

YOU CAN COPY
IF YOU WANT



YOU NEED COPY

Photos are awesome.

But you can't tell the story of the year without a story.

So don't apologize for writing.

Just write copy.

Any kind.

But if you're going to write copy, write great copy.

Copy should be filled with great quotes and great writing. It doesn't matter if it's a traditional feature story or a sidebar or secondary feature, a quote collection or an infographic.

1. Traditional Feature Story

Feature stories written in journalistic format about a specific angle with quotes from students and others.

Stories should have an original angle and be filled with great quotes and great writing that grabs the reader and keeps him interested until the end. Reserve this type of copy for stories that would be told best in a longer feature format.

FEATURED SERVICE
At Fresh Night Aug. 25, Alexis Guerth and Maddy Anderson advised their cheer friends Andres Quintana, the cheerleader who has collected donations for their booth to raise money for the team. (Photo: Alex Iannone)



STRIKE A POSE
At the football game against Twentynine Palms Sept. 11, Macy Bowls shows the Redlands Christian Lower School girls how to rally the crowd. The cheerleaders-in-training stole the show during the first two quarters and performed a dance routine at halftime. (Photo: Alex Iannone)



dancing, stunts, and cheer clinics cover a small part of what varsity cheer does

BEHIND THE BANNER

Michael Miller

"When I put my head toward the ground I have to trust that these people won't let me break my neck," Maddy Anderson said. "It's a mentally and physically challenging sport."

What? Cheer is a sport?

"I can't even believe that's a question," Alexis Guerth said. "We go from May through the summer until February. Other sports don't do that."

Cheer required as much practice and athleticism as the sports the girls rooted for.

"If you go behind the scenes and see what we do, then you'll understand why it's such a dangerous and skill-based sport," Selah Gallardo said.

As a flyer, I have to be totally OK with being thrown," Guerth said. "I have to know that the girls are going to catch me. Trust is the biggest thing."

Practices were risky business.

"My worst experience was the time I got dropped," Guerth said. "I had to do a handstand on top of someone doing a thigh stand. The girl who was supposed to catch me let go. It hurt a lot and I got a concussion. It was hard coming back to practices—I was so afraid."

It was hard just to get out and rehearse.

"People see us cheering and cheering and think that's all we do during practice," Guerth said. "We actually never go over cheers during practices."

New coach Candace Verkaik started training the girls in May. A former Eagles cheerleader (class of 2006), Verkaik understood what it meant to be on both sides of the pompoms. Her team had made it to nationals, so she wanted to ensure that this team worked just as hard as hers did.

"She pushes us because she's not afraid to hurt our feelings," Anderson said. "We do a lot of conditioning that we didn't do before. She doesn't take any less than our best."

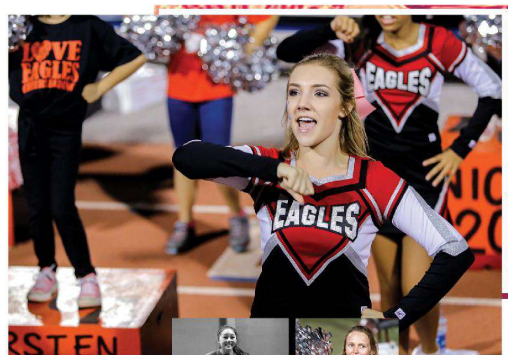
Sometimes their best meant smiling, even when the crowd didn't.

"Football didn't do that great this season," Anderson said. "At the games where we had bad losses, no one wanted to stand up and cheer. But we still had to."

"It's been our best season in years," Kirsten Roy said. "We advanced so much in stunts at camp and progressed from there. We did a lot of flipping, which the crowd likes. We did one-legged stunts. Our dances have been much harder than in the past."

4018322/Definitely A Sport? You bet.

Who knew there was so much more to cheer than making banners?



STAY BALANCED
Before the first quarter of the game, Alexis Guerth performs her first stunt. She was in a handstand position when she fell through the crowd. (Photo: Alex Iannone)

CROWD CLEARER
During the game, Selah Gallardo performs her routine with the team during one of the football games. Along with many other cheerleaders, she has been thrown and landed safely in the stands. (Photo: Scott Higgins)

is Guerth and Maddy Anderson who collected donations at their booth. (Photo: Alex Iannone)



STRIKE A POSE
At the football game against Twentynine Palms Sept. 11, Macy Bowls shows the Redlands Christian Lower School girls how to rally the crowd. The cheerleaders-in-training stole the show during the first two quarters and performed a dance routine at halftime. (Photo: Alex Iannone)



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It's more that just pom-poms and miniskirts.

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Athletes? Definitely. A sport? You bet.

Who knew there was so much more to cheer than making banners?



"I really don't realize that I had won when they called my name. Kayin [Cook] had to nudge me to go up and get the crown. It wasn't even until the next morning when I woke up and saw the crown lying beside my bed that it became real that I won." — Homecoming Queen Brenda Awuah (caption photo)

20

Timing
Senior Brenda Awuah second-guessed what she heard when the emcees read her name as the homecoming queen at the burning of the "H" ceremony. Her escort Kayin Cooks gave her a reassuring nudge. It was actually her.

Photo not a queen
Brenda had thought about being a queen. But she thought her chances were greater at becoming the queen of her native country, Ghana, than the queen of the homecoming festivities. "When I was little, my sister and I always used to complain about our last name, until our parents explained that in our town in Ghana, our name was a big deal," she said. "They said we were part of a royal bloodline, and I was in line for becoming the queen of Ghana."

There's a Queen. Always a Queen
Technically Brenda can't be queen of Ghana. Besides the fact that she's not male, there are more than 20 people in front of her in the line of succession.

Photo not a queen
Brenda said, "I'd rather be homecoming queen!"

Page by Courtney Harris

actual ROYALTY

WHAT HAPPENS WHEN IT TURNS OUT THE HOMECOMING QUEEN COULD REALLY BE QUEEN

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A Burnt-Up Question
As queen, Brenda's first duty was to light the "H," but up until the day of the ceremony, there was still a chance that it wouldn't happen. A hot, dry summer had led to another burn ban which led to ongoing rumors that the queen wouldn't be able to burn the "H." But then it started raining. "Everyone knew that we weren't going to burn the 'H,'" senior Kristal Weir said. "But I walked outside and saw the 'H' in the parking lot. I freaked out and started calling everyone to tell them we were going to be able to burn it."

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There's a Queen. Always a Queen

Technically Brenda can't be queen of Ghana. Besides the fact that she's not male, there are more than 20 people in front of her in the line of succession.

"I really didn't want to be the queen of Ghana anyway. It's too much responsibility," Brenda said. "I'd rather be homecoming queen."

Page by Courtney Harris



BE

SECONDARY
NOT SECOND

A solid orange vertical bar is positioned on the left side of the slide.

BONUS
EXTRA
MORE

are better ways to describe this coverage.

*also known as sidebars/modules.

If a PRIMARY PACKAGE is your main coverage package,

a SECONDARY PACKAGE

is a related photo/copy package
that gives the reader

BONUS

EXTRA

MORE information.

a SECONDARY PACKAGE needs

interesting information that is accessible and relevant to topic

a SECONDARY PACKAGE needs

the package purpose/info to be clear to the reader

a SECONDARY PACKAGE needs

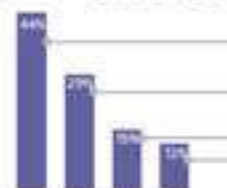
A clever, interesting, relevant headline

a SECONDARY PACKAGE needs

graphic elements that serve the purpose of attracting the reader

tick-tock
on the **CLOCK**

How much time did you spend studying for your second class?



ALEXANDER DOVE (right) of the law firm and Physics Professor who won an Ig Nobel Prize for publishing an article on a *flout*.

© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 103–110

REINFORCE PAPER Chemistry majors require all the features listed, with added strength.

4. THE DESIGN OF THE STUDY An attempt was made to select a group of subjects to obtain the sought-for effect. The subjects were selected on the basis of intelligence because the subjects were very young (see Table I). The subjects in the control group were selected on the basis of the prior score in reading. The subjects in the experimental group were selected on the basis of the prior score in reading. The subjects in the control group were selected on the basis of the prior score in reading. The subjects in the experimental group were selected on the basis of the prior score in reading.



no notebook **NO** PROBLEM

changes in how labels were written affected the AP students.

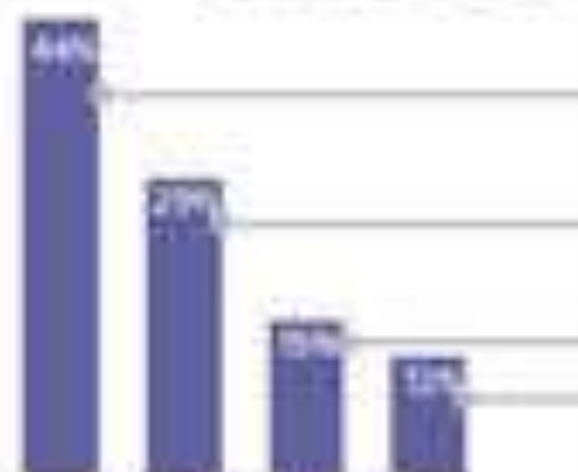
FOR MANY STUDENTS, THEIR BIGGEST WORRY

Facing an AP science course on the world, the AP teachers decided to reduce the workload for both students and teachers by taking the lab to close online and in person. We teachers wanted to help the students learn in any way possible, and we felt the new system could benefit thousands of students. Dr. Muth, the AP Chemistry teacher, said:

Working in lab groups instead of working by themselves allowed students to get their questions answered more easily and allowed them to take the material more than they would working on their own. I felt like working in the lab with my group really allowed me to understand the material more since I had a whole group to ask questions. Before I could type what was necessary to get the protein, but with my group I could ask them to write what was necessary. (Chris Kib, 2006)



How much time do you spend studying for your school class?



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ALEXANDER DOWIE (right) of the last year and
Thomas Parsons file work on it was extremely interesting
in about 4 or 5 years.

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RESEARCH FUNDING Champagne research was supported by the National Science Foundation, grant number 0044200.

STRUGGLING

students who don't get AP class before are rewarded for the difficulty of achieving success.



JOHN LAU/512
 "There's no harder than actually
 staying focused and a different
 output than anything I'd ever
 do. But it really grows from my
 own experience."



BRIAN LEE / AP



KATERINA GURZHI / *NYC*
I want you to know that I'm a fan
of the way that you always deliver
and how you always deliver it
and how you always deliver it



KUSHI RATEL /JLJ/
 Planned to take Physics I (new) off AP Biology because I didn't have it take another rigorous course early in my senior year. Learned Physics

2. Blurbs

Copy written in journalistic style about specific topics with quotes from students and others but not as a feature story – written in separate “pieces” or “blurbs” – or simply short stories

FRIDAY NIGHT FRIGHTS

101 ZOMBIES TAKE THE FIELD FOR AN UNUSUALLY SCARY SENIOR NIGHT

THE WALKING DEAD

Best: The plaza swarmed with STUCO members and elementary trick-or-treaters at the Halloween pre-game festivities. While there had been hints of a zombie apocalypse all week, no one really knew what to expect. And then the garage door on the theater loading dock began to rise, and 101 zombies crept out. "I knew about the zombie half time show, but I wasn't expecting them to make a grand entrance," freshman Ben Legrand said.

Worst: Taking a break from brains, the zombies attempted to eat before they made their grand entrance. "My mom brought me Wendy's for dinner," sophomore Hannah Griffin said. "I couldn't eat it because it would rub the makeup off of my hands and face."

DRESS TO IMPRESS

Best: Theater students spent weeks perfecting their zombie look. "We worked on the makeup and half time show so much that I was starting to get bored with it," sophomore Brooklyn Puzs said, "but when we finally got to dress up and perform that night, I couldn't wait to do it again."

Worst: The weather wasn't delightful—it was almost as frightful as the zombies. Fans huddled under blankets and drank hot chocolate from the concession stand in an attempt to keep warm. "Our shirts and pants were cut up, and we had to wear long sleeves under them because it was so cold," freshman Key Burton said. "It took away the effect from our costumes."

SENIOR NIGHT

Best: With the game tied at 42 with a minute left, the silence in the stadium was deafening. The ball was just close enough for a field goal. "I was kind of nervous," junior kicker Dalton Hinton said, "but I just took the kick like I normally would." With a 42-yard field goal, the Hawks took the win on Senior Night.

Worst: The usual near-empty student section was filled with cheering zombies while the students were kicked to the side. "On my only Senior Night I didn't even get to sit in the student section," senior Peter Gavriel said. "And I had to sit down the whole time because the people behind me couldn't see."

Page by Kenzie Glover

TRADITIONS SHIFT AS STUDENTS MARCH
DOWN MCKENIGHT IN FIRST EVER PARADE

Back The homecoming parade Monday night got the entire community involved, not just students. "I loved waving to smiling faces along Jackknif Road," freshman Rachel Johnson said. "I was cool that all dogs were a part of the new tradition."

Wine: During its 30-year tradition of "Turning of the H" since 1978, at least 60 Seniors were upset that the traditional ceremony was coming to an end. "It's gone to the 'Turning of the H' for the past three years," senior Chessa Carson said. "We're filing that Memento Mori notebook; I don't mind it." She wanted to go no further.

Dear Instead of viewing the upcoming Monday night ceremony as merely a Friday on the field, he'd most prognosticated names built up. That was probably my favorite part of the week because I was out there on the field with my dad," senior Kevin Tronzo told. "We were playing

and having fun, and it was really special because he was going on a hunting trip, but he wanted to go because he wanted to work with me."

