started at quarterback for the varsity football team, and has pitched and been a position player for baseball during the last two years. In addition to a state championship in baseball in 2022, Allen was voted Washington Post All-Met Player of the Year, Maryland Player of the Year, MCPS Baseball Player of the Year, and 4A Region Player of the Year. Allen will attend Chipola College to play baseball, and attempt to get drafted in the upcoming MLB draft.

Jackson Derrick (Lacrosse)

Derrick has been a midfielder for Sherwood varsity lacrosse in each of the last four years. During his sophomore and junior seasons, Derrick was voted on the All Division First Team and Second Team All County. For the last three seasons, Derrick has helped Sherwood become a powerhouse in the county and state, reaching the state semifinals twice in this span and winning two regional championships. Now in his senior year, he has the opportunity to captain his squad deep into the playoffs yet again.

Vincent Frene (Basketball)

Frene transferred to Sherwood for his senior year, coming from Quince Orchard where he was a three-year contributor. As the starting point guard of the Warriors in the winter, Frene provided timely scoring and passing en route to the team winning their first Regional Championship for Sherwood since 2012. As a captain of the team, Frene received All County First Team honors, and was voted as team MVP in his first and only year at Sherwood.

Bryan Kim (Golf, Swimming)

Kim has been a varsity swimmer and golfer for the Warriors during every year of his high school career. As a golfer, Kim displayed his excellence all four years, placing second in the 3A/4A state championship as an individual during his junior and senior years, and leading the Warriors to place second in states as a team this year. During his senior season, Singleton medaled at states for cross country, and placed top 25 in the state at both the 5K and the 3200m events.

Braden Kindred (Soccer, Co-Ed Volleyball)

During the fall, Kindred was captain of the soccer team, leading the team with 14 goals, en route to a Division Title. He was also voted as an All State and All Met Honorable Mention due to his success. In addition to soccer, Kindred also captained the co-ed volleyball team as a libero. He plans on continuing his athletic and soccer career at St. Mary's College of Maryland, a DIII school in the United East Conference.

Jack Link (Track and Field, Soccer)

Link is a three-season Sherwood athlete as a two-year varsity soccer player, spending two years in indoor track, and three in outdoor track. As an indoor and outdoor track captain, Link has specialized in the High Jump event in track and field. He holds the indoor track high jump school record at 6'0" and is second in Sherwood outdoor track history for a high jump of 6'4". After placing second at counties with a leap of 6'2", Link plans on placing top 3 in high jump for all students in Maryland.

Jace Munoz (Wrestling, Football)

Munoz was a three-year member of the varsity wrestling team and also spent his junior and senior years as a starting cornerback on varsity football as an anchor of the Warrior's defense. A captain for both teams in his senior year, Munoz helped lead football to the state semifinals. As a wrestler, Munoz cemented himself into Sherwood history. He was voted on the First Team All Met during his senior year, became the second wrestler in Sherwood history to ever reach 100 wins, and won the state championship in the 120 lb weight class.

Brian Scott (Baseball)

Scott has been an outfield starter for varsity baseball during all four years of high school and has played a pivotal role in the Warriors' recent success. Scott was also voted to the All-Division First Team last season, and will likely do the same this year. As a captain, two-time state champion, and region champion, Scott is taking his talents to College Park to play DI baseball for the University of Maryland in the Big Ten Conference.

JJ Singleton (XC, Track and Field)

Singleton ran cross country in addition to indoor and outdoor track all four years of his high school career. Singleton has been captain of indoor and outdoor track each of the last two years, and a cross country captain his senior year. During his senior season, Singleton medaled at states for cross country, and placed top 25 in the state at both the 5K and the 3200m events.

Drew Stahley (Lacrosse, Golf)

Playing golf and lacrosse for the Warriors for all four years, Stahley captained both teams during his senior year. Stahley showed most of his success on the lacrosse field, helping the team to become regional champions in his sophomore and junior years. During his junior year, Stahley was voted First Team All County for lacrosse, breaking the assist record for Sherwood for both single-game, season, and career. Stahley will be attending Christopher Newport University in the DIII Coast to Coast Athletic Conference for the next four years.

GIRLS:

Lilia Atanda (Swim and Dive)

Atanda was on the Swim and Dive team during all four years of her high school career. As a diver, Atanda captained her team during both her junior and senior years. Atanda was voted as an All Met honorable mention during all of her seasons on the Swim and Dive team, breaking multiple records in the process. After winning the state championships in three straight seasons as well, Atanda will attend the University of Chicago in the fall, and become a diver for the team in the DIII Midwestern Conference.

Elizabeth Furgione (Basketball, Lacrosse)

Furgione's athleticism is unmatched, and was put on display in each of the varsity sports that she played. As a two-year starting shooting guard and senior captain of the basketball team, Furgione earned First Team All Division honors, leading the girls to a Division title. However, Furgione was not satisfied with her high school career ending in the winter, as she picked up lacrosse for the first ever time and now plays a vital role as a defenseman for the team, looking to continue recent success and make a deep playoff run.

Katrina Hanson (Softball, Field Hockey)

Hanson was a three-year starter for softball and a two-year starter for field hockey during her high school career. As a field hockey player, Hanson helped the team win two regional championships, and was voted as an All County Honorable Mention. For softball, Hanson played shortstop and pitcher, assisting the team in winning three straight regional championships, and the state championship in 2022. She was voted All Met 1st team, All County First Team, All State First Team, All Division First Team, and team MVP during her junior year.

Camryn Lineberger (Girls/Co-Ed Volleyball)

Lineberger has been a three-year libero for both the girls and co-ed volleyball varsity teams during high school. As a coed volleyball captain, Lineberger has shown tremendous leadership, assisting them to being one of the best teams in the state. As a state semifinalist for girls volleyball, Lineberger is attending Greensboro College in the USA South division of DIII in the fall to continue her success on the volleyball court.

Ally Long (Softball)

As the starting second baseman for the varsity softball team the last three years, Long has been a cornerstone for the team's success throughout her Sherwood career. During her time at Sherwood, Long has helped the team win back-to-back regional titles, and the State Championship in 2022. This season, Long is a captain of the team, with hopes to win their second state title in a row. After high school, Long will continue to play softball for Susquehanna University, a DIII school of the Landmark Conference.

Alana Martin (Soccer, Lacrosse)

Playing both varsity soccer and lacrosse her junior and senior years, Martin is the blueprint of a two-sport athlete and contributor. As an attacker for soccer, Martin played a large role in her team's semi-final appearance during her junior year. As a defender for lacrosse, Martin has shut down opposing offenses and helped the girls lacrosse team to consistently find themselves as one of the best teams in the county. Martin will continue her athletic career at Virginia State University to play soccer in the Central Intercollegiate Athletic Association conference in DII.

Julia Pepper (Basketball, Softball)

Pepper was a two-sport varsity athlete for Sherwood, playing point guard for the basketball team in her junior and senior years and in left field for the softball team during the last three years. As a senior captain for both teams, Pepper has played a major role in both sports' successes, leading softball to become regional champions in the last two years, and winning a state championship in 2022. In basketball, Pepper helped lead the team to a division championship this past season.

Audrey Strosnider (Volleyball)

As a pivotal part of the team's success, Strosnider was a three-year varsity starter for the girls volleyball team as an outside hitter. Captaining the team during the 2023 season, Strosnider and the team won the division and region for the third straight year. Strosnider was voted as a member of the Second Team All County during her senior year, as well as winning the team MVP award.

Sydney Wiser (Soccer)

Wiser played varsity soccer during her junior and senior years at Sherwood. Playing as center back, Wiser is a state semifinalist and regional champion, achieving these feats in her junior year. Due to her success on the field, Wiser was selected to play in the Montgomery County Senior All-Star game. Wiser will continue to play at the next level for Mount Holyoke College, in the New England Women's and Men's Athletic Conference of DIII.

Emily Zanni (XC, Track and Field)

Zanni is one of the only Sherwood athletes to participate in a sport for all four years in all three seasons. As a distance runner, Zanni ran cross country, indoor track, and outdoor track, making improvements every year. During her senior year, Zanni captained all three teams and set the school record for the 5k in outdoor track. In addition to this, Zanni also was a key member of the regional winning 4x800 relay in the 2021 outdoor regional championships. Zanni combined talent and leadership during her years running, and will continue her running career at Rowan University, a DIII school in the New Jersey Athletic Conference.

