

## Boys' volleyball wins third state championship

By Komal Kamdar

The boys' volleyball team made VHSL history by being the first team to win three consecutive State Championships, defeating rival Maury High School at the Siegel Center in Richmond on Nov. 20.

The Cavaliers played the Maury Commodores four times throughout the season, winning three out of the four matches.

"My favorite moments [from this season] were our big wins, especially the close matches against Maury that came down to the end," said junior Aaron Barefoot. "It was incredible when we beat Maury in the fifth set during the conference tournament."

The boys played a very close and difficult match, beating Maury 25-19, 24-26, 25-23, 25-15, to win the Group 5A Boys' Volleyball State Championship.

"We weren't playing at our highest level until everyone started playing and working as one unit," said Barefoot.

"I think our main strength is that we have really good players who can step in and play whenever we need them to. Sometimes we don't play our best, but when we do, nobody can beat us," said junior Ryan Farmer.

Coach Jeff Kinser believes that the team had a very successful season, setting off the season with the goal of heading to states and it achieved that goal for the third season in a row.

"You see a lot of these kids stepping up and playing in some of their better games and the camaraderie that they had especially towards the end of the season," said Kinser. "They were all coming together, working for the same goal."

"Chase [Howard] and Courtland

[Schareborg] and Tanner [Roughton] and some of our other guys really stepped in and helped the guys out, and we moved some of our positions around, and someone like Ryan Farmer came in and stepped up and really helped the team out," said Kinser.

have been playing together since sixth grade and won their first two state titles alongside alumnus Kyle Barnes, who now plays at George Mason University.

Howard will be playing as libero, which is the primary passer, rather than playing as

had Ryan Farmer who came in and played really well at the State game," said Kinser.

In addition to Farmer, senior Sean Calida, junior Cam Shannon, and Dooren stepped up to help the team in their victory.

The team faced many challenges this season and overcame them.

"This year we had targets on our back and we faced a lot of adversity with just a lot of different things, including media, such as the news, and all the teams were gunning for us, and discrimination even with the refs, because they just wanted to see us go down," said Howard.

Howard, "stoked" to play for Harvard next year, believes that the team's most difficult challenge for next year will be carrying on the tradition.

"They're definitely a strong group of juniors and sophomores and freshmen who can definitely play volleyball very well, but one thing that they may need to work on is not freaking out," says Howard. "One thing we didn't do very well this year is playing with the pressure. Everyone is com-

ing for you, and every team wants a piece of you. I think that, if one thing, if they can overcome it, they're going to come out as a stronger team."

"[Volleyball] has definitely shaped my high school career, and I would not be the same person or be in the same place without high school volleyball.

"It has taught me a lot of things and taught me to not only play some high-level ball, but also some some jump-ball, to be a well-rounded player."



The boys' volleyball team celebrates after its win. (Photo courtesy of Charlie Alexander)

The seniors this year finished their last season with 105 wins and only 19 losses.

Senior Chase Howard, who plays as outside and the team's leading attacker, added 31 kills, while senior Courtland Schareborg, who plays as setter, added 48 assists to lead the team to victory.

The Division I athletes will be leaving PA to continue playing volleyball, as Howard is bound for Harvard University and Schareborg will play at Ball State University with a 50 percent scholarship. The two friends

an attacker, which he did in high school.

"Next year is [going to be] a much more of a team-oriented game versus jumping on Courtland and Chase's back, saying 'lead us to the promise land,'" said Kinser.

The void of the successful seniors will be filled by numerous players willing to step up at key times.

"We had a couple kids step in in various games, like [freshman] Connor Dooren against Atlee, [junior] Matt Gish played very well against Maury a couple times, and we

# College apps, homework, and no sleep, oh my!

By Monika Davis

We're about halfway through the second quarter and every day seems to be more of a challenge than the last. I'm sure I'm not alone when I wonder, "When will this end?" even though I know that the stress will end. Eventually. I remember being an underclassman and always hearing people say that junior year was the hardest but now, three months into my last year of high school, I'm beginning to realize that senior year is no cakewalk.

The difficulties of senior year don't necessarily stem from the content of my assignments or tests, but rather the amount of work I've found myself tasked with. I made sure not to overwhelm myself when I picked out my classes last year (I'm not even in a math class), but those efforts seem to be wasted. I'm up almost every night past 11 p.m. and sometimes even till 1, trying to finish notes and worksheets or preparing for assessments the next day.