Forest: From the moment students lined up to kick off, there was hope for a homecoming win, but the Hawks

Back. Compared to the dense beer Sunday night, New York City seemed deserted. Student, cranked the stereo. Musical Shmooze on River. "I liked the crowded feeling," he said. "I wish I could find a place like that." "I liked the new and familiar."

West: Dancing was a little tighter for students because of a few human administrators using a separate schedule. "It was a try to make a facility to push out so many people," sophomore Anna Miller said.

Figure 1. Comparison of the two models.



"The parade was great in the community and benefited the vote," senior Marcus Bolding said. "Winning in our town was just one of the goals." (JMW/Larkin)



MONDAY
TUESDAY AND
WEDNESDAY WERE
FOCUS WITH
EVENTS

pick the dance floor with the Nuummenen Revue in their home of country dancing. "My friends and I decided to take a break from January and go to the photo salon, sponsor Sund Wilden and "break up" favorite spot." [Hill]



WARRIOR: THE THREAT of what was reported, once Morgan McEwen learned his late Congress failed of health Friday night on the job. "Cancer was more or stable," Morgan said. "I felt more confident about managing it." [AP/CNN]



Richter, Borge points Kodj Kodj from a habitué school for fighting hawk fanny. "I only wanna go all out because you guys do," Kodj told "My kind and I respect you the whole class." The

[illegible]

3. Q&A

Question and answer piece from a student(s) or teacher(s)
about a specific topic or topics (must have good questions and
great answers)

BY CHRIS OLIVERA
Photos by M. Ryan
In Prototyping and
Robotics classes,
students create a
variety of systems.

BUILDING BETTER 'BOTS

WHAT: We've done a lot of Computer Assisted Design. We'll be starting with C-clamps soon, and we'll be making toolboxes at some point.

HOW: We got a lot of new equipment and a new room. Mr. Behling's going to show us how to do welding next week.

WHY: C-clamps are basic tools used to hold material for us to then work on.

MOLLY SCHINDLER, 10

WHAT: Our most recent [project] was building a robot that could pick up a duck and put it in a cup.

HOW: We gave it an arm that had three degrees of freedom so we could actuate it.

WHY: Robotics is great in that you can branch out. I torqued [the arm] up from 120 rpm to less than one rpm so our robot can now pick up other robots instead of just a rubber duck.

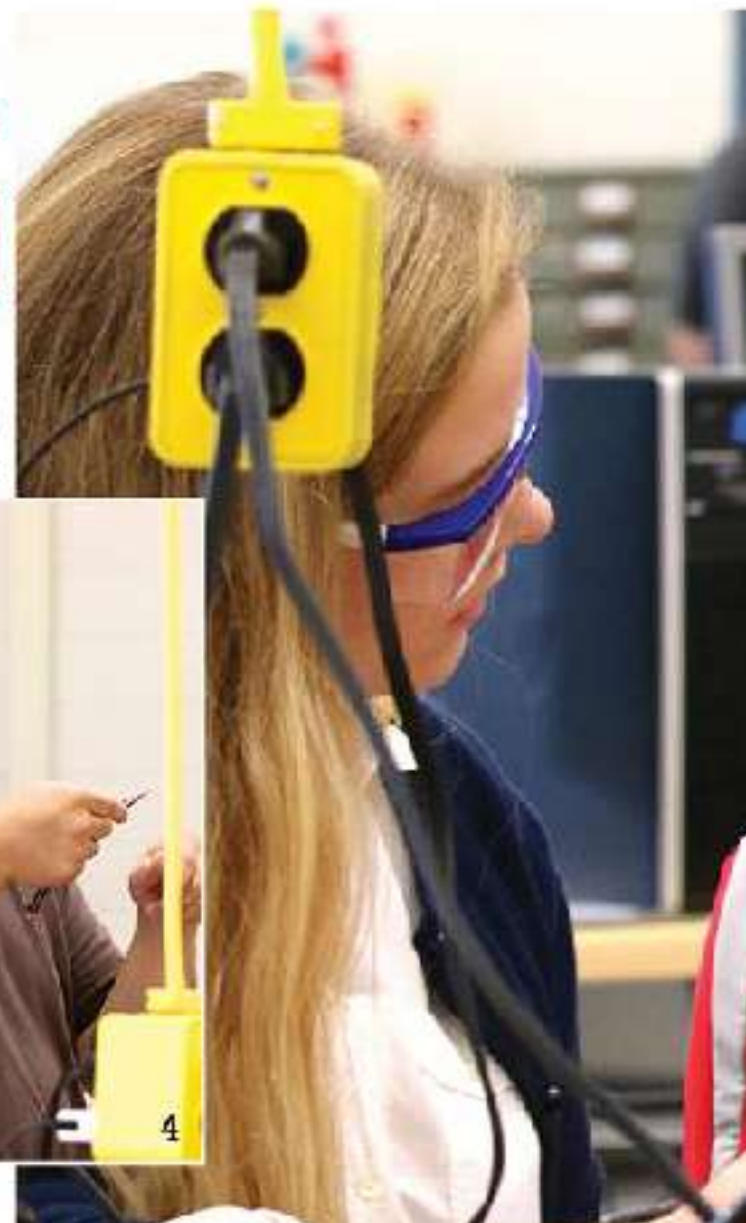
ALEXANDER HOGANSON, 11

WHAT: The system that I'm attempting to create is going to replace [what] they have for stairlifts.

HOW: I'm designing something that can attach to your wall and it would have a platform attached to it driven by a motor that can lift it up or down, for easy transport of unwieldy things.

WHY: They are for people who can't climb up stairs but stairlifts are not very cost effective, efficient, or quick.

SRIRAM IYER, 12



—vanessa richards milner and michalah bell

—vanessa richards milner and michalah bell



"We had a team sleep-over at my house, and that was the best thing ever," explains Heaton. "We slept in the garage and watched an awful movie, *The Band of the Hand*."

"The best part was that there were so many different personalities," captain Kyle Clark adds. "A lot of new guys came in from different worlds."

● 4月8日 公考 9605714

"There was never a boring moment when we had nothing to talk about," Phillips says. "It was always full of wonderful conversations."

Ward edited.

BUT WHAT ABOUT DREAMS?

The Party Line is ended with a 6-1-11 action.

“We’d our clanging of scorded; hollow, then, but I don’t think there was a trace that was better than we were. We just

Clark signed to play for ZIL and Karen Deffoua for Indiana

*In no curtain air building mode, five fans will work

and, "Not everyone on the team this year had experience, so I

ANSWER: B. RACIETHALANTHUS

The reaction between the two substrates is first order in each.

As her lawyer later told the jury, the girl grabbed the wheel

"That was fun," she said. "I like soccer much better, right here."

M

Y

1

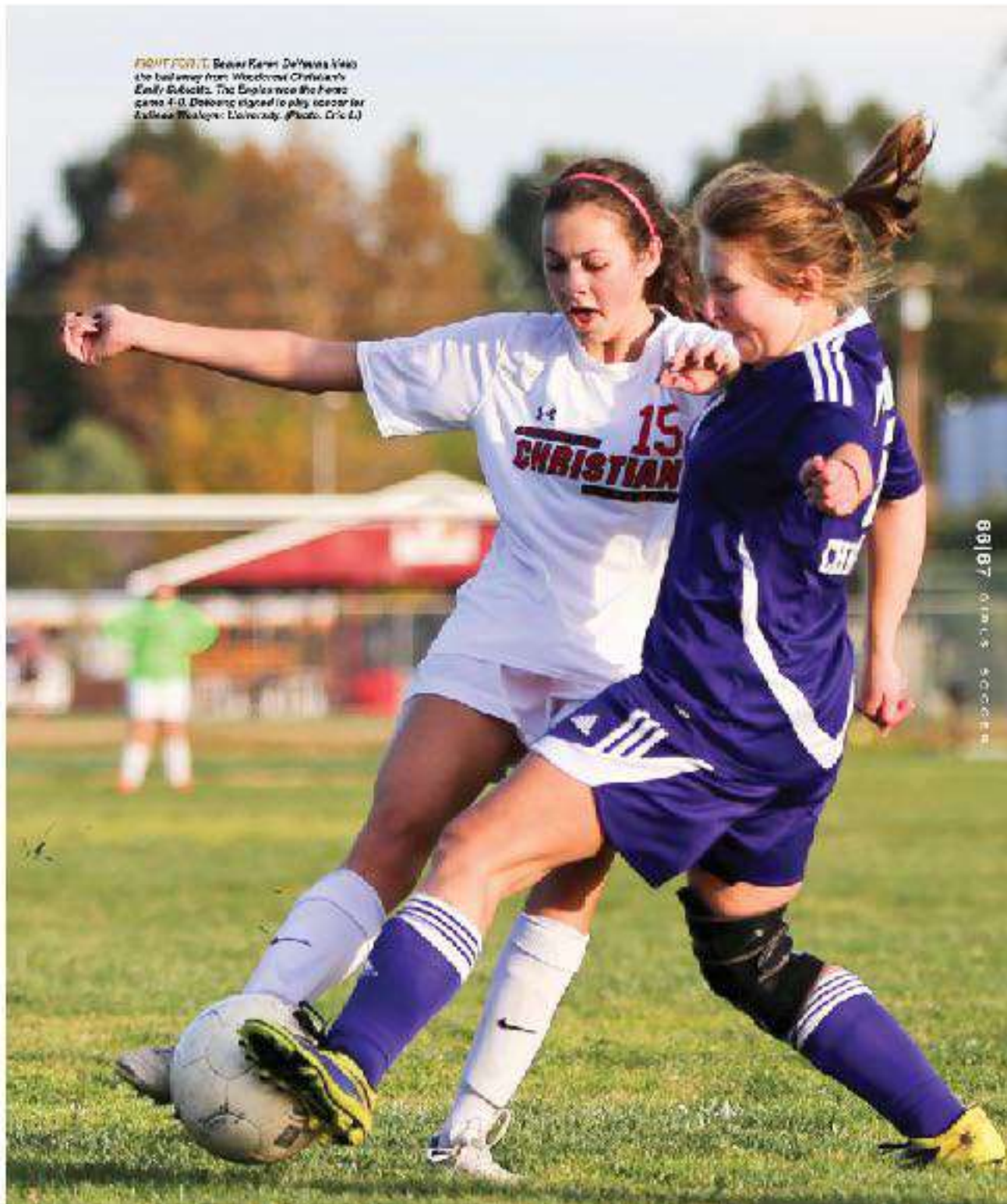
DE'S NO

RE 3 NO

EMILIO

END OF

FOUNT FOUNT: Beaver Karen DeVries yields the ball away from Woodrow Christian's Emily Sublett. The Eagles won the Feroz game 4-0. DeKoning signed to play senior for Ballwin-Hatfield. *McIntyre photo. Oct. 4.*



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REPORTS

ONCE THE LADY
EAGLES START
TALKING, THERE'S NO
SHUTTING THEM UP

chit-chat

written by michaela miller and michalah bell



BEFORE THE Linfield Christian game Jan. 20, Rachel Hernandez attaches her shin guards. They lost the away game 0-2. **WARM UP.** Sprinting across the field, captain Reagan Phillips practices after school. Practice started each day with two laps around the field. "This year I didn't let the other teams get in my head," Phillips said. "Instead of being nervous, I was excited." (Photos: Wallace Li)



BLOCKING ONTARIO Christian's Julia Eichor, captain Kylee Clark steals the ball. The Lady Eagles lost their home game 0-3 Jan. 28. "Being a captain this year has definitely been a tremendous learning experience for me," Clark said. **IN THE LAST** game against Western Christian Feb. 3, Sydney Ward runs to steal the ball from the other team. The home game ended with a 0-4 loss. (Photos: Jordan Collins)



DID THEY SPENT TIME OUTSIDE OF PRACTICE TOGETHER?

An overwhelming yes.

"We had a team sleep-over at my house, and that was the best thing ever," captain Reagan Phillips said. "We slept in the garage and watched an awful movie, 'The Best of Me.'"

Or some of them did.

Julia Partida shrugged.

"I fell asleep. I don't remember any of it," she said.

WHAT ABOUT THE REST OF THE SEASON?

"The best part was that there were so many different personalities," captain Kylee Clark said. "A lot of new girls came in from different sports."

"The worst part was [the] running," Sydney Ward said. "I remember the first time we did [the box of death]. I hadn't run in over a year. I almost threw up."

THE BOX OF DEATH?

A drill too complicated for words.

"There was never a boring practice where we had nothing to talk about," Phillips said. "It was always full of wonderful conversations."

"But what's said in the stretching circle stays in the circle," Ward added.

They honored that promise.

BUT WHAT ABOUT DRAMA?

"Coach Norma [Mendez] said at the first practice, 'I don't like drama. Don't bring it,'" Phillips said. "So we didn't. We kept it fun."

The Lady Eagles ended with a 7-1-13 season.

"We did a lot better than people expected us to," Clark said.

"Maybe our standings or scores didn't reflect that. But I don't think there was a team that was better than we were. We just lacked consistency."

Clark signed to play for CEU, and Karen DeYoung for Indiana Wesleyan University.

"Since our team is in rebuilding mode, I've learned to work with a different set of girls, which has been a total blessing," Clark said. "Not everyone on the team this year had experience, so it gives being a leader a whole new meaning."

AND THEIR FAVORITE GAME?

"Loma Linda - we crushed them," Phillips said.

"That was a good game," Clark said. "I got to sit out."

"The games Kylee sits out are the games that we really crush them," Phillips said.

A few laughs later, the girls grabbed their stuff.

Phillips grinned.

"That was fun," she said. "A little soccer reunion, right here."

WAS IT SORTA CLOSE OR EXACTLY RIGHT?