May 18, 2023

WARRIOR



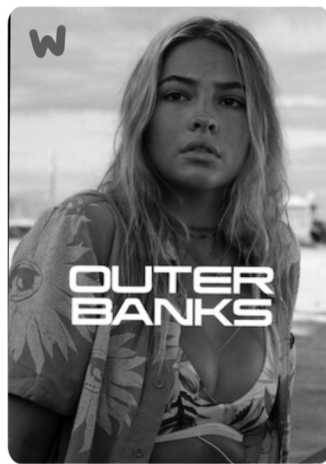
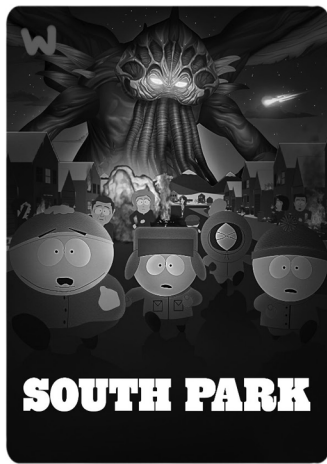
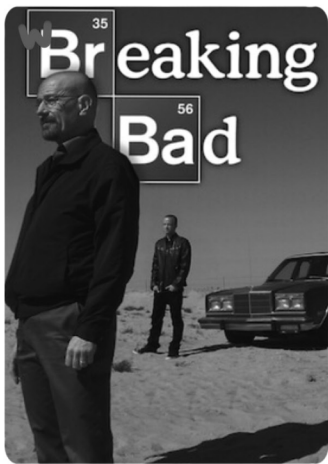
W SERIES

FAVORITE SHOWS

Music and entertainment carried us through high school. We put together a list of shows and songs that capture your four years at Sherwood.

[▶ Play](#) [+ My List](#)

Trending Now



FAVORITE SONGS



23niors



The Spins
Mac Miller



Mr. Brightside
The Killers



Hurricane
Kanye West



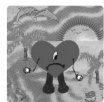
No Role Modelz
J. Cole



SORRY NOT SORRY
Tyler, The Creator



All To Well
Taylor Swift



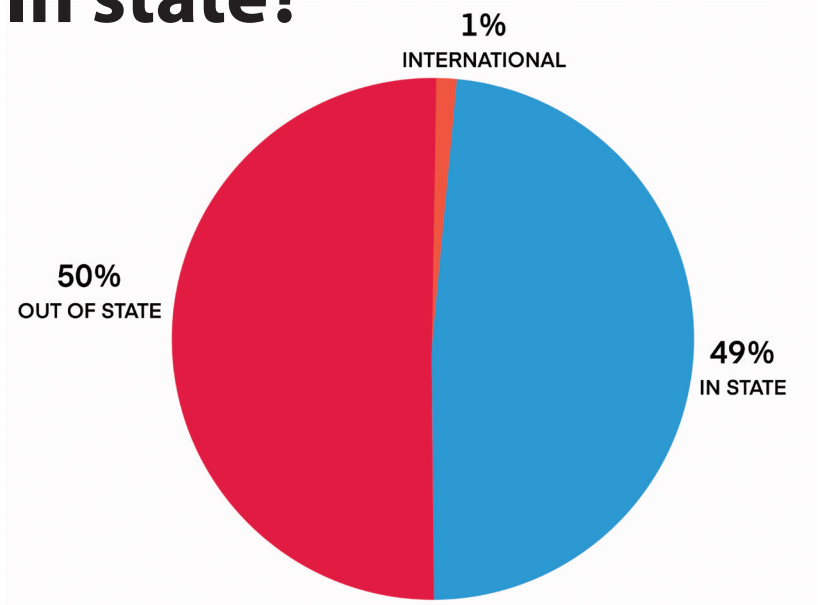
Me Por Bonito
Bad Bunny

Survey of 275 Seniors compiled by Sydney Wiser, Naomi Bang, and Alexis Booker

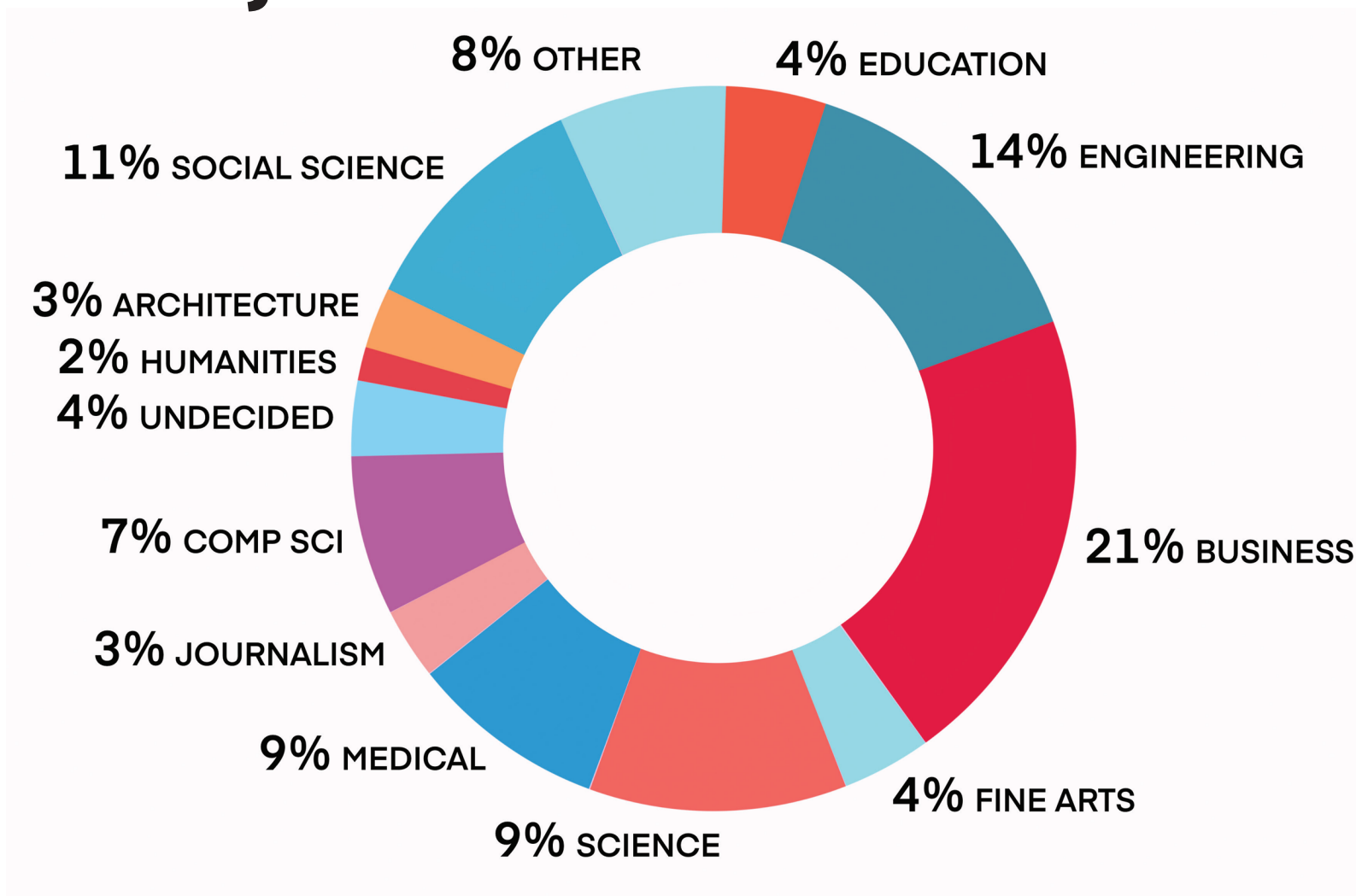
Attending college?