I've also begun to notice that there are lulls in my workload, but then times when everything is due on the same day. I yearn for the teachers to talk to each other more and to attempt to schedule things in a more even and distributed fashion. I've found that just asking for students opinions on due dates can ease stress and they feel more obligated to turn things in on time because they helped in the decision of the due date.

The biggest problem, however, is the lack of consideration from teachers about students spending the majority of their free time completing college applications. Even if I had finished all of the content inside of the application well before school started, each college requires specific recommendations, school reports, and transcripts in different formats that must also be turned in by the deadline. This process has made

it incredibly difficult to logistically finish all of my desired applications when teachers are instructed to assign an hour of homework each night per class. Preposterous.

But it is also important to remember that as seniors figure out what they want to do with their lives, they're evaluating every single thing they have done so far academically. They're critiquing every little thing they've completed in their academic life. They're analyzing how they shape up to their peers. They often feel like they are not good enough for the colleges or universities they have always dreamed of attending.

This feeling of inadequacy is hanging over so many seniors walking through the halls, it and may take until graduation to go away. The pressure and competition that drowns out the joy of normal high school days start to weigh down on the spirit of people around them. Homework becomes an enor-

mous chore because they'd rather just lie down and take a nap due to the fact that they just survived a seven-hour school day with clubs after school, all while running on three or four hours of sleep.

Stress affects every single system of the body and over a period of time, it can cause detrimental effects. According to the American Psychological Association, "Chronic stress, experiencing stressors over a prolonged period of time, can result in a long-term drain on the body," something that every person should keep in mind (not just seniors) when trying to manage their time.

Taking time to stop and relax is vital in the development of our teenage bodies and minds and for some students, may even be the hardest thing of all. I think a lot of us need to listen to *Parks and Recreation* and follow the motto, "Treat Yo Self." The stress of senior year is only a problem if we let it be one.

# Chika's declassified hallway survival guide

By Chika Osuchukwu

I'm not really a judgmental person. I'd like to think of myself as a really accepting and kind person, but for a couple of days I started to look into the things in life that really bother me, and don't take this personally, but I just strongly dislike walking in the halls. No offense, but you all kind of bother me. My intentions aren't to make any of you feel less about yourself. I'm sure you're all great people. I'm just simply ranting. I'm sure some of you feel exactly as I do.

To begin, I'd like to complain about the speed that some of you choose to walk. It's actually really annoying when you're trying to get to the bathroom and the people in front of you decide to slug around with their faces bur-

ied in their phones. Please move. I feel like there is an unspoken speed limit that should be enforced in the hallway. Follow it.

While maintaining an adequate speed in the halls, don't touch me. Biggest pet peeve: people I don't know rubbing against me. Again, it's nothing against you guys. It's just that personal space is important. Don't pop my bubble.

Pick a side and stay on it. I strongly dislike it when people decide to walk in a barricade across the hall with all their friends. It's obnoxious and rude. Please stop. Don't walk up the side of the stairs that are meant to be walked down. That's the worst. When this happens, people have to move around and make way for you all

because you decided to be different and disobey the rules of the hall. Don't be that person. Pick a side. The proper side.

You're already at school, so don't try to be cool and walk around the halls aimlessly to miss class. That's not cool. Go get you an education because that's cool.

Don't stare at people. That is actually annoying. You know when you are walking in the halls and are straight being stared at by someone you don't know? Like chill out. Stop. It's creepy.

WHY ARE YOU SHOUTING??? Honestly, you don't have to be screaming updates about your life to your best friend in the halls. I couldn't care less about what you are saying or how "lit" your plans are, so why

are you shouting? Please don't laugh obnoxiously because honestly it's probably not that funny. You *can* even, so don't constantly repeat to said best friend about how tough your life is and how you "*can't* even."

**Continued on Page 3**

## Corrections

In the Oct. 23 issue, *The Page* misspelled the names of Tré Porchia and Sonia Deshmukh. *The Page* regrets these errors.

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*The Page* is published by the journalism students of Princess Anne High School to report the news pertinent to the interests of the student body and faculty in an objective manner, to heighten awareness of the student body, to increase the involvement in student affairs, and to provide entertainment. *The Page* accepts paid advertise-

ments and welcomes Letters to the Editor. Letters can be emailed to [EBLair.Thurman@vbschools.com](mailto:EBLair.Thurman@vbschools.com) or hand delivered to Room 220.