LACEE COLLIER elephant adventures

"My experience riding an elephant was crazy because you never think about riding an elephant or any big animal like that on a regular day. I rode it at the Renaissance Fair. It just **sorta stunk.**"



NASIR ROSS across the sea

"I went on a Carnival Cruise for two weeks in June, over the summer. I went with my mom and my brother. The best part was when we went to Cozumel because they let us jump on a trampoline in the ocean. It was **sorta perfect.**"



MARIAM KHOKHAR taking the ride

"At Warped Tour this summer, we stumbled across Kellin Quinn on Calfax, riding a motor scooter past us and he stopped to talk to us for a bit and then he just gave us a ride up and down Calfax on a motor scooter. It was fun, but was **sorta scared.**"

how do you get prepared?



GOOD LUCK KISSES

"Before every performance we lock pinkies and kiss our hands for good luck," **Sulia Drewery**, 10, said. Drewery only had a few friends when she came here last year after being home schooled for two years. After joining color guard, she gained many more.

NAP TIME

Brock Mudie, 12, was one of the 19 players on the varsity baseball team. Mudie always took a nap on the bus before away games. "Taking a quick nap allows me to completely relax, and when I wake up when I get to the field, I'm calm and ready to go," Mudie said.

CHEERFUL CHANTS

Shelby Stewart, 11, has played on the varsity volleyball team since her sophomore year, when she became captain of the team. Stewart kept that title for her junior year. "Right before we play, we do an 'Are you ready?' cheer," Stewart said. "It helps us gain confidence and get excited for the game."

ONE FOR THE TEAM

Makayla Jones, 11, competed in 100 fly and 200-yard events. "Before a swim meet, we usually do a team chant," Jones said. The team repeats the same chant before meets even though they would like to come up with a new one.

EAT PRAY TRAIN

Erin McTighe, 11, helped take care of the athletes at practices and sporting events for the first three of her high school career. "Before the game, we all go out to eat and pray. Also when they sing the national anthem at games we all stand together," McTighe said.

PRE GAME PRAYER

Kala Jones, 11, played on the varsity girls' basketball team. "We always say a prayer and have a pep talk with the team before the game," Jones said.

WELL DRESSED FAN

Noah Bourland, 12, wore his Texas A&M shorts to every match he played on the varsity boys' tennis team. "It's good luck," Bourland said. "It's my favorite school, and I'm an Aggie."

MINT TIME

Drum major for the second year in a row **Delaney Toone**, 12, lead the band for every performance, always making sure she stayed in time. "**Shane** [Boettiger, 10]'s dad brings us Wint-o-Green mints, that's how we know it's time," Toone said.

the RITUALS we do here



COURTESY PHOTO

cheerleaders tie ribbons to band together as a team

The whole crowd watched as the Legacy cheerleaders performed their routine at the varsity football game. Trembling with fear, only one thing helped the cheerleaders overcome their stage fright.

Little red tags that go on the varsity cheerleaders' shoes read F.A.M.I.L.Y. These tags represented how much the cheerleaders want to forget about their own selfish needs. **Bailey North**, a varsity cheerleader, explained what the red tag represented.

"The acronym stands for 'Forget About Me I Love You,' North said. "It helps knowing that you are not just working for yourself, you are working to get better as a team."

Although some cheerleaders connect to items and music, senior Kaylin Beasley says the team always prays before a game or performance.

"It helps us get motivated and use God's strength to come together to do our best."

By Garrett Brantley



Take actors with a knack for improv, a man-eating plant, and lots of die-wop music. Fun times. We sat down with some of the cast to talk about "Little Shop of Horrors," the fall musical.

When you heard what play you were doing, what was your reaction?

Steven Smith: Oh, I was really excited.

Taylor Everett: I was like, what is that I have never heard of before.

Austin Reynolds: All I had heard about it was that there was some kind of scary plant in it.

Steven: I guess I was the only one that had heard about it before then.

How much did you guys end up laughing during rehearsal?

Steven: Six degrees of laughter.

Connor Palmone: We got in trouble for laughing a lot.

Austin: The best thing about theater is that we can work while laughing and having fun. Even though that doesn't work out all the time.

Taylor: We would do something really funny, and then it ended up becoming part of the show.

Do you think you could do a drama after the last two shows being comedies?

Taylor: I mean, I cry all the time so, yes.

Connor: I think we could be a lot better at drama now that we have accomplished comedy.

Austin: I think the greatest thing is that we have so much experience now. There was still drama in this, just not much.

So Taylor, Austin, and Steven—what was it like to be eaten by the plant?

Taylor: Oh, I didn't get eaten by the plant. When the lights went dark, I ran behind the desk.

Steven: It was fun except for the couple of times that I kicked Nick in the face.

Austin: To be honest, for me it wasn't fun at all because you can't see and I had to crawl in between Nick's legs.

Steven: I had a fat suit on and I am a fan of the absurd, so it was ridiculous.

Did you ever ad lib or improvise?

Caleb Smith: Cully.

Connor: I made up a whole verse to my song in my performance.

Taylor: Yeah, we noticed.

Austin: Everyone noticed.

What was the funniest moment?

Steven: Any time that Nick didn't have his plant costume, he had to mime the actions on stage. The faces he would do were some of the best. I died laughing all the time.

Taylor: You totally did the faces when you were in the plant, too.

Austin: Didn't you fall asleep when you were in the plant?

Nick McDowell: The real question is did I fall asleep or lose consciousness.

Connor: My funniest moment is we were on stage during a performance and I was checking Austin's mouth for cavities when his microphone completely fell off. It was in the middle of a show so I had to put his microphone back onto his ear just so we could go on to the next scene.



Take actors with a knack for improv, a man-eating plant, and lots of die-wop music. Fun times. We sat down with some of the cast to talk about "Little Shop of Horrors," the fall musical.

When you heard what play you were doing, what was your reaction?

Steven Smith: Oh, I was really excited.

Taylor Everett: I was like, what is that I have never heard of before.

Austin Reynolds: All I had heard about it was that there was some kind of scary plant in it.

Steven: I guess I was the only one that had heard about it before then.

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4. List

Numbered or unnumbered listing of any variety of topics.

From newspaper to magazine, iJi TODAY and the broadcast team promote the new format.

1. **MODERNIZED** look to layout and design elements
2. More student voices, focus and **REPRESENTATION** in our coverage
3. More focus on iJi today.org for **DAILY EVENTS** and happenings
4. In-depth features that cover the **HARD-HITTING ISSUES** in our community
5. New ways to **INTEGRATE** print, online, social media and broadcast journalism

1. EAGER TO SHOW OFF THE NEW FORMAT, sophomore Katherine Da hands out the first copies of iJi TODAY as a newsmagazine. At the time, Da is was a staff team leader. "I think the idea to switch to a magazine was very creative because it focuses on stories that are unique to the TJ community such as covering individual students in addition to news," Da said. Photo by A. Zhao



2. CHECKING IN WITH HER TEAM MEMBERS, junior Sharon Kim takes a look at a voiceover with freshman Lynn Nguyen and sophomore Alois Nguyen. Nguyen said... Photo by E. Hana

With the new SAT, some students welcome the changes, while others prefer the original format.

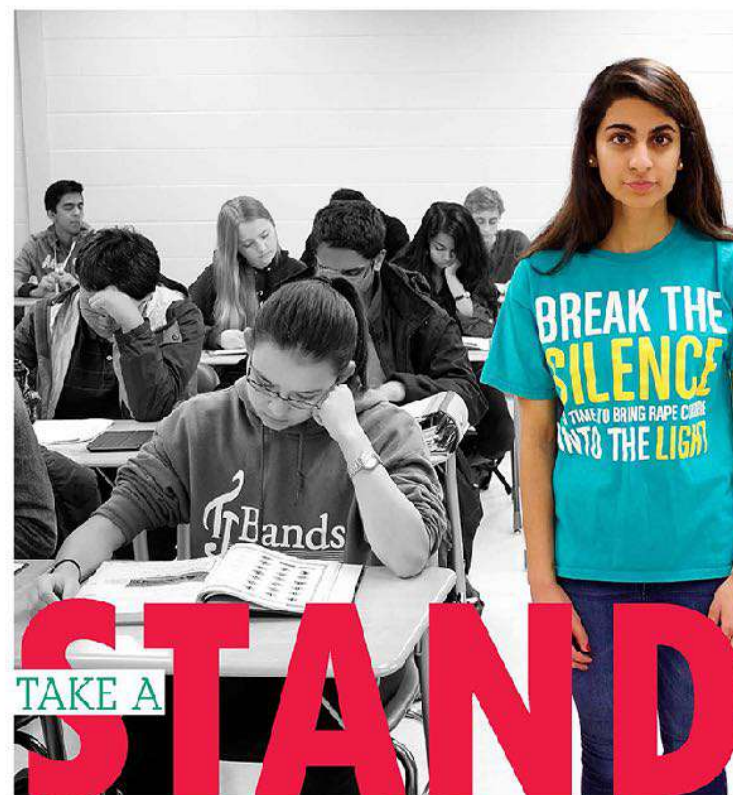
YOU ARE SATISFIED
 "The new SAT is much easier. The vocab is a lot more **CHILD FRIENDLY**. I like [the optional essay] but at the same time, if you don't take it, it looks bad." **ANDREW YODER, 11** Photo by D. Unsworth



"The new SAT is **CONFUSING** the way I see it. No one understands it, and it's really frustrating that we have to be the transition year." **EMMA CUDDY, 11** Photo by G. Bower



"There's more material out there that I can study for [the old SAT], whereas the new SAT is **UNKNOWN TERRITORY**." **NAMITA DONGRE, 12** Photo by D. Unsworth



TAKE A STAND
 For her Gold Award project, senior Anjali Khanna takes a stand against sexual assault through education. BY CECE BROWER Photo by W. Siga

WHY ARE YOU INTERESTED IN YOUR CAUSE AND WHY

"It all started after that UP was published. I was studying something so horrible come to someone, and no one was anything about it. I finally [a cause to be part of] with assault. **I HAD NUMEROUS COME UP TO ME, AND THEY LIKE 'I WAS ASSAULTED'** at TJ or it had been adult they were like 'I was assaulted college.' It was so common I felt like it was something needed to continue, because **DOING IT FOR THESE PEOPLE**

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was one of the Broadcast executive producers for iJi TODAY. "Doing convergent pieces is good because while the magazine shows the story through words, you can show it in another way and get more personal with the people affected by topic," Nguyen said... Photo by E. Hana

SAVING YOUR SKIN

Christine Mysidl

youtube crash courses, extra credit, class participation points, after-school tutoring, and other tips for winning at science



FIXED UP
Lab partners Chase Thompson and Alexander Gendron (above) perform an experiment in Nate Heuker's anatomy class. In Language Science, Maria Pekar (below) looks over Rita Berry's shoulder during an experiment. Students learned a variety of things in different areas of science to prepare for future classes, such as biology and chemistry. (Photos: Sam Jackson and Jordan Collier)

1. DON'T FORGET YOUR SCALPEL
Cat dissections. The staple of Anatomy and Physiology class. Characterized by the screams of horror and disgust, as well as the strange smells emanating from Nate Heuker's classroom.

"We start by skinning the cats, then we look at their muscles," Michalah Bell said. "We'll pull them back out again to look at their organs later. I'm really excited for that part because our cat is pregnant, and when we cut deeper into the cat, we'll get to pull [the kittens] out. Heuker collects the kittens in jars!"

2. TAKE SPORTS MED
Need one more year of science to graduate? Sports Medicine was the way to go. Its practical lessons and relaxed grading scale made it the ideal class for those without the stomach to face cat dissections or AP exams.

The curriculum involved learning the statistics and legal implications of sports medicine, followed by CPR training and hands-on practice in treating sports-related injuries.

"Your feet are gross," Reagan Phillips said as she wrapped Samantha Earley's ankle. But they didn't smell as bad as the dead cats.

Students also had the opportunity to take a field trip in November with Anatomy and Physiology to "Bodles: The Exhibit" for a more realistic perspective on the human body, which in-class discussion and cartoon images of ankles and wrists could not give.

3. BRUSH UP ON YOUR CARD-DEALING SKILLS
In Chemistry, a new resource gave students the chance to learn the Periodic Table while competing for fabulous prizes (aka bragging rights). Chem-x, invented by science teacher Benjamin Sanders, was a card game dedicated to helping students understand the elements and how to best use them to vanquish one's enemies.

"The Nerd-O-Meter is running a little too high for me right now," English teacher Julie Frey said when the card game made an appearance in her Honors World Literature class.

For only \$20, any student could own this unique deck of cards, complete with every element on the Periodic Table.

4. DO YOUR PHYSICS EXTRA CREDIT
With 200 points possible, extra credit at the end of the first semester was nothing to take lightly. For those dedicated (or desperate) enough to do all of it, these extra points provided a boost in grades.

"The only reason I'm passing the class is because of the extra credit," Damien Botello said. "So regardless of the number of questions assigned by Mr. Sanders, I'm doing every single one. It raised my grade from a 74 to a 92."

If only all science teachers were so generous.



TO SKIN A CAT

30 Michalah Bell, Anatomy and Physiology teacher, shows the muscles of a cat. Heuker collects the kittens in jars. (Photos: Sam Jackson and Jordan Collier)



1. CHOOSE YOU

Chemistry students Kathryn Smith and Jordan Collier (above) look at a card game. Science students can work the competition in the end by playing the game, which combined a card game with a chemistry theme. (Photo: Reagan Phillips)

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4 WAYS TO KNOW IT'S FALL

It's October, the leaves are still on the trees and the temperature is in the mid-80s. After all, we are in Texarkana. Even though it doesn't feel like it, the typical fall activities (excluding the Ebola outbreak) are in full swing.