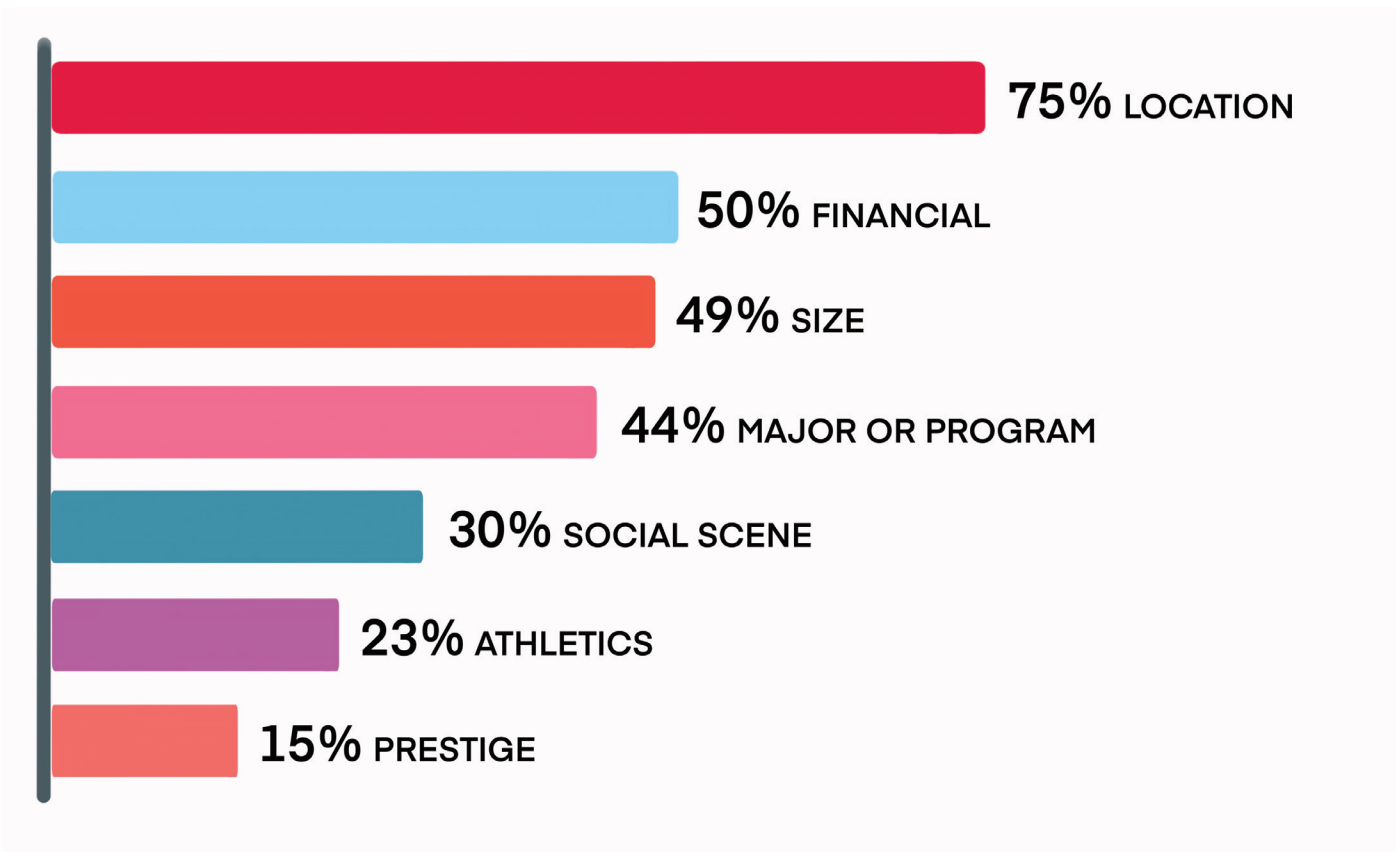
In state?



Major?



Top Reasons for Choosing Your College?



Class of '23 Top 6 Schools



18% University of Maryland, College Park



11% Montgomery County Community College



6% University of Maryland, Baltimore County



5% Towson University



3% University of South Carolina



2% Salisbury University

What are your career aspirations?

"I want to become a lawyer. I am interested in it because I have been working at a law firm for almost two years, and I have learned so much. I think I would be a great lawyer since I have learned from some of the best and most successful lawyers in the country. I would focus on foreign terrorism law just like my job does now."

- Rylee Reeves

"[I want] to focus on education reform, policy, and youth justice hopefully on a national scale. I personally think education is one of the most important things in a developing life, and there are changes that need to be made for all children across the country."

- Phillip Booker

"I aspire to be a nurse. I've always wanted to do something that helped the public, and I was always interested in the biological sciences, so I found that nursing satisfied both my interests. I am also an empathetic person, and I want patients to feel heard and understood when being treated rather than feeling like they're just another case."

- Ariel Palomo

"[I want] to become a well known architect. I want to have an idea built into the real world, so that one day I can travel to the location and think 'I designed that.'"

- Jacob Weinberg

Best advice received...

"Just be yourself, do what you want to do, and have fun."

"You have to win in your mind before you can win in life."

"In life you won't just be given everything that you want and you must work for everything."

"If you're going to cheat, don't get caught."

"Don't use the bathrooms."

"Bullcrap can get you there, but it won't keep you there."

"Don't be in a rush to grow up. Enjoy high school while it last and take advantage of every opportunity."

Favorite senior year memories...

"When my friend and I got in a car accident on the way to school and I got to miss a stat test!"

- Damon Greenan

"Ms. Baxter curled my hair before my engineering ambassador interview."

- Sophia Bernhard

"That time a bunch of my friends sat on an already rickety bench in the library, and promptly made it snap in half, throwing them onto the floor. The entire library went completely silent after the giant *crack* and subsequent thud of them all landing on the ground."

- Isabelle Andrews

"My favorite senior memory was realizing I was a senior."

- Yonatan Estiben Amaya-Sosa

May 18, 2023

Don't Follow Your Dreams



by Joon Baek '23

“What do you want to do when you grow up?” This question has followed me around for a time that feels like forever. Every Korean baby's first birthday is celebrated with a *dol-jan-chi*, which roughly just means ‘first birthday party.’ On May 19, 2006, two parents laid out multiple items in front of a baby symbolizing career paths, such as a microphone for a singer, a toy violin for a violinist, and a toothbrush for a dentist. That baby then crawled and grabbed the violin. The choice was nothing but a mere joke at the time, but the question always lingered close by. Soon enough, the baby grew up into a high-schooler. Conversations of the future with adults became more serious for him, and every conversation started with, “What are you gonna

do when you graduate?” and ended with receiving their advice “You do what makes you happy.”

“Do what makes you happy.” This is the worst advice an adult can give. Up until ninth grade, I had wanted to become a professional violinist. I thought that I could keep playing for fun as I had been, and money would follow. However, when quarantine hit, my violin lessons stopped and I stopped practicing. It was weird that my violin sat unused because there was no doubt that I loved playing it, but I was also overjoyed by the feeling that lessons weren't forcing me to practice anymore. That was when I realized being a violinist would not make me happy. Realistically, the joy I feel when playing violin, or making art, or playing table tennis, or volleyball, or even meeting friends comes only when I know I can choose when to do them. A career in something gets rid of the choice of NOT doing that thing.

So if I were to tell the baby that grabbed the violin one thing, I would say “Don't pursue the things you love; don't confuse the things you love with your future.”

Just Embrace the Flinch

by Naomi Bang '23

I hate cold showers. So why do I take them (almost) everyday? Because jumping into freezing cold water at 7 a.m. has taught me to embrace “the flinch,” a term author Julien Smith uses to describe that moment of panic and doubt right before you do something uncomfortable.

Like Smith describes, I have the tendency to run away from things that scare me. I'll struggle alone on a math problem because I don't want to ask the teacher for help, postpone getting my license for two years because I don't want to crash a car, and won't ask that person out because, what if they don't like me? Every time I face an opportunity that's scary, I flinch and shrink back into my comfort zone, but those opportunities are scary because they could be life changing. I could get a boyfriend, drive anywhere I want, granted I might not become the world's greatest mathematician, but you get the idea. The discomfort passes in an instant, and the confidence I gain on the other side is worth a little flinch.