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# Hallways (continued from Page 2)

The things I overhear people say in the hallways are actually quite humorous, but the amount of times I've heard "what are thoooooose" is problematic and I hope that fad dies very soon.

Then there's the awkward subject of Instagram followers. Don't avoid them. Just say hi, give a wave, or flash a smile. I don't know, something! Like come on! You literally have been liking my pics for like 48 weeks but I can't get a hello on the way to study hall? That's not okay. Don't be that person. Say hi or something. At least acknowledge my exist-

ence.

I'm going to be brief on my opinions on couples because that's touchy. Basically, just uhhh. I'm not one to judge. Live your life how you want. I'm just not never very big on PDA. It kinda makes me uncomfortable seeing that, but that's just me. Keep doing you. The PG version at least—you're in school.

However, not everything bothers me. Some people can be genuinely kind in the halls and I appreciate that. Compliments are always appreciated. Don't be stuck up. If you like

someone's shoes, tell them you like their shoes. Brighten their day. Stay positive. Let people know they are appreciated. Just think about how that would make you feel, and then consider it. I can always expect to come across something that makes me laugh and brightens up my day in the short five minutes I spend in the halls. One time I saw this girl with a goldfish in a plastic bag. I didn't know who she was or what she was doing with it, but she made me genuinely happy. Goldfish girl, if you happen to be reading this, I hope we can be friends.

## Page Poll: Thanksgiving Edition

Question: What's your best Thanksgiving memory?



Sophomore: Cara Chou

My favorite one is probably with my cousins, because they're all like around two or three years old, so it's really fun to getting to see and like play with them.



Sophomore: Hannah Rigazzi

When I was three, I was eating at the table and I fell asleep so my face fell into my food and I think that's funny.



Junior: Sierra Anderson

Getting into a food fight with my family. It was really fun. It wasn't supposed to happen, but it did.



Junior: Ian Tinker

Going to the movies with my aunt and uncle. We go to the indoor movie theater in their house and watch many different movies.

# Consumerism blurring the lines of the holidays

By Jacob Olander

As 2015 comes into its final weeks, I can't help but contain my excitement. The end of the year is always the absolute best, due to the celebration of the most enjoyable holidays. Amongst Halloween, Thanksgiving, Christmas, Hanukkah, and Kwanzaa, there is truly a holiday for everyone to partake in. Personally, my favorite holiday by far is Christmas. I love Christmas with all of my heart; it brings a certain air of magic and jolliness to the end of the year that I adore wholeheartedly. Christmas simply makes December the best possible way to end each year.

However, while I see the holiday season as the happiest part of the year, there is something that has been concerning me lately: when and how long it's being celebrated in the modern era.

Annoyingly, it seems like every year, Christmas is being celebrated slightly earlier than the previous. This year, I noticed that Christmas trees went on sale in stores in mid-

October, advertisements for Christmas sales started in late October, and Christmas music began to play on the radio on Nov. 1. In fact, many of the people I follow on Twitter this year declared that the 2015 Christmas season officially began on Nov. 1.

It's so important to realize that Nov. 1 is not the start of the Christmas season. We're missing something very crucial here: We are neglecting Thanksgiving, an important holiday in its own right.

Oh Thanksgiving, how I love you. Christmas has the jolliness, but Thanksgiving has the relaxed, close-knit family feeling that is simply flawless. The end of the year would not at all feel right if we skipped over Thanksgiving and its unique charms and attributes.

But that is precisely the problem: by starting to celebrate Christmas on Nov. 1, we are effectively skipping over Thanksgiving in terms of time for celebration. We are blurring the lines of the holidays, and that is just not okay.

I like to refer to this blurring of the holidays as Hallowthankmas: when the last three months of the year have holidays that do not exist independent of one another, mostly because the Christmas season stretches into November, and even late October. I hate this because I think that by combining the holiday and celebrating a three-month-long Hallowthankmas, we end up losing a lot of the charms that each holiday has to offer.

It seems that some people accept this prolonged Christmas season because of consumerism's role in the holidays. Since businesses advertise for Christmas so early, we have begun to accept that Christmas starts earlier than it should.

However, we should keep in mind that we need to give Thanksgiving a chance. Christmas is wonderful, but its magic is lost if we celebrate it for 50 plus days, thereby overshadowing the magic of Thanksgiving. Please, for the love of the "Jingle Bell Rock" and turkey dinners, let each holiday have its time.