1. TOO MUCH PUMPKIN

Fall means pumpkin, but when is enough, enough? Pumpkin Spice Lattes, pumpkin bread, and pumpkin scented candles were familiar, but for junior Maddox Monthei pumpkin flavored Oreos went a little too far. "I have never eaten pumpkin-flavored anything," Maddox said. "Just the thought of pumpkin-flavored Oreos makes me sick."

2. THINK PINK

With its flair and undeniable boldness, some people wouldn't be caught dead in the color pink, but people wore it all week to support breast cancer awareness at the pep rally, football game, and on dress up days during Pink Out Week. "I own one pink shirt," sophomore Diego Morlet said. "I only wear it once a year for the pink-out pep rally."

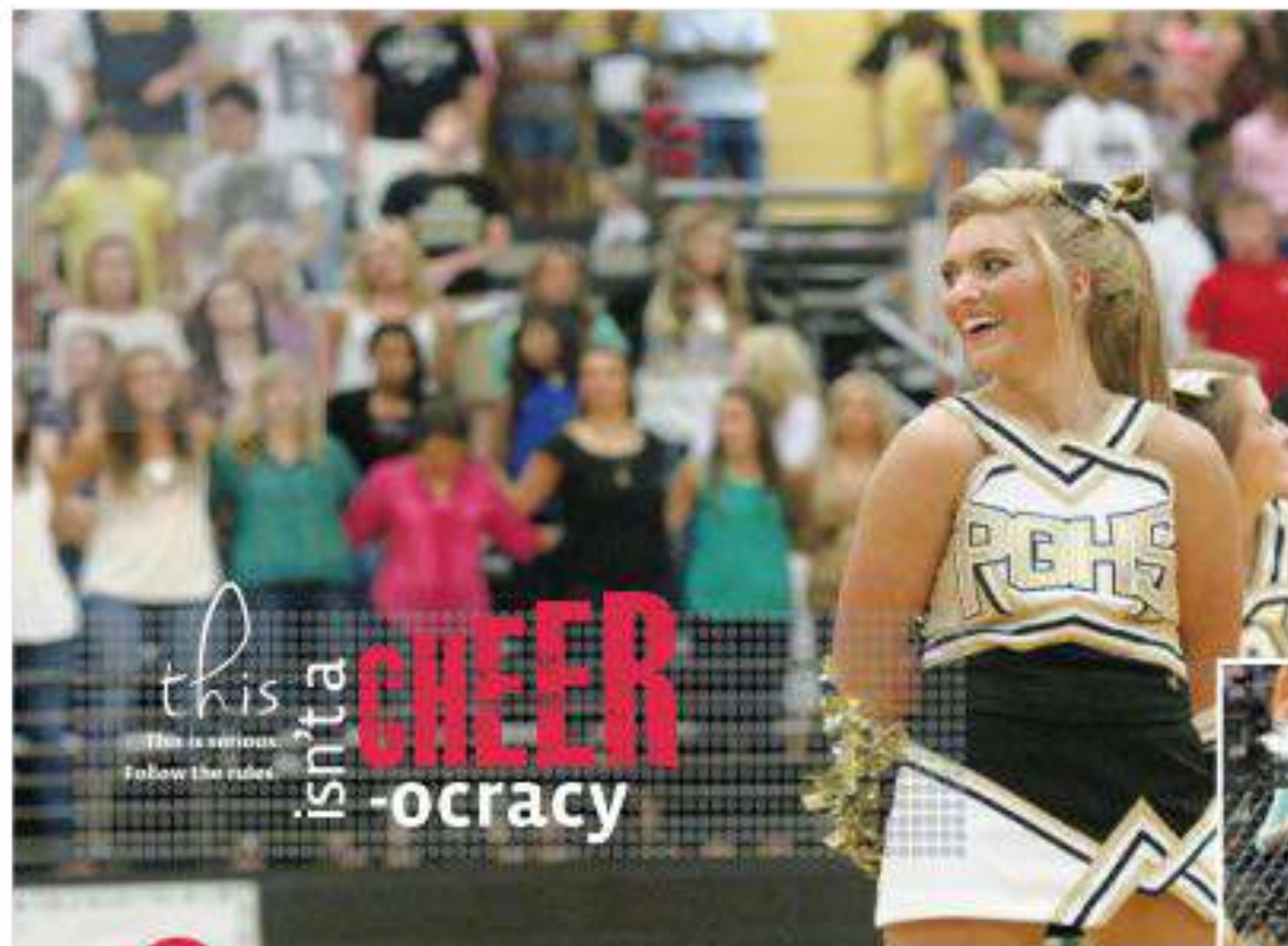
3. RACING, WALKING, AND CHEERING, TOO

Get up sleepy head. It's time to walk, run, or cheer to support a cure for breast cancer. Keyettes, STUCO, drill team, and the cheerleaders stood in the cold along the Race for the Cure route at the Four States fairgrounds. "I had to be there at 7:30," freshman Kaylea Knighton said. "I got to see people's faces light up when we cheered as they crossed the finish line."

4. DUST OFF THOSE LETTERMANS

The mustard yellow sleeves weren't hard to miss. Whether they filled the cafeteria or the football stadium, letterman jackets were the most popular fashion statement in fall. "I always looked forward to getting my letterman," senior Brenda Heminger said. "It represents me and all the things I've accomplished."

Page by Kanzie Glover and Becca Breitfeller



this isn't a cheer-ocracy This is serious. Follow the rules.

YOU
CAN
ALWAYS
IMPROVE

The other team has better cheerleaders? Forget. You can't hear us! Impossible. Outspike us! Nada. It's all because we follow the rules.

1. Forgetting Grover is a bad idea.

"We drove all the way to Commerce and then realized we had forgotten the Hawk mascot uniform, so he had to just sit and watch," junior Bailey Carr said.

2. Black is the new pink.

"Our black uniforms were a lot more comfortable than the white ones, and also easier to get in and out of when we wanted to change the shirt underneath," sophomore Jalise Thompson said.

3. Flap. She has a gun! A T-shirt gun.

"I wasn't expecting it but the first time I used the gun it had some kick to it and made me jump," sophomore Aubrey Abby said. "I eventually got used to it and embraced the fact that the smoke made me look official."

4. Flip, but don't flop.

"I get a lot of adrenaline during games when there are a lot of people in the stands," junior Tiffani Smith said. "It gives me the ability to throw a tumbling sequence I may not normally have the confidence to in a pep rally."

5. Cheer with all your heart even when you are losing (by a lot).

"We still had a good time when we're losing because we like to make the best of every moment and are always trying to keep everyone cheering," sophomore Cheyenne Grate said.

6. Cheer like your echo isn't coming back and slapping you in the face.

"Sometimes when there aren't a lot of people at the games it can be awkward because you feel like you are cheering for nobody, but then I remember that I'm really there to support the team," freshman Crystal Griffin said.

7. She will be born chanting black and gold.

"We tried to be really nice and get a lot done in practice so our coach [Shea Adams] didn't have the stress of dealing with us on top of being pregnant," sophomore Alexa Sandoval said. "We wanted the baby to be a part of the family."

8. Don't worry. Be happy.

"It was really easy for us to get along because we spent so much time together. We really became a family throughout the year," Cheyenne Grate said. "We really didn't have time to waste on drama, so we focused on cheer and loved every moment."

work hard play hard

students spend their Highlander Time working on homework, rehearsing and hanging out

1. music madness.
During a second period Highlander time, percussion members gather in the band room to practice new pieces. They rehearsed music for percussion ensemble for an upcoming concert in Indianapolis. The group was invited as an ensemble to perform at a music festival there. *photo by Brian Kneel*

2. modern makeup.
After the break at the end of the second quarter, freshman Camille Pukall goes to the library. "I was making up the geography part of my World History midterm," Pukall said. Highlander Time provided students with the chance to make up on missed work or an opportunity to talk with friends. *photo by Christine O'Connell*

3. practice makes perfect.
Hanging out in the orchestra room during lunch, senior Alexandra King plays her violin. "Highlander Time is a great opportunity for me to catch up on my practicing," King said. Many orchestra students spent their Highlander Time catching up on some practicing or chatting with their friends in the orchestra room. *photo by Scott Lawrence*

4. homework frenzy.
Focusing on her homework, sophomore Anna Zeng uses her Highlander Time to get work done. "I think doing homework is really helpful because you can easily catch up on homework you didn't do the night before or get ahead on your school work," Zeng said. *photo by Samantha Kidd*

5. jam session.
Listening to music with friends, freshman Kenneth Morby spends his break in the cafeteria. "I come and eat breakfast during the ten minute break and then head back to class to talk to friends during Highlander Time." *photo by Scott Lawrence*



the dance team works on posters during Highlander Time



"We were making posters for senior or dance team as a celebration for their last year on the team," sophomore Nikita Scott said.

the best and worst of chem

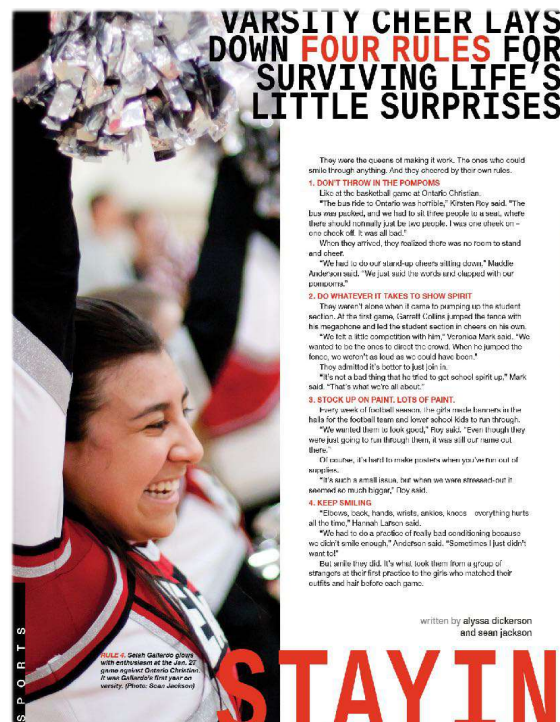
sophomore chemistry students share their favorite and least favorite labs

	Sarah Cortez	Jack Furth
best	"The color flame lab was probably my favorite lab we have done so far because it was very hands-on, and it was interesting to watch the chemicals react."	"The best lab we have done thus far is a lab we did which involved a tub and weird chemicals to create a large flame, it was a sight to behold."
worst	"My least favorite lab is probably the molecular shape computer lab because it was repetitive and involved a lot of tedious computer work."	"A lab which holds less favor in my mind is a experiment that use MSN's. It was really hard and I don't particularly like the candy so I didn't eat any."



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VARSITY CHEER LAYS DOWN **FOUR RULES** FOR SURVIVING LIFE'S LITTLE SURPRISES

They were the queens of making it work. The ones who could smile through anything. And they cheered by their own rules.

1. DON'T THROW IN THE POMPOMS

Like at the basketball game at Ontario Christian.
"The bus ride to Ontario was horrible," Kirsten Roy said. "The bus was packed, and we had to sit three people to a seat, where there should normally just be two people. I was one cheek on - one cheek off. I was all bad."

When they arrived, they realized there was no room to stand and cheer.

"We had to do our stand-up cheers sitting down," Maddie Anderson said. "We just said the words and clapped with our pom-poms."

2. DO WHATEVER IT TAKES TO SHOW SPIRIT

They weren't alone when it came to pumping up the student section. At the first game, Garrett Collins jumped the fence with his megaphone and led the student section in cheers on his own.

"We felt a little competition with him," Veronica Mark said. "We wanted to be the ones to direct the crowd. When he jumped the fence, we weren't as loud as we could have been."

They admitted it's better to just join in.

"It's not a bad thing that he tried to get school spirit up," Mark said. "That's what we're all about."

3. STOCK UP ON PAINT. LOTS OF PAINT.

Every week of football season, the girls made banners in the halls for the football team and lower school kids to run through.

"We wanted them to look good," Roy said. "Even though they were just going to run through them, it was still our name out there."

Of course, it's hard to make posters when you've run out of supplies.

"It's such a small issue, but when we were stressed-out it seemed so much bigger," Roy said.

4. KEEP SMILING

"Elbows, back, hands, wrists, ankles, knees - everything hurts all the time," Hannah Larson said.

"We had to do a practice of really bad conditioning because we didn't smile enough," Anderson said. "Sometimes I just didn't want to!"

But smile they did. It's what took them from a group of strangers at their first practice to the girls who matched their outfits and hair before each game.

written by alyssa dickerson
and sean jackson



SHOWING OFF their skills, the cheer team practices through their halftime routine. "We were so excited to be the second quarter I never want to get quarter," Maddy Anderson said. (Photo: Alyssa Dickerson) WITH 100% from Coach Christine Berkus, Rachel Thompson, Veronica Mark, Kirsten Roy, and Alexia Smith spent out of school. A 2004 alumna, Berkus returned to ACA alongside 2010 alumna Katie Lott to coach the squad together for the first time. (Photo: Douglas Callings)

LOUPE BORDON cheer cheer students only onto the cheer during halftime. Roy, 10, the variety squad taught the younger girls the basics of cheering and proper cheer to perform. (Photo: Jordan Collins) **RULES** for from home. Kirsten Roy provides the crowd at the football game against Rogers. "The bus ride was 4 hours each way," Kirsten said. "We did all the more cheer than normal because the crowd was so willing to get involved." (Photo: Erin Li)

ON THE SIDELINE, Alexia Smith is thrown upward in a basket toss to practice the halftime routine. Smith was the team's go-to flyer because of her small size and strength. (Photo: Douglas Callings)

STAYING FLEXIBLE

They were the queens of making it work. The ones who could smile through anything. And they cheered by their own rules.