It took me a long time to learn this, and I'm definitely still figuring it out. The thing is, facing challenges is not a



one time deal. You can't do it once and have the skill mastered. One year, I'm seven and jumping off a diving board for the first time, the next thing I know I'm taking the SAT to get into college. I think being the best version of myself is not a fixed state but me constantly pushing my boundaries and testing my limits. If I could give a pep talk to freshman, sophomore, and especially junior Naomi, I would tell her to take more risks even if that means feeling uncomfortable or looking a little stupid.

Someone once gave me the advice to just go and grow. Sometimes I just have to go before I think I'm ready. I can make myself the person I want to be by taking a risk; I don't have to wait for everything to line up for me first. Right now, I'm about to enter a completely new era as I start college in the fall—that's a big flinch—but I'm not afraid to jump straight into it. It's just like a cold shower ... right?

Don't Be Scared of the Unknown

by Sydney Wisser '23

Leaving your comfort zone is scary. Obviously. That's why comfort zones exist in the first place. The world is intimidating and we want to form a protective bubble around ourselves that we can choose when to expand. Looking back on my life so far, I've realized that the most rewarding moments happen when I expand my bubble.

For someone like me who'd be content to stay home, it'd be easy to let my protective bubble become a sort of self-inflicted cage. I won't get hurt as long as I stay within the walls of what I know -- but I'll also never experience the joys of crossing uncharted territory. During these years between childhood and adulthood, I've begun to test my boundaries. I learned how much joy I derive from pursuing the things I love, even when I have to work through fear.

From the moment I joined The Warrior as a sophomore, I knew I'd found a community that I wanted to contribute to and that was terrifying. Writing has always been personal for me so sharing my work felt daunting. Every small step



away from my comfort zone felt like a victory. First time interviewing someone. First time receiving rounds of feedback. Then my steps got bigger. First time editing someone else's article. First time publishing a print article. First time taking on a leadership role. First time writing a front-page article. With every step, my comfort bubble expanded to eventually fit the whole of room C266 inside.

Soccer also motivated me to stretch my boundaries. I started playing at 5 years old, and I do not think anyone expected me to play longer than a few years. I didn't have the temperament for the sport. During drills, I'd dribble behind my coach so he wouldn't see me mess up and I probably said “sorry” more than I called for the ball. Despite my fears, I fell in love with the game and,

when I realized I wanted to play in college, I confronted my anxieties. I celebrated my small victories. Little Sydney never would have thought that she'd have the confidence to email college coaches or compete against talented players at ID camps. My small victories accumulated into a big one and I'm grateful to be committed to play Division III soccer.

Comfort zones aren't fixed. They're readjusted as our world grows and we challenge ourselves. Next year, the boundaries of my comfort zone might shrink as I enter my new environment but I understand the value of persisting through discomfort. I'll be playing college soccer, meeting people with new perspectives, and sharing my writing with a new audience. I'm excited to open myself up to experience it.

Seeing the Symptoms

by Lizzy Hermosilla '23

Throughout four years of high school I have never escaped stress, and I can safely say that much of the time I have spent in high school was defined by a state of distress. I was caught up in the stress of getting perfect grades, fulfilling obligations, and living up to a self-imposed standard. I had week-long headaches, days where I could not eat more than a bite of food, months where my skin was raw from compulsively picking at it, and nights where I became physically ill.

The signs that should have raised alarms to make me change were drowned out by my love of being busy, and subsequently my need to be stressed. Freshman year I got MRIs done to investigate my headaches, and after that I should have let go of some extracurriculars. Junior year when I nearly passed out during a class presentation, I should have dropped some of my club responsibilities. The summer going into my senior year, I cried nearly every day at work when I should have simply quit.

However, despite all of



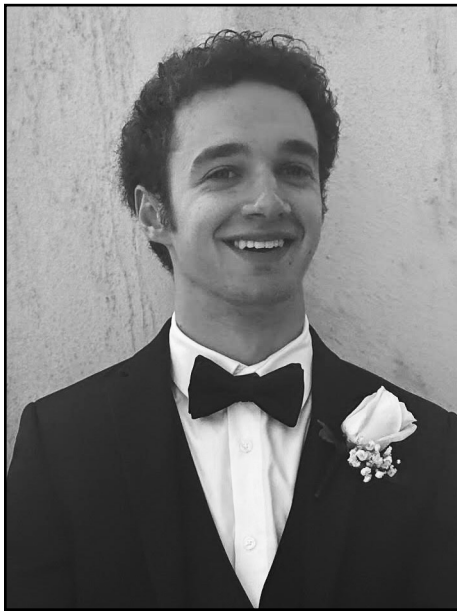
those signs that my body could not take on this amount of stress, I still signed up to work 20 hour weeks, tutored nearly every day, played sports both in school and outside of school, took on more responsibilities in clubs and honor societies, and increased my course load. I was addicted. Not only to stress, but to the idea of having a full plate. Despite my body screaming for me to take a break, it was not until my grades started to slip that I actually saw the problem.

I am no longer the student that I was in my freshman year; I miss school almost more often than I am there, and I often don't turn things in on time. The effects of the pressure I put on myself made me completely unrecognizable

from the person I was just four years ago.

Quitting was not an option, so I had to adapt. I learned to set firm boundaries with myself and others to prevent myself from taking on more work than I can handle out of superficial obligation and guilt. While everyday I fear the same fate for my mental health in my next four years of college, I can not live in fear of stress and the strain it causes. I am much more confident in my ability to prevent, notice, and accept the signs of unhealthy levels of stress and rather than ignore them, like I did throughout high school, I know I am capable of finding my way out of whatever stress-inducing events I will confront in the coming years.

Why I Never Sued Sherwood



by Matt Kullfman '23

After a Rock n' Roll Revival Rehearsal in late February, in a tired and dehydrated state, planning to head to the Maryland basketball game, I cut my fingernail open on the door handle to the bathroom in the Ertzman lobby. In one of the most painful moments I've ever experienced, I let the blood rush into the sink, lost consciousness, and the next thing I knew I was being woken up by Mr. Dunn and several others with a pounding headache from hitting the floor and a bloody finger.

For several moments my mind was a blank slate, confused beyond belief. And then, everything quickly started coming back. The faces, the names, the events of the day, what I had played at rehearsal, how I ended up in the bath-

room in the first place. My memories returned quickly and intact, and in the moment I felt a surprising sense of gratitude for my quick recovery and for the fact that I could look back at my high school experience and recognize the important, unforgettable moments it had given me, good and bad.

The thought of taking legal action against the school and/or county for the inexplicably sharp door handle never even crossed my mind until my friend (comedically, I think) suggested it. I never considered it-- it seemed like a lot of work for something that was mostly my own fault and only resulted in a minor concussion and a few reluctant explanations of why my fingernail is slowly but surely turning black. Sherwood can take my inaction as a token of gratitude for the years of opportunity this school has given me. These chances are only here for four years, and if you're graduating this year, hopefully you took advantage. Hopefully you can have a sense of appreciation for what Sherwood has been in your life.

I don't know how I'll feel about Sherwood when I look back in the coming years, but I doubt I'll think about all of its flaws (the bursting pipes, the lack of air-conditioning in the gym, the perpetually congested parking lot, etc.). Sherwood was our home for about seven hours a day, five days a week, nine months a year for the past four. Which is why I never sued, even though I could have.

The Truth about Being a Twin



by Alex Braun '23

On November 7, 2004 at 10:16AM I was born. For 9 minutes I experienced what it was like to be a singleton; then at 10:25AM my brother was born and I have been living my life as a twin ever since. For the first 5 years of our lives, we wore the same shirt, just different colors. He had a blue dinosaur hat and I had a red one. We went everywhere together, did everything together, and slept in the same room. While I don't want to do all of those things anymore, those experiences in my formative years established an amazing bond between us that I wouldn't change. Still, as we grow older and more different, the pros and cons stand out more.