# PA and Ocean Lakes students share experiences of each other's schools during exchange program

By Molly Case

Ocean Lakes junior Cady Thomas has always wondered what her life would be like if she had chosen to attend Princess Anne, and last month's student exchange between the two high schools finally gave her the chance to find out. Selected students from each school were partnered up and spent two days shadowing each other's daily schedules, giving them a true feel for the 'Cavalier pride' and the 'Dolphin way.'

"I really wanted to see how you guys

**"I love your atmosphere here. Everyone's really nice and welcoming."**

**-Sophomore Sophie Gonzales**

did things here at Princess Anne, and how another school with an academy was comparable to the academy at Ocean Lakes," said Thomas. "You guys have a lot of school spirit, like a lot, which is really great to see!"

While touring the building and attending classes, the participants carefully noted what they admired about the different learning environments and what they hoped to take back and apply to their own schools. For Princess Anne junior Komal Kamdar, these changes came in all forms, from the teacher relations to special birthday rituals.

"The principal made us cookies and the students seemed to be really close with their principal and I just really liked that. And they have a birthday pencil system which I loved. It's a little thing to make you smile and you're excited to come to school on your birthday," said Kamdar.

For others, the layout and design of the building stood out.

"My favorite thing about Ocean Lakes was probably the building; it was really bright and open and here at PA, since it's a little bit older the school isn't as light," said PA sophomore Jack MacLeod.

Kamdar agrees, stating, "My favorite



OL students are shown the school by Cavaliers. (Photo courtesy of Angie Cosimano)

thing about OL was that they had a lot of windows and it was a lot of white. I also liked their hallway system. They had a 100 and 200 hall. Two hundred was upstairs and 100 was downstairs and it was in order and it was like a large rectangle so I learned the whole school in the first day!"

Ocean Lakes students, however, seemed to be inspired by the contrary.

"I really liked the colored hallways," said Thomas. "At OL our hallways are all the same color and there's not really much difference. I know for me as a freshman I got lost, but if we had more colors to differentiate the hallways, it really would've helped."

Similarly, Ocean Lakes sophomore Sophie Gonzales fell in love with the color and Cavalier spirit that fills the hallways.

"PA has so many hallways!" said Gonzales. "I got confused. The setup of Ocean Lakes is a lot simpler to navigate but I really like the colorful community here. All of your classrooms are colorful and nice. Ocean Lakes is so dull. I also feel like you guys are way more spirited, like everyone is spirited!"

For PA sophomore Sidney Stephens, it was the quirky little details that she admired.

"On the bathroom stalls, there was news that you could read while going to the bathroom and I think we could definitely do that here at PA," she said.

She also noted that the educational styles within the classroom varied from those she's become adjusted to here at PA.

"I learned that even though we may be taking the same classes as kids at other schools, there's definitely a different level or a different way that they learn the material," said Stephens.

The interaction between students from other schools also appears to have had an impact on the participants.

"I love your atmosphere here. Everyone's really nice and welcoming," said Gonzales, whose partner, MacLeod, made a parallel comment:

"My favorite thing about Ocean Lakes was probably the people, because everyone there was really friendly and welcoming. They would hold doors for you and didn't make the classes awkward or anything, it was all just really good."

Regardless of the changes they may want to implement, the exchange students were undeniably filled with a new appreciation for their home schools and learned a lot about what makes their environment so special.

"My favorite thing about PA is that we're really lenient about where you can go at lunch, like you can get up and walk around the cafeteria but at OL you have to be in your seat the entire time," said Stephens.

Summing up the successful exchange, MacLeod said, "I learned that every school runs their day differently and it was just really cool to see how they could work together to create one event. It was really great."



# MYP Personal Project inspires service clubs

By Lois Ann Rooney II

This year has brought a wave of new clubs, almost too many to name, but among these clubs are those specifically dedicated to MYP personal projects. A personal project is a goal-oriented project that can be as simple as learning a new instrument to as complex as creating an ongoing organization to help those in need. Three student sophomores – Patrick Babb, Selina Bamberger, and Marielle Hankerson – decided to create clubs for their personal projects. Looking for any new clubs to join? These could be some you might want to look into.