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5. Time Line

Narrative or quotes about a specific event tied together by time or date rather than journalistic structure

[illegible]

Invent: Brian Burrows, Lulu, Margie Cavallaro, Hannah Reese. **Date:** 9-11-08
Ellen Winters, Taylor Swales, Megan England, Ashley Gloria, Mia
Beth Mathed, Becca Swales, Liberty Alston, Lin Hager. **COW:** 3
Madison Holton, Danielle Davis, Kelson Coppo, Harmon Griffin, Hannah
Balfour, Sarah Whitfield, Kate McCorkle, Aubrey Mancuso, Sarah Smith,
Madison Howell, Julie Haggard. **Book Review:** Susan Foreman, Zoe
Tara, Calleigh Reddy, Taylor Jennings, Makayla Noyes, Dorothy East,
Aylee Roberts, Tawna Jane Frame.

Frost Row: Sara Seratore, Thomas Erwin, Lundy Clayton, Chelby Igles, Nicole Rapp, Summer Baskin, Meredith Boyer, Chelsie Cox, Rebecca Evans, Kristine Conaway. **Row 2:** Adam Boyer, Brady Corbin, Terje Belling, Lisa Zolky, Tyler Langner, Brenda Penning, Javis Nigam, Madison Smith, Holly Swell, Gina Douglas, Myron Choi, Grayson Lee, Jo Hurlen. **Back Row:** Kaitlin Brown, Jacobson Lindsey, Corbin Christopher Cole, Andrew Jack Allenhausen, Langner Thomas, Flint Flint, Kaitlin Turbin, Chelsie Conaway, Taylor Reed, Anna Rodriguez.



Emet Row: Ashley Iggers, Morgan Linton, Corbinne Tress, Rongee Eng, Neil Kerner, Oliver, Abby Rose, Hannah Foster, Catherine Langford, Justin Douglas, Ashley Iverson, Terrell Vazquez. **Row 2:** Erik Ingemar, Lauren Boria, Savannah Power, Brooklyn Limby, Carley Bonet, Isaac Allison, Andrew Hemmell, Aaron Pittman, Anthony Delapena, Nalodra M and the Kennel Hays. **Back Row:** Clay Campbell, Jared Hamilton, Mike Exley, Chase Ross, Casson Thompson, Gruz Singh, Gregory Ekl, Joshua Hertz, Terrell Barker, Jared Jones, Ivahli Abadi.

[illegible][illegible]

Front Row: Holly Stouffer, M. Westfall, Fayne, Janey Gayton. **[Offstage]** **Row 1:** Kara Hanson, Khira Foyyes, Turlu, Dagon, Lashon Grayson, Lisa Giffels, Christa Cole. **Back Row:** Hunter Fox, Ishi, Benjamin Thomas, Ryan Summers, J. Higgins, Nikita Taylor, Grace Rodriguez.



Grand Stairs Taylor English, Emily English, Mike Blas, Maddy McElroy. [Others: **Row 2** Justin Finkelmeyer, Kyle Styke, Justin Row 3 Ian Canales, Madison Bowdell, Jacob Hunt, Chakoa Cole. **Back Row:** Ben Mathews, Connor Gierke, T. Higgins, Jackson Ross, Brodie Feltz.



Superior Industries, Emily Engstrom,
Carolyn C. Lee, James Wilson, Courtney
Doan

LAURENCE DAVIS

"Although the motives in many differ, we share, I believe, one of my aims is Student Council. It's my favorite club to participate in because our activities and service projects can make the world a better place. I'm doing something that benefits the community at our school. It's knowing that what I do helps someone."

LAUREN ALLOTT

"My junior year has been one of the toughest years so far because I am involved in every club that I can join. The point is, I've involved just following club meetings, activities, and all of the tournaments I see my A's classes, and in rough, I had to learn how to balance my time wisely, which is a lot easier said than done."

CAROLINE CLAUDE

"I learned early on that a huge part of being a leader is being a listener, approachable, open. I went people to see me and know when I was sad that it is willing to help with whatever. Being in clubs with completely different groups of people was really important in helping me to achieve that goal."

EMILY ENGSTROM

"I got to be in six group pictures and, although I'd never been in a picture before, I was a little bit nervous. I had to look nice, but after running back and forth from different pictures, 'what?' I said just don't over-think it. Even though I was completely exhausted, I was proud that I got to be in so many pictures."

— *Smoking with a vaporizer into the blower's air stream, my sister raised not just a question but also the worst one to answer: how long?*— she will be proud when I report a story.

circles

ASK AWAY

BY JOANKE LEE AND PATRICK TOULNE

When and where did askings happen during homecoming Asking Week?

MONDAY

12 P.M. JLOUNGE Junior Rushi Shah asks junior Nikki Kothari.

"Friends brought me there. One of them kept me distracted while Rushi set up for the first few minutes of lunch. I was surprised at the idea, but I knew it was going to happen Monday," Kothari said.

11:50 A.M. CHEN HALLWAY Senior Ashu

TUESDAY

11:45 A.M. ATHLOB Senior Raymond Yang asks senior Anna Tsutsu.

12:30 P.M. ALLEWAY Sophomores Chris Cao, Steven Li, Tim Cho, Sishaar Rao ask sophomores Gloria Chen, Michelle Cao, Patty Vitsupakorn and Jana El Sayed.

WEDNESDAY

12:10 P.M. JLOUNGE Senior Kevin Wan asks senior Kira Becker.

2:20 P.M. OUTSIDE GYM 2 Freshman Sean Ji asks freshman Jade Wang.

THURSDAY

12:10 P.M. JLOUNGE Junior Eric Phan asks junior Ann Smith.

"My friend took me to the location of my first clue where one of Eric's friends was waiting with a **SOFTBALL THAT HAD A CLUE ON IT**. The clue led me to another softball and another, and I pretty much walked around the whole school," Smith said.

12:15 P.M. JLOUNGE Juniors Abhishek Karkar and Nathan Chuwall ask Annie Abraham and Sarah Kim.

"It was **DIFFICULT** to plan because so many of my friends' askings were around the same time," Karkar said.

12:30 P.M. ALLEWAY Sophomore Justin Lee asks sophomore Borna Chittio.

2:10 P.M. JLOUNGE Senior Mustafa Bai asks senior Rebecca Clark-Callender.

FRIDAY

12:10 P.M. JLOUNGE Sophomore Anoop Kalra asks sophomore Pranavi Nara.

2:10 P.M. CONCESSION STAND Senior Brandon Kim asks senior Maria



Between August and October. Between the beginning of the school year and Halloween. Between the pages of *Summer* and *Fields of Faith*, this is what wouldn't fit.



Feeding off the energy from water, senior football player Cody Henry yells his "district champs, state champs" yell. "The whole team was excited to see everyone. It's come to support us! You're going Super," Cody said. "It goes to something to yell about." IT-100



Shortly after the beginning of the first girls' varsity season of the year, senior distance runners and Michiganders Terrell both passed out in the middle of the course. "I didn't feel good before the race began, and it was a really hot day," Michiganders says. "So I ended up being like after cooling down." ■■■■■



Up before the sun, various Inland members: Cesar Baskin, Jose and Maria Aguayo leave the cold weather to put out the K-10 flag. "Every Monday morning I have to get up at 5:30 to meet all the school with the other kids and members," Cesar said. "The most happy are the kids, but the sad is in the morning," *POME, Seattle*



To increase security, athletes were moved from the back parking lot and forced to find a new spot in the forest. "It's really a hassle during soccer season," notes Brenda Hoenninger, 42, who works at the resort. "After another five or six days I wrote to this man in the long walk in my car." [FotoCubicle]

Fears of flames go up in smoke after finding out it was just a false alarm



The line always sounded: Soon the halls were filled with students dropping their books to get outside in whatever way they could find to enjoy the fresh air. Before they could find out how this one was so good, they would hear a Mrs. Young's class and I wouldn't smell the air and nobody really knew what was going on, especially Bailey Fenton as it was ended up sitting in the gym for like a whole hour before finding out that there had people learning and outside the school. (submerged)

"I smelled the fire and was immediately concerned," chemistry teacher Monica Smith said. "I walked around to each science room to see if they were doing a lab just to be safe."

IN AUGUST, Beginning of a new school year. Schedule pick-ups. Carpooling. Fake fire alarm. Apply for college. Yearbook writing. Sneakers as last. Abner's celebration. Wear a crown. New protocol. Positive thoughts. Pass out. Picking up flags. New parking spot. Vote for homecoming court. Get schedules changed. For class on class. Write the checked research paper.



...with around school, people thought it was ripped from the social and passed from students to others." After Mr. Ennis gotten up in the audience, everyone showed a lot of interest in him," so Mr. Layton Cagidall put "So" asked her by sure or not that there up all over the school [NewCode] ... in hand, senior yearbook staffers Mandish Payne, Lisa Lecher, Lindsey Clayton, Holly Soofar, and Chashea Cole celebrated at the annual yearbook wedding. "We watched the past editors sit at the table at the wedding for the past five years, and we were like I can't believe it, it's finally our turn," said Layton. [Ennis]

At school, senior Ranger England posted RHN: "I think Nelson or Lin or you call. A group of my junior friends wanted to get together before the first day of class to do celebrate the beginning of a new year." [Cron] ...

Cagidall makes a blurbary success at lunch to raise money for the art department. "I was put to charge of the seniors this year," Ennis said. "It has been told in interviews with people, and now they supporting the art department."

Even though school isolation continued throughout the whole summer, this was the time officials moved "back to school."

Seabury Council members gathered at the stadium after the fire. Some method, some of the same.

Feeling like the "harmless" one?
 You may work plans in my third
 period class.

To celebrate Hobbit Day, English teacher Ellen Campbell made gnomes for her 18th graders.

Chili che's set up booths on the plaza for the first annual Showopper Chili Cook-Off on the 6th of the month.

The entire school filed four rows now given after a monkey walk filed the bulk. The crowd was actually immense, human back in the woods behind the school.



"I like food, if you couldn't tell," Chef David Kortan said.

As soon as he arrived at F&G, Chief Davis wanted to get off the government-based road map.

"I serve kids more or less satiated with the food than we have because of the amount of fast food being brought in," David said. "I wanted to make the food look good, taste good, and present it well."

But only was there an improvement in the food, but a new tale and music were also added.

"Tall on the stage on my day with a group of my friends," junior Cross Knight said. "I like the new color area because it's a big guy and there's a lot more room to spread out." [Cade is usual]

INITE EVE

On one of 11th grade Junior Kai Sonawane decided for excitement at the new day.

"I am usually nervous in class. This is the first year I don't get to play 11th grade the beginning, and it made it even more fun. I feel out of control, we're just practicing now!" **KAI SONAWANE, 11**



MONDAY

"Monday would be more geared towards strength training. And because I don't really jump, depending on the workout, I can skip some or maybe it's an I would have some time to spend!" **CHRISTINA OH, 11**

TUESDAY

"Tuesday is for small running depending on the weather. For those distance runners, they would work on a shorter more fast paced work out, and for longer distance runners, they would work on the workouts having no endurance!" **CHRISTINA OH, 11**

WEDNESDAY

"On Wednesday, the workout is almost always trackwork and hills, so we run up and down the track in different ways, and up and down the hills!" **WILLI SONG, 12**



THURSDAY

"Thursday we have longer workouts but we also go to field events like pole vault, jumps, and hurdles afterwards!" **CECE CHU, 11**



Before jumping the hurdle or finishing the last sprint, indoor track runners must practice all week to get to the top.

STAY ON TRACK

FRIDAY

"Friday is more about the end of the week. It's sort of like a rest day, almost. You just work on some things that you're going to have to do the next day during a race so you get a break from the other practices of the week!" **NICK BIGOTKI, 10**



WHAT IF YOU PERFORM?

usually practice a lot, but I don't have time to practice. I'm nervous about the race. I'm nervous about the race. I'm nervous about the race. **SOPHIA WANG, 9**

I'm nervous about the race. I'm nervous about the race. I'm nervous about the race. I'm nervous about the race. **LAUREN BERRY, 11**

I'm nervous about the race. I'm nervous about the race. I'm nervous about the race. I'm nervous about the race. **CAITAN SANANATHAN, 11**

I'm nervous about the race. I'm nervous about the race. I'm nervous about the race. I'm nervous about the race. **JERRY CHU, 11**



CLASSY VS SASSY

Comparing the two most popular partner dancing styles at 11, students describe their experiences in practice during 8th period.

BALLROOM

"I like the music that we use, especially for the ballroom, such as tango or waltz. I also like the way they move around the floor." **MAX RICHSON, 10**

"I've always wanted to learn, it's a very useful skill. Ballroom is a great way to be social and get to know people because you get partnered with someone new!" **JARED HIRSHENFELD, 11**

SWING DANCE

"It's very lively and fun. I like the music that we use, especially for the swing, such as jazz or blues. I also like the way they move around the floor." **JONAH CASERRE, 12**

"I'd never danced with a partner before, but that's a huge experience. It's fun. You have to trust your partner for everything, especially all the spins!" **SARA WARRINGTON, 12**



1. DRESSED IN HER zombie attire, junior Emily Engstrom works the "Pin the Hat on the Showtopper" game at Trick or Treat on the Plaza. "I spun each kid around three times before letting them go," she said. "But I always made sure to lead them in the right direction so they could all get candy." [MPayne]

2. WITH A "ZOMBIE" face and a steady hand, sophomore Ellen Womack treats kids to face painting before the football game. "I love working with kids and it made me that much more excited to perform as a zombie that night," Ellen said. [MPayne]

3. IT'S THE FIRSTS of last. Senior Jacobey Prim waits for the photographer to snap his senior picture. "It started to sink in that this is the last picture I'll take in high school," he said. "I'm going to miss this." [THurs]

4. WITH HANDS GULED to his side, senior Tyler Shelton tries to catch a donut during a game for Americalest on Veterans Day. "At first I didn't like everyone watching me dance around a donut," he said. "It was a challenge, but after five minutes, I had successfully finished the donut." [IGuyton]

5. STUDENT OR MUMMY? During the week of Halloween, juniors Breite Wach and Carley Barrett join in the mummy wrap game sponsored by journalism. "Carley and I played because we wanted to win a free slushy," Breite said. "We should've won, but the other teams cheated." [MPayne]



TOO EARLY FOR UGGS OR NAH?