Sometimes it seems like I'm a twin first and my own person second. Every day people ask me "where is your brother?" or use me as a middle man

to tell him something. I purposely do things to be different from him, like trying not to order the same item as him at a restaurant. We are constantly compared to one another by both others and ourselves. Who's taller? Who's smarter? Who's more athletic? Who got a better score on the SAT? (I did). Yet, I gladly put up with the cons because it is all worth it. Having a built in best friend is something I wouldn't trade for anything.

Looking forward, our bond will take a hit when we enter college and beyond. As opposed to the 50 feet or so of separation between us at home, in college we will be 750 miles apart and only see each other on holidays and summers. After college, we will go off on our own and live our own independent lives. While that may seem daunting to some, I'm not worried. Obviously we have phones to keep in touch, but even without texting and calling, we have a unique bond. No matter how far apart we are or for how long we don't see each other, when we reunite it's like we never left. As I grow up, a lot will change about me: height, weight, profession, where I live, hobbies, and even personality. I'll even become my own person, independent of my brother, and people will know me as Alex without the association to Carter even crossing their mind. However, one thing that will never change despite anything and everything that could possibly happen to me for the rest of my life is that I am a twin.

I Define Who I Become



by Timaya Pulliam '23

"A grade does not define you." Those are words of wisdom my mom has given me since sixth grade, but I often struggled to accept them even when I knew she was right. I have always been one to try to get all "A's," be involved in everything I could, and push myself to be "perfect".

Perhaps the many years of dancing and singing contributed to that type of toxic thinking, as hearing quotes like "practice makes perfect" really set into everything I did. To be honest, sometimes that quote still gets the best of me.

In middle school, I only received "straight A's," so entering Sherwood as a freshman became a rude awakening. I experienced my first "B" in AP Gov, making me feel ashamed that I let myself and others down. I also recall my

first test grade in APUSH, sophomore year, during the coronavirus pandemic. I pressed submit on my Canvas quiz and watched my grade appear as a 14 out of 26 (my first E ever). That morning, I finished class and ran downstairs crying to my mom about feeling like a failure. I ended up getting a "B" in APUSH that semester. The grades that I received in AP Gov and APUSH did not affect anything else in my life. This made me realize that every day is a new beginning.

I began to understand that the effort I put into studying and the quality of my work said more about me than my grades. The work that I do in the future and the impact that I make will be more important than a grade as well.

It can still be hard not to make grades the thing that matters most to me, but for the next four years and beyond I must remember that even though my education is important for what I want to achieve, I cannot lose my self-worth in my grades. I have learned more about myself and the approach to life that I want to improve. I have especially learned that perfection is not attainable, but the work I put in will always make the difference. A grade does not define me. I define me. I feel great walking into the next stage of my life, understanding and taking in the lesson my mom has taught me all along. I have come to learn that practice really does not make perfect, but instead practice makes progress.

The Butterfly Effect

by Alexis Booker '23

Prior to my first day of high school, I visited Sherwood to see my counselor to switch a class. When approaching the door, however, I grew worried by the fact that there were four dead butterflies scattered across the main entry. Though it was laughable in the moment, I found myself googling the symbolism that night in a panic, seeing results about bad omens and even a possible curse. As an anxious 14 year old venturing into the unknown stomping grounds of teen angst, my hopes and dreams for a Disney Channel movie fantasy were shattered.

These unfortunate signs did not completely hold up, thankfully. No one died (aside from a small sliver of my soul after taking 10 AP courses in the last 4 years) and I've made it out in one piece, but not without my own set of challenges. At the beginning of my high school career, I was forced to learn personal lessons that quickly sparked growth. Issues will always arise throughout my life, but now, I'm equipped to take those lessons in stride. There are so many factors socially and academically that are out of my control, and to grapple with that is a hard truth to swallow, but my biggest lesson for when difficulties surface is to flow with the tide.

Though I've learned a lot through these experiences, I also persisted through my mental blocks to accomplish my goals. My motivations stem

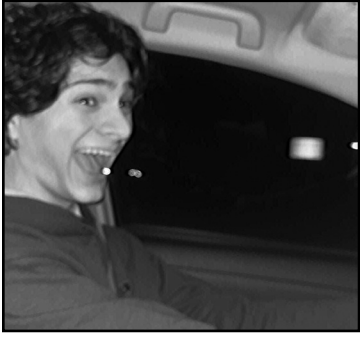


from an inherent ambition to succeed, and I'm glad my freshman self was prepared to start achieving them. I took club pamphlets and signed up for difficult courses that I knew would expand my range of knowledge and ability. I stayed true to my aspirations and took the steps I needed to cultivate experiences worth living. With a lot of trial and error, I've swum the waves of assignments, social events, and club responsibilities, not with ease but with effort.

Now I'm off to live my manic pixie fantasy in Boston, the classic small town girl to big city trope, and I feel ready to do so. My persistence in the midst of my high school career revived what butterflies of hope I thought had died before I could even begin my journey. I am here, dead butterflies and all, ready to embark on an uncertain future in a place I have no doubt I will thrive.

May 18, 2023

Accepting the Changes



by Aidan Thermen '23

It is not unlikely that your circle of friends will look very different by the end of high school. Mine certainly does; my current group contains zero friends from middle school. Groups may grow apart without necessarily having a blowout fight, and this is normal. What is important is to expect this change. Learning to accept change is a big part of the high school experience. Your friends will change, your groups will change, and you will change. All of this ends with the ultimate change of leaving MCPS. It is easy to acknowledge these impending changes, but it may be frightening to internalize them.

The friends that you walk into high school with will likely change hugely as individuals. It's important to remember that a lot of people are discovering themselves in high

France Taught Me To Adapt



by Tatiana Rodriguez '23

Recently I went to France with students from my French class. We went to the city of Marseille for 10 days and for that brief time, life felt surreal. With perfect weather, amazing views, and amazing French people, it felt like a dream come true. Despite how perfect it seemed, it was still a lot to get used to with a 6-hour time difference, not having my family, and relying on my host family for food or transportation.

Even though I was excited for the trip, knowing that I would have to deal with all these changes made me really nervous about the trip. My mind raced with thoughts of what if I hate my host family? Hate the school? Or hate the country in general? These thoughts filled my mind leading all the way up to the trip but completely disappeared

school, and as a result, certain friends will slowly drift away. People who were compatible with you at one point may not be down the line. This can be disheartening to a young teen, it certainly was to me, but you should keep in mind that it is not anyone's fault.

Embrace social changes and discomfort. Comfort is a sign of stagnation, but being uncomfortable is a sign of growth. Growing apart from a friend group means you have outgrown your previous group, and growing apart from a close friend means you outgrew each other. No one is necessarily to blame in most situations.

Now is the time to experiment socially; high school is a low-stakes situation to take social risks because there is a 4 year expiration on everything you say or do. Try out for football on a whim, a coach might see value for you on the team. Join the school orchestra with minimal experience on an instrument. Beyond finding out what you may be good at, you'll be in new social situations that forces you to grow. Sherwood has no shortage of different groups to get involved with that will have a positive impact on you.

after a day. Realizing that feeling nervous about the unknown and then excitement taking over once I am in the actual moment is something I remind myself of as I enter adulthood and go to college in a place I don't even know and don't know what to expect.

This trip to Marseille taught me how to adapt to situations where I don't have the same level of control as I do now and have more responsibility for taking care of myself. This trip helped me get into a better mindset when I came back to realize the changes that I had to make now in high school by giving myself more time for self-care, cutting out toxic friends, and working a different position at my job. Although it all seemed scary at first, it has turned out for the best. What I learned from this trip will follow me into college in North Carolina and have to ask myself the same nerve-wracking questions about how I will adapt and fit into a new stage in my life. But it is important for me and everyone in this situation to remember that it might seem scary to deal with change at first, but change is necessary and most of the time leads to something better than you could have ever imagined.

I Have Been Everywhere



by Payton Seppala '23

Coming from a military family, I am lucky to have been able to travel around the world and experience many different opportunities. I've lived in eight different states, two countries and have attended 10 different schools. From the rural locale of Weston Missouri, to the bustling suburbs of the DMV; from tropical Hawaiian summers to icy Ne-

braskan winters; snorkeling in the waters off Okinawa, Japan, to mountain biking near the Yorktown Battlefield in coastal Virginia. As Johnny Cash sang, "I've been everywhere, man."