**She's the First:**

Sophomore Marielle Hankerson decided to create this club to help women in low income nations become the first of their families to get an education. She's the First is an international organization with different chapters that have a common goal to fundraise for girls in developing countries to get a secondary education. It takes \$400 dollars to provide a scholarship for one girl; therefore, that becomes the primary goal for most chapters.

"I think that girls' education is important for everyone because girls who get an education in other nations are able to use that and advance their country," said Hankerson. "It also helps reduce the chance of their future families having to live in the conditions they did."

At meetings, fundraisers are discussed and other ways in which the club can help those in need. She's the First meets after school usually starting at 3 p.m. and both girls and boys are welcomed. There has not been an official date scheduled for the next meeting, but it will be during the first week of



She's the First bake sale at a PAHS home football game. (Photo courtesy of Marielle Hankerson)

school where I had to figure out how to handle the problem by myself. I know how hard it is, so I wanted to help other kids out."

Bamberger plans to have fundraisers

December.

American Sign Language (ASL):

Sophomore Selina Bamberger's club revolves around sign language and helping those with hearing loss.

"I myself have hearing loss, so I decided to try to help other people," said Bamberger.

"I have almost 50 percent hearing loss myself and I had problems in elementary and middle

for organizations that help people with hearing loss. She plans to incorporate learning sign language into the club so that more people will be able to communicate with those who have hearing loss. One way she is incorporating ASL into her club is by learning a new sign in every meeting to hopefully learn how to communicate with those who have hearing loss. The first meeting will be on Dec. 3.

**The Gay Straight Alliance (GSA):**

Sophomore Patrick Babb's club is about promoting safety and happiness in our school while trying to prevent homophobic and transphobic ideas. This is a returning club to PAHS, but Babb has a new take on it.

"As a member of the LGBT community, the topic is very personal to me and I could not stand to see homophobia," said Babb. "It was just something I thought our school must have."

Babb's club includes food and games that relate to the LGBT community. The Gay Straight Alliance meets on Thursdays at least once a month in Room 747 at 2:20 pm.

# Teachers weigh in on new collaboration policy

By Caleb Barbachem

A special block set aside for teacher collaboration is new this year, and there are mixed opinions on it. This affects class schedules and instructional time.

The teacher collaboration blocks occur once a month when teachers meet at 7:20 before school begins, causing the school day to start one hour later than usual. Teachers in the same department meet to make sure they are moving at about the same pace and discuss what works when teaching students. The goal of the collaboration is student success, as it offers an opportunity for teachers to share practices that seems to work very well for their classes. This helps teachers to improve their techniques, while also helping them realize what does and does not work.

Besides the monthly meeting, teachers in the same department meet once a week during a scheduled block.

However some teachers would rather not have the collaboration at the beginning of the day.

Art teacher Betsy DiJulio likes the idea of collaboration as it is basically "two heads are better than one." DiJulio believes that "shared perspectives are generally better" than keeping all thoughts private for their subject. However, there should be a balance, according to DiJulio.

One teacher stated, "I feel like the best collaboration

should be organic," and not set in stone at a specific time. The collaboration, according to the source, takes instructional time from the school day. As Cav Connection sometimes takes place on the same day, this causes there to be a greater loss of instructional time for most classes due to the fact that third block is not allowed to be altered.

There are some teachers who do not mind the morning time but would rather have it be more flexible.

Math teacher Monica Lang believes that the collaboration is "to prioritize what students need to learn, create common assessments" and to address the areas of weakness for students. The common goal is to see how students learn best. Time-wise, "I do like it in the morning," said Lang, "but I would like it to be more flexible. It is very useful, but it does take a lot of time. She added "I do think it's worth it," despite finding it difficult to balance the time needed for it.

Biology teacher Jamie Carpenter would rather have the teacher collaboration at the end of the school day to make it an early release day. It "gives [teachers] time to collaborate in their professional learning communities," said Carpenter. The meeting gives them time to collaborate with Salem, as "their goals are similar to ours," both administratively and grading-wise. The collaboration has worked well for Carpenter, helping teachers who are the only ones teaching certain subjects

to meet with teachers from Salem.

Another source spoke more about the weekly collaborations. "I haven't experienced it enough," she said, as the collaboration is still relatively new. However, the pressure is on for the AP classes as they must keep the proper pace on the days where the morning holds all of the teacher collaborations. When asked about the timing, the teacher responded, "I'm honestly torn on it," as it gives some good time to collaborate, but also takes away instructional time. "If we want to extend planning time," it could be used to extend teachers' workdays a little bit more in order to make time after school for the teachers to collaborate, she noted.