They're a way to keep your legs cool and your feet warm, but some people see wearing Uggs with shorts as a fashion statement instead. Only 13% of people said it's okay to bring out Uggs in September.



Tessie Hurst [10]

With the bipolar weather in Texas, it's cold enough to wear Uggs in the morning, but by the time school is out, you might as well be standing on the sun. October is okay to wear Uggs with 27% of people.



Mabrey Payne [10]

Mother Nature has finally made up her mind. The weather outside is frightful, and the Uggs are so delightful. When the Arctic blast arrived this month, 60% of people said it was finally time to wear Uggs.



Hoersch Holcm [10]

SEPTEMBER

OCTOBER

NOVEMBER

4 WAYS TO KNOW IT'S FALL

It's October, the leaves are still on the trees and the temperature is in the mid-80s. After all, we are in Texarkana. Even though it doesn't feel like it, the typical fall activities (excluding the Ebola outbreak) are in full swing.

1. TOO MUCH PUMPKIN

Fall means pumpkin, but when is enough, enough? Pumpkin Spice Lattes, pumpkin bread, and pumpkin scented candles were familiar, but for junior Maddox Manthei pumpkin flavored Oreos went a little too far. "I have never eaten pumpkin-flavored anything," Maddox said. "Just the thought of pumpkin-flavored Oreos makes me sick."

2. THINK PINK

With its flair and undeniable boldness, some people wouldn't be caught dead in the color pink, but people wore it all week to support breast cancer awareness at the pep rally, football game, and on dress up days during Pink Out Week. "I own one pink shirt," sophomore Diego Marlet said. "I only wear it once a year for the pink-out pep rally."

3. RACING, WALKING, AND CHEERING, TOO

Get up sleepy head. It's time to walk, run, or cheer to support a cure for breast cancer. Keyettes, STUCO, drill team, and the cheerleaders stood in the cold along the Race for the Cure route at the Four States fairgrounds. "I had to be there at 7:30," freshman Kaylea Knighton said. "I got to see people's faces light up when we cheered as they crossed the finish line."

4. DUST OFF THOSE LETTERMANS

The mustard yellow sleeves weren't hard to miss. Whether they filled the cafeteria or the football stadium, letterman jackets were the most popular fashion statement in fall. "I always looked forward to getting my letterman," senior Brenda Heminger said. "It represents me and all the things I've accomplished."

Page by KENZIE GLOVER and BECCA BREITFELLER

PINK AND PANCAKES



1. WITH PINK LATEX on sweaty hands, senior Cheyenne Gurule cheers during the class yell at the Pink Out pep rally. "I always enjoy the class yell," she said. "It's really cool to see how much spirit each individual grade has." [KMcCorkle]

2. WITH CAKES ON the griddle, senior Chelsea Cole works at the STUCO Pink Out Breakfast before school. "Pouring the batter is my favorite part," Chelsea said. "I try to make the pancakes in nice little circles." [AMaynard]

3. NOT ENOUGH SYRUP Showing up to the pancake breakfast, marketing teacher Charles Phillips tops his pancakes with syrup before school. "It was a good morning to support such a great cause," Mr. Phillips said. [KMcCorkle]

Bryce Wilson [10]: "I didn't plan on going to Fiestas of Faith, but my friends talked me into going and I had a really good time. I liked sitting on the field and being close to the stage."

FALL ACTIVITIES

TOO EARLY FOR UGGS

OR NAH?

They're a way to keep your legs cool and your feet warm, but some people see wearing Uggs with shorts as a fashion statement instead. Only 13% of people said it's okay to bring out Uggs in September.



Tessa Hurst [10]

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OCTOBER

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Hannah Holton [10]

NOVEMBER

6. Quotes

A collection of quotes about a specific topic.
They need to be STELLAR.

"Mrs. [Catherine] Patterson because she's a great teacher and I love her."

COLIN SONNEFELD+12

"My family because they're important to me."

ANDREW MARCELLIN+10

"I'm all in for my sister and my nephew."

MEGAN RYBURN+11

"My older brother [senior Benjamin Bliss] because he's a great role model."

MICAH BLISS+11

"I'm All In for [freshman] Erin Shout because she's my best friend from, like, kindergarten."

JENNIFER HILL+9

"My family because they're always there to support me."

LOGAN AYERS+10

Describe someone who is ALL IN for you—what do they do? What does their support mean to you?

WE'RE ALL IN

"[Sophomore] Lee Charlier because she's my best friend. She's funny and we like to go to movies together."

KELSEY WALRATH+10

"My family because when I need them they're always there for me."

NOAH MCCHESEY+10

"My sister. She's like my best friend and she's like my role model."

AMY ALLEN+10

"My dad because he will do anything for me if I need anything."

DANA ALLEN+12

"Mrs. [Ruth] Sheehan because she has to deal with the entire student body being as massive as it is."

What is your favorite thing in the world?
Students photograph and describe objects that they couldn't live without.



"Doritos are my favorite snack."
Katie McCarthy, 10



"My dog's name is Otto - he's really energetic."
Caleb Giese, 11



"I can't imagine what my life would be like without my iPod."
Hemp Am, 11



"I love hot chocolate."
Shawn Jones, 13



"I've shared with the Polaroid camera I got for Christmas."
Alyssa Cox, 11



"Books are my life."
Quinn Perry, 7



"I love anything from a bakery."
Erica Peters, 10



"My cat is the best."
Jeshaun Carter, 10



"I use pencils to do math, which is my favorite subject."
Changmin Park, 9



"Chocolate milk is delicious."
Jared Rogers, 12



"Snow is awesome because it always leads to days off of school."
Lauryn Voss, 12



"I love hot chocolate."
Shawn Jones, 13



"Jell-O tastes amazing."
Suzanne Laddachan, 10



"I can't live without Slurpees from 7-Eleven."
Alexandra Ben, 10, with Corbin Beckwith, 10



"I like to eat with a rice, from Thailand."
Alexandra Glogos, 12



"I took this photo of Big Ben in London."
Gabriela Gaycalmat, 11



"Chick-fil-A milkshakes are my favorite things in the world."
Isabella Snyder, 12



"My headphones were play video games in peace."
Alana Harris, 12



"Looking at this photo reminds me how fun it is to relax with my friends."
Dane Smith, 12, with Anna Saperstein, 12



"My favorite thing is my phone, because I can do so many different things on it."
Ethan Higgins, 10



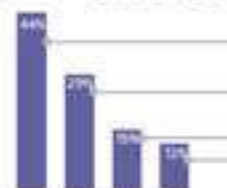
"I love my ukulele because it's fun to play, easily transportable, and great to sing along with."
Emily Jones, 10

7. Infographics

Providing information through graphics and text.

tick-tock
on the **CLOCK**

How much time did you spend studying for your second class?



ALEXANDER DOVE (right) of the law firm and Physics Professor who won an Ig Nobel Prize for publishing an article on a *flout*.

© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 103–110

REINFORCE PAPER Chemistry majors require all the features listed, with added strength.

4. THE DESIGN OF THE STUDY An attempt was made to select a group of subjects to obtain the sought-for effect. The subjects were selected on the basis of intelligence because the subjects were very young (see Table I). The subjects in the control group were selected on the basis of the prior score in reading. The subjects in the experimental group were selected on the basis of the prior score in reading. The subjects in the control group were selected on the basis of the prior score in reading. The subjects in the experimental group were selected on the basis of the prior score in reading.



no notebook **NO** PROBLEM

changes in how labels were written affected the AP students.

FOR MANY STUDENTS, THEIR BIGGEST WORRY

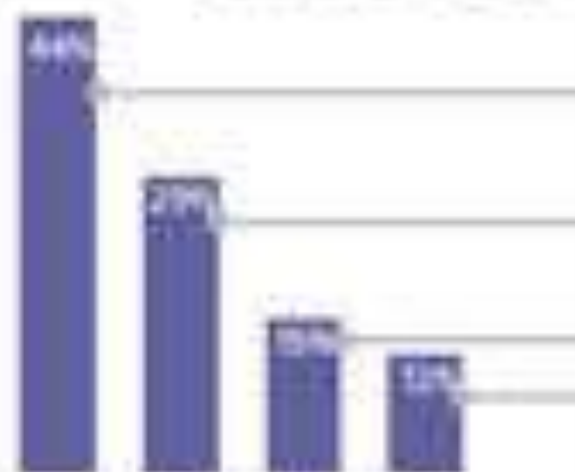
Facing an AP science course on the world, the AP teachers decided to reduce the workload for both students and teachers by taking the lab to close online and in person. We teachers wanted to help the students learn in any way possible, and we felt the new system could benefit thousands of students. Dr. Muth, the AP Chemistry teacher, said:

Working in lab groups instead of writing the themselves allowed students to get their questions answered more easily and allowed them to understand the material more than they would working on their own. I felt like working on the lab with my group really allowed me to understand the material more since I had a whole group to ask questions. Before I would type whatever was necessary to get the points, but with my group I could think about it more and write it down. I think this lab will

The AP science teachers realized that students gain more time than necessary on lab reports, so the format of what was deemed appropriate. Their ultimate goal was to improve learning and the result of the AP science curriculum was to be self-direction.



How much time do you spend studying for your science class?



Full HD4443-728 I don't really study that
I study it, so I can't say I would study it for a friend.

ALEXANDER DOWD (right) of [his last] year and Physics majors file work on a new technique concerning in detail 4. 2. 1992

STRENGTHENING THE AIR FORCE's capability will require a number of steps, including: increasing the number of personnel; increasing the number of aircraft; and increasing the number of aircraft.

RENDON FARMING Chemistry majors working at the Rendon Farm, will spend about 2-3 months

STRUGGLING

students who took an AP class before the summer of the difficulty of physics courses



JOHN LAU/LEU
 "Physicists have found that reality is perceived differently when it is different
 subject than anything that is not."
 (The LHC will prove that only
 a few things are true.)



BRIAN LEE / EW
 In *Thelma*, you don't need to sit still, but you needed to know the rules, and how to use them. It was more right than just sitting there moving around.



KATERINA GURZHE / 40
I went to school since Physics I knew
while the class itself wasn't designed
with learning that kind of reading in mind.
I spent about an hour every day, to
be honest, but I was in.



KULSH RATEL /13/
I wanted to take Physics Honors of
AP Biology because I am interested in
biology and physics. I am also interested
in the other parts of the course. Physics
Honors was a great experience.

a crowned city

Known for its objective
showmanship, festive spirit, and
culture that runs deep, Kansas
City is a place we call home.