Because of this, moving is something I have gotten used to and had expected my time at Sherwood to be similar to that at other schools. However, I found high school to be a different experience entirely and struggled to find any friends before the Covid-19 pandemic hit and I was sent back to square one. I had realized that I was not going to just "fall into" a friend group in a school as big as Sherwood. It was then I learned that to meet new people and enjoy my time, I needed to take chances and not wait around for something to happen.

When we were finally able to return to in-person learning, I made a resolution to talk to more people, join more clubs, and try to enjoy myself more. By doing so, I've made new friends and plenty of experiences and opportunities that couldn't have happened if I had kept to myself. As I wrap up my senior year, I can tell that this made a significant difference in my experience here at Sherwood.

My point here is that it doesn't matter how "experienced" you are at traveling to new places, or how many schools you've been to before; if you want to meet new people and get more out of your time in high school, you must challenge yourself to get out of your comfort zone and work for a better experience.

Find a Way To Fit into Your Shoes



by Carter Braun '23

Entering high school in 2019, I stood 5'2" tall. My peers towered over me and made life in high school intimidating. Although I wasn't scared of the upperclassmen, I was so little in comparison to them, that it was a continual reminder that I was not the king of the school like I was the year prior in middle

school. This was hard to swallow, and I found myself trying to fit in with the older kids in my classes by being talkative and chiming in on their conversations. In retrospect, that was definitely not the best way to make junior and senior friends.

I had a bad habit during my freshman year of being someone that I wasn't. I tried to make myself look "cooler" and go out of my way to participate in actions that brought attention to me but not always in a positive light. I sometimes got in trouble during class for acting up, but it seemed worth it to get the attention.

This changed on March 13, 2020, when Covid-19 shut down in-person school for more than a year. Coincidentally, the pandemic was what

I needed to look deep within myself and realize that not only was I happier by being myself, but I could also make more friends that way. I began to focus on doing things my way and not the way I thought I needed to be to fit in. I started doing better in school, feeling healthier mentally, and all in all, I made more real friends who liked me for the real me.

When we returned to in-person learning in the fall of 2021 I had grown both mentally and physically. I was an avid listener and participant in my classes, I was social but not overly outgoing, and I stood at 5'11". This growth made me feel comfortable as Carter Braun and realize that I am happy the way that I am, and that the best way to make friends is to simply be yourself.

Everyone Should Try a Year of The Warrior



by Evan Joseph '23

The thing I am most proud of regarding my time at Sherwood has to be joining the newspaper. In the beginning, I was just a little freshman intimidated by the upperclassmen around me in the class, but now I could not be any happier that I stuck with it. Although I might have been unnerved by my surroundings

at first, I grew out of it with time just like how I grew to be way taller than my teacher, the incredible Mr. Peter Huck. As years passed, I started feeling as though the Newspaper was more and more my "home-room," and I encouraged many of my friends to join. I made many friendships that I would not have made otherwise because of the Newspaper and being surrounded by different people outside my normal group. Above all, The Warrior was my first opportunity to start working towards my dream of being a sports broadcaster and was my first glimpse of the things I will have to do to get there.

When I first came up with this dream I was just a little kid watching basketball with my dad, not having any idea

I had to be a writer before I could be on TV. The Warrior didn't only teach me that writing was the most favorable path to my dream but that I also had to work hard for it and that it wouldn't be as easy as just talking about sports. Mr. Huck taught me many lessons, but the most important one was to be accountable for my actions and not try to act like I was perfect. He also taught me that nothing is free in life and that if I really wish to achieve my goals I must pursue them relentlessly, and that my sheer desire wouldn't get me anything. Mr. Huck has had the greatest impact on me of any teacher that I've ever had. My high school experience wasn't perfect, but I will never regret a moment that came from joining The Warrior.

May 18, 2023

My Life As an Introvert Strength in Making a Stand



by Anna Haas '23

People exhaust me. Seriously, being around people for long periods of time often makes me unable to keep my eyes open the next day, especially if I haven't had time to unwind. As a child, I was told that I was just shy and would grow out of it, but I always thought it was something more than that. Sure, I could eventually open up and be more outgoing, but there would always be a point where I would turn back into a pumpkin and want to be alone.

It went on like this for years. Since I had no idea what I was or that there were oth-

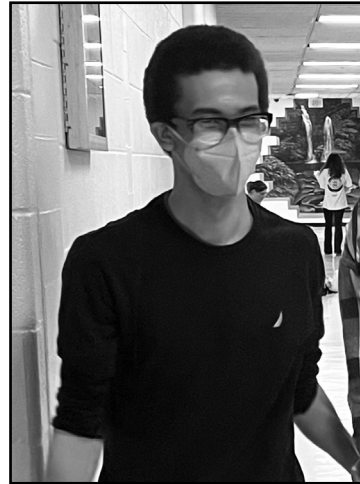
ers like me, I began to resent myself for not being able to be outgoing and comfortable around people. It looked so effortless to others, yet here I was, quiet, shy, and uncomfortable. As I got older, I finally learned what I was: introverted. You would think that would help me realize that I was not alone in my dislike of social situations, right? Yeah, not really. That took me a few more years to realize and honestly, I still have some trouble with it.

I'm not making introversion sound very good, am I? Don't get me wrong, I love being introverted. Deep, meaningful conversations and friendships come naturally to us once we feel comfortable around a person. We're very creative and know how to appreciate the little things in life. We're capable of having a fun night out and also love staying in and watching a movie. However, this level of acceptance towards my introversion took me a while to realize, probably because I could never find any other introverts. You know why? All my fellow introverts were also hiding in a corner

somewhere wondering where their fellow introverts were. And, on the off chance we found each other, neither one of us wanted to start a conversation.

Once I figured this out - and again, it took me a while - I realized that every once in a while I needed to be the one to reach out. Boy, did I not like the idea of doing that. Eventually, though, I got up enough courage to give it a try, and guess what? A lot of times it went really well. Yes, it drained my social battery, but it helped me grow a lot, too. Ultimately, it led me to the wonderful friends I have today (who, might I add, are all pretty introverted themselves.)

I'm not saying that introverts should become extroverts. The world needs introverts, even if it doesn't think so. But I think introverts also need the world, even if they don't think so and hate the idea with a passion. So, to my fellow introverts, here's my advice: try making that move to reach out. Put yourself out there a little bit. Chances are, you'll find someone amazing.



by Solaiman K. Hassanin '23

The day is a convenient experience for any comparison we want to make. It starts, moves through its stages dragging us and our farcical pride with it, and then it ends at midnight just as it promised it would. And high school, for all its glamor, pain, and congruent silliness, is still just a day.

Just as we plan for a day and have ideas on pursuing different objectives in our time awake, we also plan for high school. People either scheme again and again in their heads about what they will do and what they will experience, or they bury themselves with sorrow over what they will

not be, what they will not see. Yet, as time progresses, they find themselves carried by the tides of change, moved by what they could not have schemed for or imagined, and they often find themselves unable to change with the tide or stand in spite of it. Instead, they are left being carried until the long day ends and they get tossed into the next journey.

You need to believe in yourself and understand that if you keep pushing things back and reinforcing bad habits they will never go away. You have to take the initiative and engage in uncomfortable situations, while also putting the responsibility on yourself to recline and relax alone. Enjoy the silence as much as the noise, and respect the falling peace of raindrops sprinkling from above as much as you respect the burning rising sun. Growth is not just a new experience or a new way of living; growth is about taking a stand and refusing to be moved on anyone else's terms. If midnight is to hit you softly, you have to stay upright and believe that your growth is not out of your hands.

Finishing High School Strong Forgoing the "Plan"



by Nicholas Schade '23

I had a mile left. Or was it more? I couldn't tell, because every step I ran felt like a million, and every breath I took stabbed at my side. As my strength left my body in raspy gasps I began to doubt whether I could even complete the race. Yet I knew I couldn't stop: this was the cross country county championship, potentially my last race in high school. Is this how you want to go out, I anxiously thought, or can you turn things around? You have just one last chance.