Despite the issue of timing with teacher collaboration, it seems to be helping teachers to improve teaching methods. No one finds the collaboration is bad, but everyone seems to feel the pinch of lost instructional time.

In the recent past, the PA community has endured several devastating losses, and they will all be greatly missed.

In loving memory:

- > Eric D'Andrea, Class of 2015 Graduate
- > Justin Dean, Class of 2015 Graduate
- > Paul D. Brown, PA Swim & Dive Coach

# SCA chooses Sadie Hawkins theme for winter dance

By Brooke Wilkinson

Homecoming may be over, but this year's school dances are not. Student Cooperative Association is introducing a new opportunity to get your groove on: the Winter Dance.

SCA President "Dustin Norton had been wanting to do a dance for a long time," said SCA Spirit and Sportsmanship Facilitator Tessa Demarest.

Unlike Ring Dance and Senior Prom, the Winter Dance will be open to all grades.

"We've always wanted to do another dance for freshmen and sophomores," said Demarest.

The options for themes were a "glow dance," a dance with black light and glow sticks, *The Great Gatsby*, winter wonderland, and Sadie Hawkins.

A "Sadie Hawkins" dance encourages girls to invite

boys. Sadie Hawkins was the name of a character in a 1930's comic strip. In the comic, Sadie was a bachelorette whose father declared a "Sadie Hawkins Day" in which he invited all suitors to meet his daughter.

"My favorite theme would be a Sadie Hawkins dance," said Demarest. "It would be so much fun to plan an elaborate way to ask someone."

"I would love to see some winterized decorations," said junior Alston Williams.

On Nov. 13, the dance theme was chosen by SCA's General Assembly at their meeting.

"It pretty much came down to Sadie Hawkins and *Gatsby*, but it seemed like the consensus was leaning toward Sadie Hawkins," said SCA General Assembly member Christa Hart.

Hart happily accepted the decision for the "Sadie" dance.

"I wanted the theme to be Sadie Hawkins, so I am excited," said Hart.

The dance will be a fundraiser for SCA, and "[the funds] might end up going to [Leadership] Workshop, maybe!" said Demarest.

Students seem to be looking forward to the dance.

"It sounds like fun. I can't wait to go," said Williams. "I love PA, it's so spirited and uplifting – and who doesn't love to daaaaance?"

"It's great to have another dance besides hoco, and it's about to be lit," said Demarest.

# Achieve3000 attempts to improve students' reading skills

By Bailey Hamill

A new reading program, Achieve3000, has recently been introduced Virginia Beach City Public Schools for unweighted English and history classes.

"Achieve3000 is a program that our school system has adopted as a way to improve Lexile scores of the students," said English teacher Jessica Stahlbock.

Part of the push is to get students to read real-world non-fiction material they might not otherwise be exposed to.

Applicable classes are required to complete one article activity every week. The activity includes a pre-reading poll, an article, eight questions on the article, and an after-reading poll.

"A Lexile score is a score that is achieved by answering certain questions based on something that was read," said Stahlbock. "It all has to do with reading comprehension and a person's ability to read and then tell about what they read."

Stahlbock uses two of the four Achieve3000 activities as quiz grades.

"A lot of them are getting perfect scores," said Stahlbock about her students.

The activities are automatically graded, which saves time for the teachers. However, the program has not been without glitches. Teachers have had to scramble to get two laptop carts for their classes so all the students can test at the same time, and sometimes there are not enough to go around. Also, not all the laptops connect to the server when the time

comes, throwing off the entire lesson and leaving teachers scrambling for something else to do. The city has worked to fix that problem however, and teachers are getting more adept at lining up their carts.

Some teachers still are concerned about the instructional time lost as they try to keep up with mandatory curriculum requirements while devoting much of a class each week to Achieve3000.

Stahlbock stated that at the beginning there was some "clarification issues" around the activities.

Other issues have worked themselves out.

"At first I had them do what's called the 'thought question' and then we

were told they didn't have to do that," said Stahlbock.

Junior Courtney Hall also had some confusion when first using Achieve3000.

"When we first started doing it everyone thought that we had to go through the whole process. There's a math portion that would always confuse me," said Hall.

Achieve3000 aims to help students think about and better understand what they are reading.