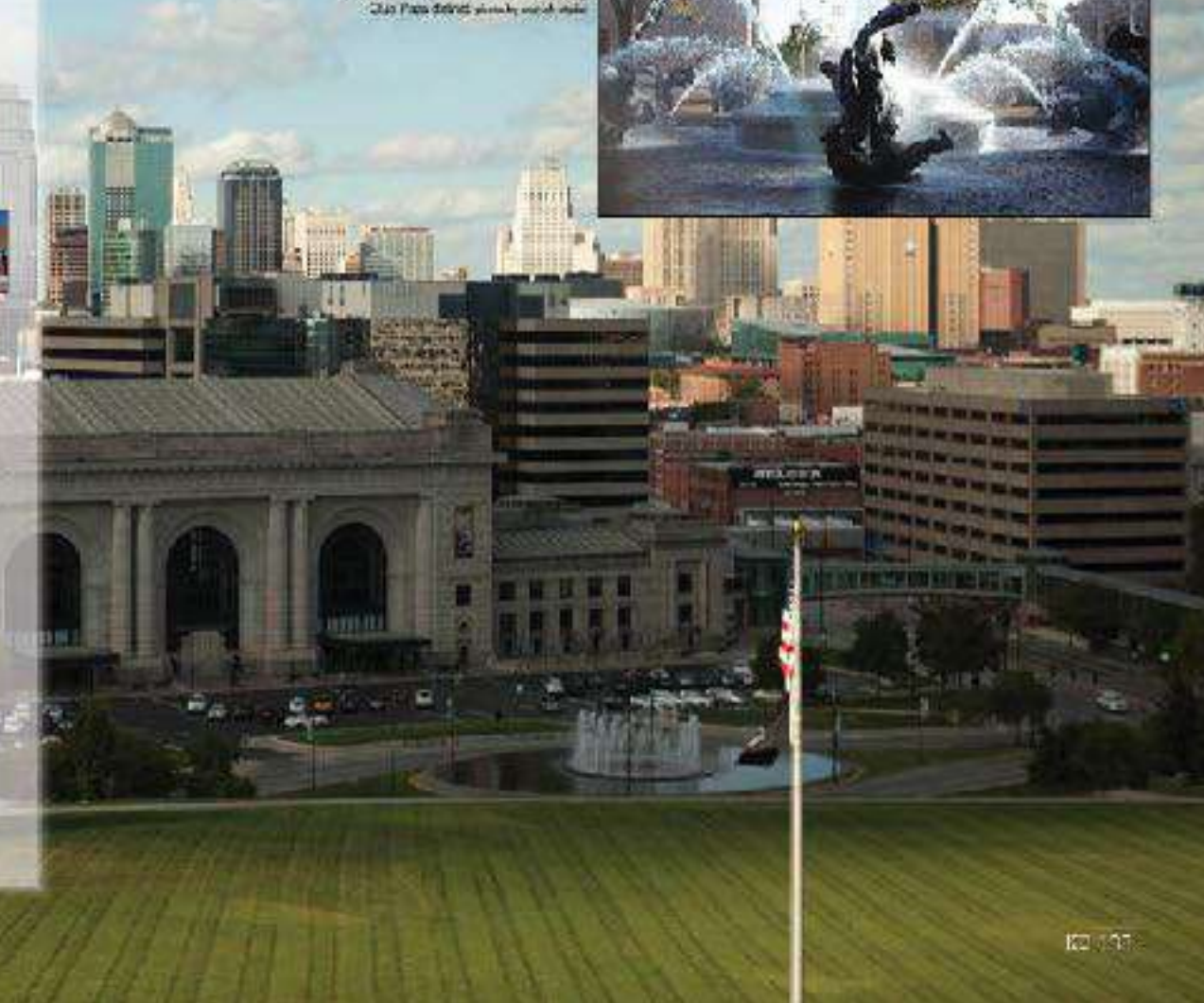
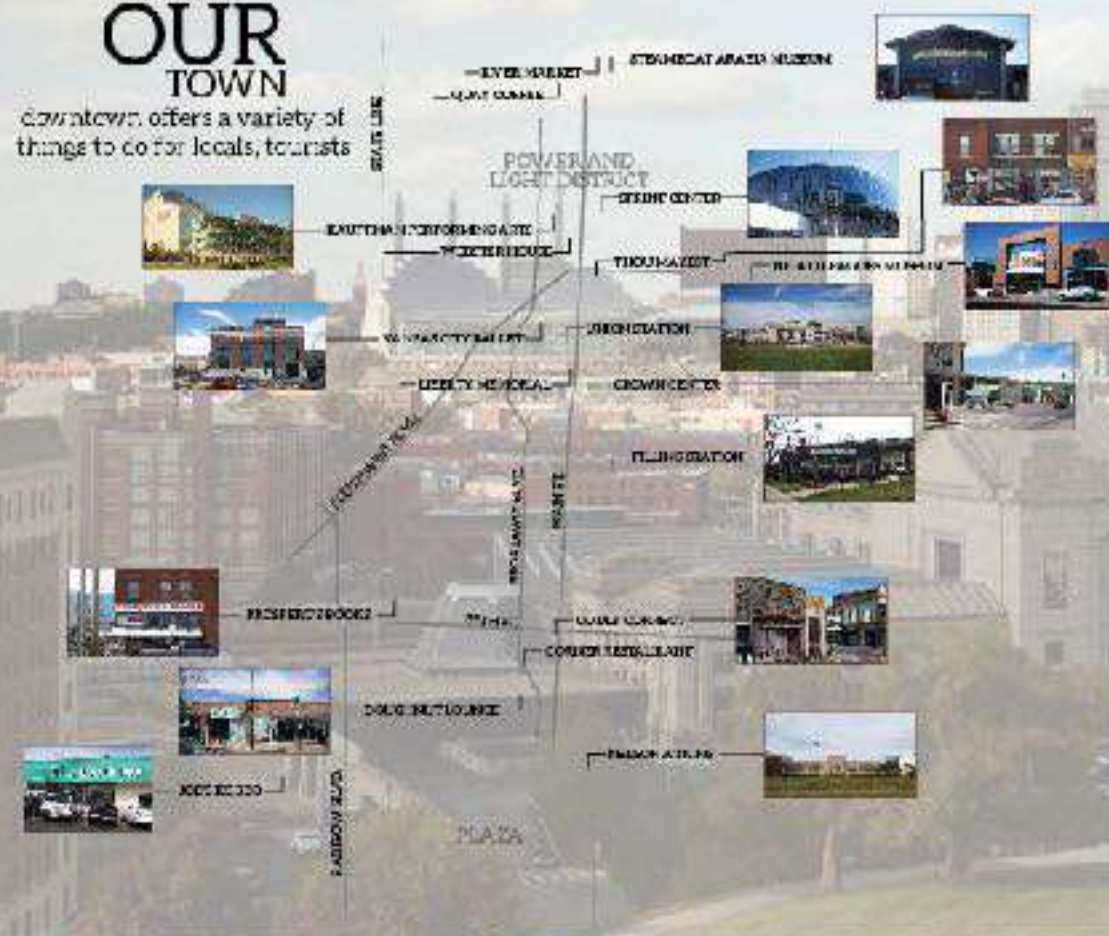
When Kansas City Parade was the World's
Series for the first time in 20 years, the city
congratulated the team by a parade on Tuesday
May 13th, 2003. For the first time in 20 years,
the school districts joined in most districts. It
was decided that there would be no school on the
parade day. More than 800,000 people gathered
on downtown and Union Station for the parade.
photo by carol mader



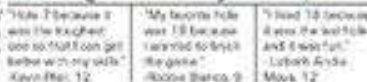
Known for its objective
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this is
**OUR
TOWN**
downtown offers a variety of
things to do for locals, tourists



students in the work-study program share their favorite hole from the inaugural hole trip to Dallas Golf Center.



"I like 7 because it was the toughest one so that I can get better with my skills." —Kiana Bello, 12	"My favorite hole was 18 because I wanted to finish the game." —Rocio Benito, 9	"I liked 18 because it was the toughest and I was fun." —Lorrah Ande Moss, 12
---------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------	----------------------------------------------------------------------------------

University of California Los Angeles
 "It's always beautiful weather in California and the school is so pretty. I also love when it's sunny out!"
 Claire Moorey, 13



—Wake Forest University
I want to go to Wake Forest because it's in the South, and I love the South.

—Wake Forest University
I want to go to
Forest because
of the mountains.

South and I don't like
what we're doing. It's like
Ally Theta, the song
that I used to work, it
would be a legally
drama (about 12

students in AP Psychology and AP Biology learn via hands-on or classroom activities.

1. CHAIN REACTION. At my hedge fund in Cayman Islands prepares students to take on the roles of defendants and the real body. She vividly explained the process of a murder being and passing the trial to another person. When the demonstration began I started going bald flying in the air, representing an innocent soul jumping to avoid a possible go from each terminal to another person's direction. Being able to see what Mr. Henshaw is talking about in class is really helpful and in helping to remember the material for the test. I found it really interesting to see how we think, just as Linda Kennedy said, about the class.

2. ALGEBRA ANALYSIS. Rereading a chapter in my Algebra Analysis book. I was able to see how much more I had learned than how much I thought I had learned in a different class. I was surprised to see how

concentrations of light. To complete the lab, they measured the amount of dissolved oxygen in the samples of water initially and then again a day later. The next beneficial outcome is a knowledge base on a lab because I get hands-on experience helps me to better understand the concept. I was able to see how it works.

3. TEST AND PICTURE. Holding up one of the dendrites in the middle neuron across Feyer lab. When Ann Glavinich, Susan Ryan, Matt Rother and Mary Smith participate in an outdoor activity for AP Physics. I really like physics because I've always been curious about how our brains work. The activity was really good. I had a great time and I learned the neuron's Venn diagram and what the dendrites are. I was excited because it really made sense. Smith said you can do the same.



different confusions
“The Glee was doing a left on right turn and outdoors and as my group was telling the driver taking the turn must be wrong going to point the bus over the hill in the bag, we all waved and asked all over our backpacks. It was pretty stressful at the time, but looking back on it now, it was actually really fun!”
*Renee Munson,
17
senior*



apply
yourself

2 We get some in-state college applications waived and we get discounts on SAT prep classes.



**get with
the times**
students take a poll
about their favorite
features of the latest
Apple update, the
iOS 7

7. Extended Captions

A way to tell the story of the year without a true "feature story."

Provides information about the picture as well as the page topic/event.



BROTHERHOOD
During the homecoming pep rally, **Craig Nealey**, 11, danced with other members of the football team to a dance mix choreographed by **Hayli Baylis**, 12. "This picture really shows the brotherhood we have that will last forever," Nealey said.

homecoming fun

- the pep rally
- the kick off
- the mums
- the game
- the show



LAST-MINUTE LAST PERFORMANCE
Seniors **Taylor Gonzalez** and **Haley Parish** along with freshmen **Cailey Hiller** and **Elizabeth Ballard** fly at the homecoming pep rally. The cheer squad spent weeks preparing for their dance.

"It was a bitter-sweet experience," Gonzalez said. "Of course performing at my last homecoming pep rally was upsetting, but I'm thankful for the people I got to spend it with. It's one I'll always remember."

The cheerleaders set their formations and stunts in advance only to have to rearrange stunt groups when one of the cheerleaders moved away.

"It was our most put-together last-minute routine. It was a new stunt group for me, so I had to get use to the people I was working with," Gonzalez said.

Along with performing their own routine, the cheerleaders completed a skit to introduce the mascot, Bucky.



GET HYPE

Before the start of his last homecoming game, **Byron Edwards**, 12, runs out of the Bronco-head tunnel. Homecoming was the second game of the season against the Crowley Eagles on Sept. 5.

"It was my first time actually playing in the game so I got to experience the atmosphere on the field," Edwards said.

The Eagles defeated the Broncos, 37-40.

"It just means more to win that game although we fell short," Edwards said.

The football gets hyped with chants under the tunnel before every game. This tradition started years ago.



SERVANT LEADERS

Busy after kick off, **Madison Ross**, 12, displays her teammates' mums along the front of the bleachers with **Hayli Baylis**, 12.

"The officers are here to serve the team and do what's best for them, so Hayli and I were just completing an act to make them feel special on their homecoming night. Usually the officers align the mums along the bleachers for decoration and the parents stop by and look at the different decorations and designs. We tried to keep the senior mums together for color matching purposes. The girls like to go down and take pictures with their mums in uniform during third quarter," Ross said.

The drill team has several traditions on homecoming in addition to displaying their mums.

"It is generally the only game we are allowed to wear our hair straight, we always perform a kick routine in honor of the alumni who danced to Blazing Saddles, and we celebrate homecoming week the four days leading up to game day," Ross said.



FLAG RUNNER

Senior **JP Petrou** runs the Bronco flag. The Bronco Brigade keeps the student section split and runs the L-H-S flags across the field after a Bronco touchdown.

"I was tired because I had not ran in awhile and the flag is heavier than it looks, but I'm strong. So that wasn't an issue," Petrou said.



A NEW BOND

The band and drill team say they need each other for a successful half-time show. **Kyle Rodney**, 12, has been in band since his freshman year and noticed a difference in the way band and drill team interact from then to now.

"We work together way more than we used to and have become one unit rather than two separate groups," Rodney said.

The drill team traditionally does a kick routine for the homecoming game and performs before the game. This year, their routine was to "Mickey".

"Mickey was the easiest tune to play out of all that the drill team picked for us to play," Rodney said. "It was a lot of fun and we actually got to chant the 'Hey Mickey' part."

8. Quizzes

Using multiple choice or matching quizzes to provide information about people or events.



SAY THE WORD... What inspired the design for your tattoo?



"My great-grandfather was the 'father figure' of my life after he passed away. I wanted to get something permanent so that he would always be with me."
— Jordan Davidson, 17



"I got the idea for my tattoo from my dad. He has a version of the design on his shoulder blade. Mine is modified, but it symbolizes how close we are."
— Jan Smith, 17



"When I turned 18, I wanted a tattoo to symbolize my sense of freedom. I got a tattoo of a feather with the quote 'Be here now' to represent my love of life."
— Tracy Buchanan, 17



"My tattoo symbolizes my love for my grandfather. He is my role model. The Scottish highland kilt represents me. I am proud of where I come from."
— Jack Manning, 17



"My favorite tattoo of mine is the Polynesian tribal grid. The idea of a Polynesian tattoo is to demonstrate the ups and downs and different paths to take in life."
— Stephen Adams, 17

dress & IMPRESS

SENIOR SPENCER WEARS CLOTHING TO EXPRESS HER ECCENTRIC STYLE

HOW WOULD YOU DESCRIBE YOUR STYLE? My style is very much a reflection of my personality. Through the way I dress, I can describe everything about me. Being able to alter my clothing allows me to make everything my own so that I can have exactly what I imagined. My style is very much comprehensive and eclectic. It can be interpreted in different ways by everyone.

WHAT INSPIRED YOU TO START AN ALTERNATIVE CLOTHING LINE? A lot of people in this area refuse to be "average" in their clothing. Asheville is full of very expressive people who like to show who they are through their fashion. I felt I needed an outlet to show my personality, and in my opinion, regular clothing could not do that. I had a thought that some of my clothing could be more fashionable.

WHAT IS THE MOST SUCCESSFUL ITEM YOU HAVE DESIGNED? I would say my

most successful alteration was a denim jacket. My grandma gave me some fabric that she brought back from a trip. I used it to make the jacket look more unique by adding patchwork hearts. Now that it better expresses my style, I like it a lot better. I am also very proud of an old dress I altered. It was getting too small for me, so I cut parts of it out and basically turned it into overalls.

HOW DID YOU GET THE IDEA TO NAME YOUR FASHION DESIGN? I was having trouble thinking of an idea for my graduation project, and then I decided I wanted to learn how to sew. I thought I should use that for my graduation project, so I was looking for different things I could sew my product on. The idea of wearing my final product seemed really cool, and I decided I should make my prom dress. Doing this would give my graduation project a whole new purpose and allow me to create my own outfit for prom.