I came into senior year deeply unsatisfied and disappointed with my high school experience. I had entered Sherwood as a comfortable, reasonably outgoing person, but by my junior year had devolved into a shy, self-isolating introvert who rarely talked to anyone I didn't know well. This change

was partially brought on by Covid-19, where for several months I had few social interactions. However, by the time restrictions were lifted and I was able to attend school and sports practices again, I felt like I had forgotten how to carry out conversations and closed myself off from meeting new people and trying new activities.

I've strived to change this as a senior. I started by rekindling and strengthening my existing friendships, making it a goal to spend more time with people outside of the school day. In the past, I had often waited for my friends to make plans for me on weekends but now recognized that I needed to take the initiative to keep our friendships going. I've also started to talk more with people in classes and on cross country that I wouldn't have considered talking to before, and have made several new friends.

I've also pushed myself to try as many new experiences as possible. I went to homecoming for the first time in my four years at Sherwood and even auditioned to become a singer for Rock and Roll Revival. I was surprised to find that I fit in well with everyone else in both these events (and that my singing was acceptable enough to go on stage).

Ultimately, I was able to finish my race at counties and went on to run in both the regional and state championships. I feel as though the race is somewhat representative of my senior year: with the time I had remaining, I wasn't sure what I could accomplish, but I managed to finish stronger than I expected.

by Genevieve Mayle '23

As a freshman, I remember receiving a graphic organizer to fill in our high school schedule for each year. I planned my entire high school schedule the day I received the form. I planned everything, from which AP classes and exams I would take to having a half-day schedule senior year. I decided I wanted to be an engineer, something STEM, and planned to complete the PLTW pathway. I did not follow the plan; my major is now architecture. While it may be obvious to some, not sticking to the "plan" is normal and not a personal failing.

There is an overwhelming, underlying pressure to pick a career path as soon as possible - as early as freshman year of high school - and stick with it through college. Let me tell you: this idea is total nonsense. Despite what schools and teachers promise, the best way to explore one's academic interests is not by taking some AP course. While high school courses certainly help students narrow down what subjects they like (no chemistry for me in college if I can help it), they don't compare to the way college explores fields of study in depth. College has a way of exposing you to things you never knew existed.

Additionally, you may find yourself gravitating towards engineering in freshman year, but find yourself interested in economics in senior year. Interests change. Do not force yourself to pursue something you fancied freshman year, even if you took some classes relevant to it. Paint yourself as a fine



potential business student in your college resume to get accepted, but don't pressure yourself to be one in college. According to the National Center for Education Statistics, about 80 percent of students in college end up changing their major at least once. On average, college students change their major at least three times over the course of their college career. The college you apply to as a business student isn't going to force you to stay a business student if you find a more fitting major.

If you are one of those students who always knew they wanted to be a doctor or something, honestly, good on you. If you are one of those students like me whose interests change as frequently as my grade in AP Statistics, I implore you to take the time you need to keep on exploring.

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So Glad I Didn't Quit This Season on Senior Year



by Lauren Frank '23

When I started Newspaper class in the fall of my junior year, I never thought I'd stay in the class long enough to write a senior column.

I didn't really know what I was getting myself into. Better yet, I didn't really know that the class I initially disliked would become a passion I intend to pursue in college. I was convinced I wasn't going to stick with Newspaper, and so were my parents. Well, I somehow proved both them and myself wrong.

I wanted to join the class because some of my friends seemed to enjoy it, so why not join? I remember my very first article, an entertainment piece reviewing a pop-up exhibit in D.C. I was excited to finally see my name on the editorial calendar after struggling to come up with ideas (ironically like with this senior column.) However,

the feeling quickly went away as soon as I started working on my article. I was new to this style of writing and became extremely frustrated. I genuinely had no idea how to format an article. I spent several hours just sitting with my computer open, zero cohesive sentences written down. I went to my parents practically in tears telling them that the class wasn't right for me. After I calmed down, we sat together and worked on the article. While it took some help (thanks Mom) and a lot of time spent going back and forth on ideas, it was finally complete. Since then, I've written several articles published in The Warrior and even discovered that I liked photographing school athletics and other events. The writing and researching process became much easier as I continue practicing.

Reflecting back on my time in Newspaper has helped me understand the value of keeping an open mind and giving things a chance when I least expect it. By giving myself a chance in the class, I ended up discovering something new I loved and truly wanted to improve in.

There is something so valuable about taking away lessons from all experiences, whether positive or negative. Each and every experience in high school helps you grow and better understand your purpose, interests, and passions. More importantly though, challenges bring out the best in us, especially the hidden qualities and abilities we never knew we actually had.

by Nia Peake '23

Before high school, one of the most influential ways that we are exposed to the "high school experience" is through glamorized teen movies and TV shows. Anyone who has ever stepped foot into a high school can agree that high school is nothing like the movies. But just because high school isn't as romanticized as what you might see on Netflix doesn't mean we aren't all living in our own version of a TV show in which we are the main characters of our own story.

The term "main character energy" means someone with a strong presence and confidence about themselves to the point that they resemble the tropes of a main character of a TV show. For example, if someone were to be dancing around in public without a care in the world, they would be demonstrating "main character energy." There are tons of videos and guides on how to achieve "main character energy," but I think that we are all our own main characters in our lives, and honestly, this mindset has gotten me through high school. I used to, and still sometimes do, compare myself to those around me. As a chronic overthinker, the constant comparisons to the standards of my peers were a recipe for disaster and kept me from enjoying things in the moment. Understanding that I am the main character of my story allows me to understand that we are all on our own



path. If something doesn't work out, I remember that some shows take three seasons for the plot to thicken, while some take off in the beginning but get dropped from the network mid-season. Every show is different, just like everyone's journey through life.

I see my whole high school experience as its own show. If I had a falling out with some friends, I tell myself that they were just a character that had a reason in that season of my life. Saw some friends from middle school at a football game? Oh, that was just a crossover episode. From freshman year to junior year, I was convinced I was going to one college but after a disaster of the application process, I just recently committed to a completely different school. To me, that is just a plot twist in the storyline. All of this goes to say that I now live my life knowing that everyone's high school path is different, and that's okay. Everything will work out in the end, and if it doesn't, there is always next season!

A Super Serious Letter Surviving Hell and Back



by Gabi Admi '23

Hey Gabs, you're practically done with high school—I mean we basically stopped trying. Before you judge me, I would like to inform you that senioritis is a real thing, so get off your high horse little one. I'm tearing up bro, we're getting so old.

Anyways, there was this pandemic thing that started in the beginning of 2020 and you went to school online for a year and a half, but it's no biggie because whatever kills you makes you stronger right? It messed you up psychologically, but it gave you an extensive amount of time to get to know yourself as well as your family. You like fashion now! I mean it doesn't look like it because you still wear your brother's hand-me-down sweatpants, but hey, you can't spend your money on clothes because

you're moving to New York in August! That's right. Pat yourself on the back for getting into your dream school, New York University, while still maintaining a social life. I'm incredibly proud of you, my child. Oh, also you read for fun now! Like wow you're so academic and mysterious.

Okay, but on a real note (we still can't take anything seriously), you're still friends with people you met in first grade. You grow out of some friendships but you make new friends along the way who accept you for exactly who you are. You're really going to miss them in college, but luckily they're only a bus ride away. Also, remember everyone is different. You may have different priorities than everyone else, and that's okay!

As for my tips, I'd say for one to give your family a hug! They do so much for you and you can be a little brat sometimes. Second, put yourself out there. I guarantee you it's just not that serious. As cliché as it sounds, if someone isn't willing to accept you for who you are, they aren't worth taking space up in your mind. Lastly, stop wearing black eyeliner; it doesn't suit you.

by Jena Le '23

For many of you, junior year may have been unbearable; but for me, it was absolute hell.

When I first entered high school, I was an energetic bright eyed freshman whose sole focus was to use my next four years to earn a spot at a top university like my older siblings. So, I relentlessly tried to excel in classes. I volunteered, interned, played sports, and indulged in hobbies such as balloon art to cultivate the most unique application possible. Every "A" I got, every balloon animal I twisted, and every volunteer hour I earned propelled me higher and higher.

Then, one mistake sent me crashing down, all the way to the depths of hell.