An English teacher expressed, "Yes, there are certainly frustrations that have come with the Achieve3000 program, particularly computer issues and the time issue (we won't be able to cover as much of our class curriculum this year due to the Achieve program). However, it is very clear that many of our students have difficulty with reading comprehension,

which leads to problems mastering class material in all subjects, and this program addresses that concern.

"The Achieve program actually calculates a student's Lexile score and then gears all reading assignments and activities to that student's individual reading level. This is absolutely beneficial. We have also been told that the program is geared to 'bump up' a student's individual assignments each month or so. These gradual changes/challenges will, ideally, lead to higher Lexile scores without a great deal of frustration on the student's part.

"It's not a perfect program, but I can see its benefits for my students. Even at the high school level, students' reading skills need work, and when it comes to differentiation, Achieve3000 definitely fits the definition!"

Some teachers have assigned Achieve3000 as homework, helping them get back to their usual pace for their VBCPS curriculum.

"It'll give us more time in class," said Virginia and U.S. history teacher Eric Hammje.

Although he has to go slower than previous years, Hammje believes his classes will be ready for the SOL.

"We'll need to speed through certain topics and units of study, whereas previous years we could have taken longer," said Hammje.

Junior Kyle Long feels as though IB kids should be able to do it too.

"Achieve3000 sounds kind of fun actually," said Long. "I wish I could do it."

Junior Alyssa Wright has similar feelings.

"Achieve3000 looks so fun! I wish AP students could do it too," she said. "It'd be nice to have a mini break in class like that."

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**"These gradual changes/challenges will, ideally, lead to higher Lexile scores without a great deal of frustration on the student's part."**

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# FMC aims to entertain with thought-provoking performances while teaching life-long lessons

By Jacob Olander

As November comes to a close, senior Anna Thompson is sad to see a large and important portion of her high school career also come to a close: a successful, enjoyable, and impactful participation in Princess Anne's marching band, the Fabulous Marching Cavaliers.

"[FMC] is definitely my favorite activity I do at PA," said Thompson.

PA's FMC doesn't get nearly enough credit, given how much effort and dedication the band's members put into making a detailed and polished final product.

"We rehearse three to four times a week [during the fall, with] three to four hours per rehearsal," said Thompson, detailing the commitment needed to be a member of the award-winning marching band. "In July we have Tuesday [and] Thursday [rehearsals] for four hours and then [in] August we have practices from 9 [a.m.] to 9 [p.m.]."

Despite the large time commitment, FMC members such as freshman Ben Berrett truly do enjoy participating in the program.

"Everyone [in FMC] is very accepting of you and you feel like you want to be there," said Berrett, referring to the camaraderie felt between members of the band. "They're more your family than [just] the people you compete with."

This time commitment results in large gains for the FMC. Historically, the band has done really well in competitions and in achieving awards, meaning it has a reputation to uphold.

This season meant a new batch of accolades and victories for the FMC. For instance, on Nov. 7, the band participated in the BandBEAT marching band competition in South Carolina, ultimately placing third overall out of 10 bands. A week before BandBEAT, the FMC partook in two competi-



Nicole Lyons leads the drum line before the football game against Bayside. (Photo by Monika Davis)

tions in one day, showing their dedication.

Interestingly enough, however, band director John Boyd says that the band's number one priority is not in winning trophies and other accolades.

"People hear how successful the group does and they don't understand [that] we don't really concentrate on that," said Boyd.

Instead, Boyd thinks that the most important goal of the band is to end up with a worthy marching band performance.

"It's all about having a good show. It's not at all about the placement of how we do [in competitions]," said Thompson, voicing opinions that mirror those of her band director.

A lot of what makes a good marching band show is its theme, which is decided on by Boyd. This year, the theme of the FMC's show was "Against the Dark," based on the poem, "Do Not Go Gentle Into That Good Night," which is about

trying one's best in the face of inevitable death.

"Whether you achieve [something] or not, you have to always fight, always push, and always work for what you want. It's all about achieving the ultimate goal of 'I can do it,'" said Thompson when explaining her interpretation of the theme.

"Ultimately, no matter how dark things were in regards to the poetry and even the general idea [of the theme], everyone understands it was really a show about hope," said Boyd.

Boyd says that despite the large amount of work it takes to manage FMC, he loves directing the band and enjoys working with the kids involved in it.