WHAT IS YOUR FAVORITE COLOR TO WEAR ON PROM? I would say my

are going to alter your own clothing, you definitely need to plan it out first. Have an image of exactly what you want in your mind before you start the process. You could even draw out a picture of your ideal final product. The most important thing to remember is to not wear out something too much. You can always cut more of a fabric, but it is hard to put it back.

HOW DID YOU KNOW YOU WERE THINKING ABOUT PROM? In middle school, I was less expressive. I did not want to show off much, but now I am almost the opposite. My style in middle school didn't exactly influence the way I dress now, but I definitely have changed a lot throughout high school.

HOW DOES BEING A FASHION DESIGNER MAKE YOU FEEL? It makes me feel triumphant. If ever I wear something I am particularly proud of and people comment on it, I feel good. It really makes me feel good when people say, "Wow, I like that."
— Spencer, 17

SOMETHING TO SAY

TWEETS CELEBRATE WEARING GREEN ON ST. PATRICK'S DAY



Jonathan Parnes (@JonathanParnes)
Pretty upset with myself over the green flannel that I am wearing.

ST. PATRICK'S DAY



Alex Green (@AlexGreen)
Giving up style for the green clothing...

ST. PATRICK'S DAY



Grace (@Grace)
My pants are somewhat a shade of green.

ST. PATRICK'S DAY

MIX & MATCH

STUDENT DRIVERS REVEAL THE MEANING BEHIND CAR STICKERS



Brandon Cohen, 11

"I am very proud of my school. My 'Soot Life' sticker expresses what I like and how I like to drive it. Many of my friends have similar stickers, and we wanted to match."



Jake Ryan, 11

"I love being in South Carolina. I think the police like me because I enjoy the state. The reason I chose the window sticker is because of the American flag design."



Tim Cole, 11

"I got the window sticker because I really enjoy fishing. 'Yess Out' is one of my favorite fishing fishing companies. I think the sticker really shows that I love being outdoors."



Jordan Carroll, 11

"This is my all-time favorite video game. It is one of the best games I have ever played. I think the sticker with my monogram really shows my personality."



Brock Smith, 11

"My step used to be my older brother's car. When he had the car, he put the sticker on the front window. I didn't want to take it off because it is a cool logo."



Hannah Smith, 12

"I cheer competitively at Mountain State. I got the window sticker to support my girls. I love cheerleading and have been cheering as long as I can remember."



PHOTOS BY JESSICA L. HARRIS

known & NAME

LOVE THEM OR HATE THEM, NAME BRAND LABELS CAN BE SEEN EVERYWHERE



"I don't really think it matters what you wear. Although I do like some name brands, I do not think it is necessary to always wear them. I would not be ashamed to wear something that cost \$5 if I liked it. You could find something at Walmart that is just as good as designer clothes, and in my opinion it is a rip off to pay so much for something you will eventually grow out of anyway."

— Sabine Warren, 16



"I like wearing name brands because they are better quality than other clothes. It gives me a sense of pride that people can actually recognize what I am wearing. It is important to have a good sense of pride and always look good. I would say that Polo Ralph Lauren is my all-time favorite brand because their type of clothing expresses my style well."

— Bryce Williams, 16

“Why is self-expression important?”



"I think that they have to grow who they are, but expressing yourself is also healthy."
— Emily Ingalls, 16



"Expressing yourself is important because it is the first expression people get from you."
— Amy Smith, 17



"Self-expression shows your personality and makes you different from everyone else."
— David Cole, 16



"It shows how you let your own thing without caring what others think."
— Katie Smith, 17

All of the above

You're not limited to one type of copy. Tell the story in the best way possible. Try something different. Be creative.

GOAL
NUMBER 1

The hallway is a war zone. Paper glitter and glue cover the floor and are occasionally launched in the air. It's official, the Christmas floor-decorating contest has begun. After days of work that just happened to require missing class time, the leadership class named Mrs. Kortens has the most decorating champions.

Mrs. Beck Leadership

Girl Team Core

Mr. Vack Corridor

Mrs. Kortens Fashion Design

Art House Kitchen



checking it TWICE

Holidays go to the max with treats, flowers, glitter and lots of glue guns.



Dear Santa,

I can't thank you enough for the top best grade for building a gingerbread house. I definitely owe you one. Also, thanks for the free holiday candy. If you ever need to know, Lifesavers make the best windows for gingerbread houses!

Love,

sophomore James Rose

Dear Santa,

Thanks to the lovely Mrs. Holland, my calculus class was able to miss out on a day of learning to decorate our door for the holidays. We had a blast pretending Mrs. Holland was Mrs. Claus and we were her elves.

Love,

senior Nick Cockerell

Dear Santa,

Thanks for spreading holiday cheer all the way to Valentine's Day by bringing back carnation sales. Adam Northrup got literally every person in my AP Euro class a carnation. We were surprised and a little creeped out that he would spend

nearly 100 on carnations, but it was the thought that counted.

Love,

senior Luke Sultenwer

Dear Santa,

Why does performing with the Texas Kano Symphony Orchestra have to require so much physical work? I'll be fine if I never touch another paintbrush. I promise I will be good next year if I only have to dance. NOT make props.

Love,

junior Kristen Crawford

Dear Santa,

Thanks for the opportunity to miss class while spreading Valentine's love. I was basically a Valentine's elf handing out conversation hearts and candy during lunches. I was surprised to see how many people enjoyed our treats and got into the spirit. It was a day of love.

Love,

senior Meredith Buehl



BEING CAST AS
A CHILD
WAS GOOD SINCE I'M
HAVING TROUBLE COPING
WITH GROWING UP



IT
TAKES
A
LITTLE
IMAGINATION



■ HUNG UP and balance on, senior Katy Beth has danced the role of Clara in "The Nutcracker." "In the last scene I danced with Erik," Katy Beth said. "He was only twelve so he was really awkward around girls. We had to work pretty hard." LONDON PHOTO: JESSICA KIM. ■ PLACING candy on their gingerbread houses, sophomores James Rose and Kathy Newman chose their own Christmas masterpiece in Mrs. Tiffany Horton's Food & Nutrition class. "We visited our gingerbread house to be good because we actually got a grade for it," James said. "I thought it was a really fun way to celebrate the Christmas spirit." PHOTOS: PHOTO: JESSICA KIM. ■ HORTON'S Eng. English teacher shares contact, made the cards as carnations she received from students and staff members. "I've been in charge of passing out carnations before and it's a huge job," she said. "I definitely enjoyed being on the receiving side of the carnations." CRAWFORD PHOTO: ■ SAC TEACHERS to wrap Christmas presents efficiently, junior Natalie Smith, Lauren Decker, and Anna Rodriguez get into the Christmas spirit by volunteering with the School Clerk. "Each year the Bonaparte/Violence Center helps me by asking to be moved to wrap gifts at the mall," Smith said. "I like doing it because it helps the community but also puts me in the Christmas spirit." CRAWFORD PHOTO: ■ AFTER RECEIVING THE wrong person's carnation, sophomore Alexander Black says he at his home lessons is now "a little" just thought a random person had sent me a carnation," Black said. "I didn't really know whether to feel happy or wounded out." CRAWFORD PHOTO: ■ HUNG UP and balance on.

Where do students eat lunch?
Photo by A. Hwang

FINDING A LUNCH SPOT ISN'T EASY

WHERE? Outside by Trailer 36 or Gym 2
"I like to eat on the floor because it's out of the ordinary in high school and it's a freedom that only TJ kids have and it's to exercise it." **CJ WILSON, 10**



WHERE? Lounge benches
"I love to being able to just sit around the school, sit on the floor. Just one of those cool things I get to tell other people about." **CONNOR JONES, 11**



WHERE? Usually Alley or Auditor
"You can eat whenever you want and whenever you want to sit down." **YASMINA HARA, 9**



FUEL FOR THE FIELD

FOODLUX
Indulging in a variety of food and drinks is essential to power Cross Country and Football athletes through their games and races.

FOOTBALL INGREDIENTS

DINNER:
2 big pans of MEATBALL PASTA
2 pans of GARLIC BREAD
1 pan of STUFFED WHEEL PASTA
"People generally eat 2 plates of pasta," sophomore An Anuga said.
"Football games are really challenging and it's good to eat a full meal beforehand," senior Matt Gibbs said.
DESSERTS:
CUPCAKES
OATMEAL RAISIN COOKIES
CHOCOLATE CAKE
BROWNIES



CROSS COUNTRY INGREDIENTS

DINNER:
FENNE PASTA WITH CHEESE
"The pasta with just butter because I could just put cheese on it and it was really good," sophomore Nora Thompson said.
LASAGNA:
SPAGHETTI WITH MEATBALLS
VEGETARIAN SPAGHETTI
"I'm vegetarian so I must go with the one without meat sauce," sophomore Caroline Cox said.
DESSERTS:
COOKIES
Chocolate chip
White chocolate chip
Fudge
BROWNIES

TEAM-BUILDING ACTIVITIES:

MARATHON
"It was really fun because we're all runners so it's really hard to catch people, and we did that until it got dark and that was pretty much it," sophomore Violet Felt said.
MOVIES
HANG OUT TIME
"It was like an opportunity to spend time with the team not running," sophomore Nora Thompson said.

Biotech lab senior Amanda Chao explains the abstract representation of her research project ideas.
Photo by A. Hwang

EDIBLE ASSIGNMENTS



"This represents my research idea which is that **VITAMINS AND DIETARY SUPPLEMENTS**, an increased amount will cause apoptosis in cancer cells."

"This side represents the untreated, so once you accumulate a lot of additional supplements, then that will cause **APOPTOSIS** you get more food."

"The left side represents the natural side of things or the **DIETARY NUTRIENTS** you get from food."



1. INDULGING IN PASTA, senior Matt Gibbs said before the football game, much to his side. Gibbs said the food he had at the football game. "The pasta is good, but it's only a 4 because it's just not like the real 4. It's so much of used to it but it goes well with the cookies and cake," Gibbs said.
Photo by A. Hwang
2. AFTER TALKING THEMSELVES WITH ENOUGH PASTA, sophomore Violet Felt, Chao Connolly, Jennifer Shanks, Caroline Cox, and Nora Thompson indulge on fruit and other

snacks. The pasta party was all over to Chris Blagg's house and he made for different types of pasta. "I had four plates of the pasta," Thompson said.
Photo by A. Hwang
3. AT THE CROSS COUNTRY PASTA PARTY hosted by senior Chris Blagg, a group of Cross Country runners hang out with other team members. Besides eating, the runners played games. "We had a race the next morning, so we had a pasta party dinner," senior Josh Work said.

Photo by A. Hwang
4. AT ONE OF THEIR SPORTING TEAM MEALS, sophomore Ryan Bolton enjoys the food along with the company of his teammates. The weekly football team has pasta dinners before every game. "I think it's not really about the food it's about being together and getting into the mindset and getting into the zone and prepare for the games," Bolton said.
Photo by A. Hwang



127 HOURS OF NETFLIX

Besides indulging in school work, students binge watch Netflix. Match each person to their favorite show.

Photo courtesy of Netflix
"What I love about Netflix is how much there is to choose from. When you're watching normal TV you're limited to only a few shows on at that time but with Netflix it's all there. It doesn't matter if I'm watching after school or if I'm watching at two in the morning I can always watch my favorite shows." **RHEA SAHAI, 10**

- | | |
|---------------------------|-------------------------|
| A. Game of Thrones | 1. House of Cards |
| B. Julie and the Phantoms | 2. Burn Notice |
| C. Rhea Sahai | 3. Parks and Recreation |



ANATOMY OF

Flashcards. Pencils. Front row desk.
Nap-time. Study. Head down stress.

043



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Sleepyhead

There's one in every class: the student who dozes off during class. They're not all the same. Some are tired, but a few are just not paying attention. It's not a bad thing, but it's a sign that a student is occasionally absent in their focus.

92% of people sleep in class

THE CRAMMER

Forget about the test, don't have time to review, and the test is just the moment they have to cram. They are the ones who don't study hard enough at school and studying vocabulary words in class.



BRUNO MAGLI

head hunch

The role is charge. The one who has to maintain the classroom while maintaining her class. Even if she's shorter than her students, "People always make fun of my height," chemistry teacher Nicole Smith said. "They say I'd be better off at the elementary school." Through many years of teaching, Mrs. Smith has also learned that being the head of the classroom does not mean being the boss. "My students do not respond to yelling. I have learned talking in a soft tone goes much better with them," she said.

JOE

"Front row and" in this case, "talking" is the one who is always on the ball and ready for a pop quiz.

33% of students call themselves a front row joe

A CLASSROOM

It's the first day of school. Some people are worried about their new teachers, some are stressed about getting lost, but everyone is wondering where they are going to sit.

"I knew I wanted to sit in the middle, because the back of the room always gets in trouble, but the front row is always called on," freshman Kyle Tanager said. "I was nervous trying to pick a desk though, because I wanted to be near the door and I didn't want to sit by someone and make them feel awkward."

The place students sit can tell a lot about the person. It's not just about the front or the back, but being around friends or not that influence the student.

"Students always choose to sit by their friends," psychology teacher Tim Biddle said. "People are creatures of habit, and they are going to do what makes them feel comfortable, even if it's not the best for their grade in the class." PAGE BY NATALIE BROWN



83%

The iPhone and other devices are the center of the first time in class. But students are already using technology in the classroom. "Looking for information on the Internet is really easy," sophomore David Smith said. "But it is also a good resource to use in class." © SHUTTERSTOCK

of students use their phone everyday in class



John H. Smith

But the word "chemistry" usually means both science, as well as the study of the student's life. Smith said that the student's life is always on top of the class and the student's life is always on top of the class.