Everything I ever worked for, everything I cared about was lost. Disappointment suffocated me. The hope my parents placed in me felt heavier than ever before, as the shame I brought to them fully settled in. The thought of my teachers' and friends' reactions filled me with overwhelming dread. Once I returned to school, I feigned a brave face, but inside,



I felt damned, with no chance of escape. Some sins aren't easily forgiven, especially to college admissions. Knowing that, SAT preparation and college visits seemed utterly pointless.

It took lots of time, and support from my family, friends and few wonderful teachers and counselors (you know who you are) to pick myself up. Interning that summer at a staffing agency and helping to place people in jobs allowed me to gain my wings again. I began to see that all the my efforts in the past wasn't for college, it was for me. Learning is to make me smarter. Volunteering allowed me a way to connect and contribute to my community. Creating balloon art for spirit week or news-

paper distribution day was to spread joy to those around me.

When I clicked the "submit" button for my dream school in November, I allowed myself to feel little pinpricks of hope, a feeling I hadn't felt in ages. After all, just a few months prior, I didn't even have the courage to try.

In Mid-December, the world seemed to move in slow motion while I waited for THE announcement. I tried to hold back my tears as euphoria washed over me; my spirit was lifted to unparalleled heights as I read "Congratulations!" The air suddenly tasted sweeter and the world seemed more vibrant than ever before. When I finally settled down, I thought, "I'm back."

Sell Out Now. Save Yourself The Best It Could Be



by Ella Scher '23

The first thing you need to know about high school is that it sucks, and anyone who tells you that they actually enjoyed their time in high school is either a sociopath, a has-been, or a liar. It's a hot mess of drama, complicated friendships, and forced assimilation.

To be perfectly honest, my direct and honest advice to anyone coming after me is to sell out. Do it now, and do it fast. Individuality is overrated. You will have a much better time if you remember and abide by the fact that you are

- 1) just like everyone else and
- 2) mentally well (even if that's a lie).

There's a reason Cady joined the Plastics in Mean Girls. As much as you want to tell yourself you're different, unique and special, you are just a seething bucket of self-loathing and bad choices just waiting to happen.

So if you'd like to survive, wear the brands everyone else wears. Listen to exactly the same music as everyone

else, watch the same shows, play the same games, and form absolutely no original opinions at all. It's kind of like 1984, but instead of Big Brother, everyone else is judging you. Constantly.

High school will be much more enjoyable, even bearable, if you surrender your mind completely to the advanced directive of Normal and Sane.

Or you can do what I did, which was act consistently awkward, creepy, and generally off-putting, and see if it gets you any further than it did me. (Spoiler: not that far.) If it helps, your future self will probably thank you. It's very hard to make friends when you look and act downright freakish on the best of days.

Satire aside, this is my honest and unbiased advice for everyone, not just incoming freshmen.

Just do the thing. You could get hit by a car in the Sherwood parking lot tomorrow and die, or contract an incurable prion disease from an undercooked chicken sandwich. So buy the \$8 custom shake, go to the party even if it sounds lame, dye your hair a hideous green, or skip doing your homework in favor of hanging out with your friends at the mall. If you live every single day planning for an entirely respectable and successful future, you'll miss a lot of the here and now.

(Not saying the here and now is necessarily good. Sometimes the best you can hope for in high school is 'pretty okay'.)

(It really does get better when you graduate.)



by Perri Williams '23

I'm convinced the perfect school does not exist. Whether the students have behavioral issues, the school needs a renovation, the teachers are burnt out, the students tired, or the parents are not involved, every school has its problems. Let me preface this by saying that these are not significant issues that I've seen at Sherwood, with the exception that the school building could use a makeover (but that is probably not going to happen for a long long time). When it's all said and done, I've actually had a pretty pleasant Sherwood experience.

Excluding one teacher I had my freshman year, my teachers have all been kind, attentive, and worked to teach valuable lessons. I'm not sure if

they meant to or not but their classroom lessons have allowed me to develop skills that I will likely use for the rest of my life. To name just a few teachers, English classes Mrs. Green, Mrs. Jasnow, and Mr. Huck together allowed me to develop the skills to write strong well developed essays. Mrs. Searles-Thompson worked countless hours helping me learn how to study for my exams along with how to advocate for myself in the classroom while also unknowingly showing me the importance of having adult mentors in my corner.

My point is that it's easy to forget the adults in the school who make a big impact on your high school experience. Get to know your counselors and teachers. Really know the people around school that help make things run smoothly every single day. Say good morning to the women who work in the office when you walk into school late. If you pass by a service worker, say good afternoon. Most importantly, don't forget to stay after class every once in a while to have a meaningful conversation with your teacher. You can learn so much through just a casual conversation.

Through the good and bad my teachers have helped to elevate my Sherwood experience. However, my senioritis has started kicking in, which is my sign to go. Sherwood is not perfect--no school is; however, a lot of people who work at Sherwood tried to make it as perfect as it could be for me.

Unleashing My Real Self to the World



by Gaby Caballero '23

If there's one word I would use to describe myself it would be "sporadic." I've always been in inner turmoil, debating on whether or not I should say this or do that. I've done my best to manage this feeling of volatility but it's tiresome. There have been many moments where the mismanagement of my big feelings have led to negative outcomes. I made many decisions without thinking of the consequences, too far engrossed in the present and not enough in the future. I jumped first without looking down at where I would land. At first, I felt that being spontaneous and wild would appease the feeling of my life being out of my control when in reality, it didn't bring any further assurance in myself. I was still wildly insecure and anxious and didn't know my place in the world. I suppose I still don't.

In my junior year, my first year at Sherwood, I was a lot quieter and incredibly in my head about the proper way to interact with people. It was hard. I spent many lunches by myself in the library, many class periods biting my tongue instead of speaking up. I barely realized that I was allowed to sit with my friends at lunch until I found out that they actually missed having me around.

So when senior year rolled around, I decided I didn't want to sit on the sidelines anymore. I would let people see the real, bubbly me. I auditioned for Rock N' Roll Revival despite having been too shy and scared to do it last year. Then, spurred on by various other friends in the class, I decided to join the Newspaper class at the end of first semester. I even joined the spring musical despite never having been in a theatre production before. I did all of these things even though it would be the first and last time I would ever do them in a high school setting. I was exploring creative worlds that I had never seen before simply because I was too scared to be my real, spontaneous self.

I learned that in order to truly enjoy life, I had to put myself out there. I learned that there would always be someone willing to put up with my crazed outbursts, whether good or bad, and that I wasn't alone. I had to allow myself to be vulnerable with the world so that I could see all that it had to offer. And indeed I did.

April 26th, My Turtles

by Katie Gough '23

Right now, I am typing this into my notes app while I'm sitting on a concrete ledge next to a small pond in the park near my house. I couldn't tell you how many books I've finished, decisions I've made, songs I heard for the first time- all sitting right here by myself on this ledge in this park.

With nothing else to do, I think I came here almost every single day during the height of quarantine. In all my time spent here, I learned that there are two enormous snapping turtles in the pond that are so old they have moss growing on their heads that looks like hair.

I named them Gatsby and Daisy because that's what I was reading at the time. I don't see them right now. They only came out of hibernation a few weeks ago and since then I've only seen them in the larger pond all the way on the other side of the park. Maybe when this song ends I'll get up and walk over to them, but right now I am sitting on my ledge watching algae float along the dark green surface of their old pond. Maybe they decided it was too small or maybe they wanted a change of scenery. Either way, it makes me kind of sad that the turtles left the place I came to think of as their home.

Someone told me once that the important things in life don't change: your family, your true friends, the



things you really love- that's all gonna stay the same. It's hard to focus on all the important things, though, when every single other thing feels like it's going to change next year.

But I think in all the stress over that great unknown, we forget all the smaller things that will still be there. The way the world looks from a car on the highway with the windows down blasting music- that won't change. How the sun touches the trees at 7pm and how lemonade tastes in Summer and the joy in watching your friends get everything they want. And the feelings. Every single one of them. Those won't change.

My turtles moved but they're still here. And after June 9th we're still gonna be the same people in the same complicated and beautiful world- just in slightly different places.

'23 Flicks