"I love teaching kids music. I want them to experience the emotional drama that is inherent in art, especially music," said Boyd in explaining his passion for being involved in the musical education of FMC members.

PA's FMC has quite the impact on the students involved and will always have a place within both our school, and our community.



The Fabulous Marching Cavaliers perform at the Nov. 6 football game half-time show. (Photo by Monika Davis)



# Who needs sleep? Teens

## Students have mixed opinions on amount of sleep received

By Katie McCracken

When junior Aubrey Allen gets home from school, she struggles to keep her eyes open. "I'll bribe myself. I'll drink green tea. I'll even start on some homework," said Allen, "but by 7 p.m., I sit on the couch and accidentally fall asleep."

Allen's story reflects a common problem at Princess Anne: Students are having trouble getting enough sleep. A recent school survey found that Princess Anne students get, on average, 6.2 hours of sleep.

Although there are a variety of reasons students don't get enough sleep, two are frequently cited as the main culprits. "Homework and sports prevent me from sleeping," said sophomore Grace Fick.

It's no secret that high school students have a lot of homework; however, it becomes a real problem when it impacts the amount of shut-eye students are able to get. "Homework can take me up to five hours, so if I start at like 7, I don't get done until 12, then I have to wake up at 5:30," said senior Sam Matson.

A lack of sleep doesn't just make students feel tired the next day. According to the Division of Sleep Medicine at Harvard Medicine School, insufficient sleep reduces efficiency and productivity. It's also associated with an increased risk of diabetes, high blood pressure, and heart disease.

So although teachers and students might think that hours of homework reinforce concepts taught in class, the time taken away from sleep can actually cause students to do worse in school, as well as cause long-term health problems.

"I'm tired at school and it's harder for me to focus because I just want to sleep," said junior Rachael Benze.

Fick also finds herself fighting off tiredness throughout the day. "When teachers turn off the lights, it gets so hard to focus."

Many students turn towards caffeine to stay awake, but the cost of all that coffee can really add up. "Do you know how much money I spend on coffee? School's the reason I'm broke," said Matson.

Matson isn't the only student who relies on

coffee to combat her exhaustion. "First block it's definitely hard to stay awake, but I just drink coffee," said junior Alexis Bryant.

However, most students admit that they could manage their time better and free up some time for sleep. "I feel like I could be even more organized and do my homework earlier," said junior Alston Williams.

The amount of time spent on homework also varies from student to student. "How fast you do homework and how distracted you get are important factors," said Matson.

However, one thing is the same for everyone: Students with more sleep often feel better and perform better. "I sleep for eight hours every night," said freshman Elisa Stokes. "I think it improves my [school] performance because I'm able to focus more instead of falling asleep."

When people deviate from their body's biological sleep cycle enough, they can later experience problems trying to fall asleep. "It got to the point where I had to stay up late for actual school stuff, but now I can't fall asleep even if I go to bed 11," said junior Rachel Le.

Prioritizing sleep is full of benefits that no amount of coffee can replicate. "When I get sleep, I feel fresher and organized, and that gives me confidence to perform greatly throughout the day," said Williams.

Students are split on whether school should start and end later. According to *The Page's* recent survey, 30 percent of students would rather start school later while 70 percent would prefer it remain the same. Some students believe later start time is worth the missed hours of daylight. "I think they should [start school later]" said Le. The American Academy of Pediatrics agrees with her, suggesting schools start at 8:30 a.m. or later since adolescents sleep-wake cycles are different than adults.

Other students believe the benefits of an earlier school day outweigh the negatives. "I don't want to get out later because then sports end later," said sophomore Michael Hamway.

Freshman Maddie Porter echoes this sentiment. "I think homework is the problem more than when school starts," said Porter.



Graphic by Renée Mitchell

Teenagers should get between eight and nine hours of sleep a night—The National Sleep Foundation

## Statistics show wide variety in sleep patterns of students

By Ryan Gavin

Only 19 percent of Princess Anne students say that they usually get enough sleep during the school week, according to a recent survey conducted by *The Page*. Lack of sleep is important to avoid because it can lead to drowsiness, depression and poor performance at school. According to [sleepfoundation.org](http://sleepfoundation.org), the average scholar, from ages 14 to 17, needs at least eight hours of sleep for a well energized brain. The average student at Princess Anne gets 6.2 hours of sleep. Also, 30 percent claim they rarely get enough sleep.

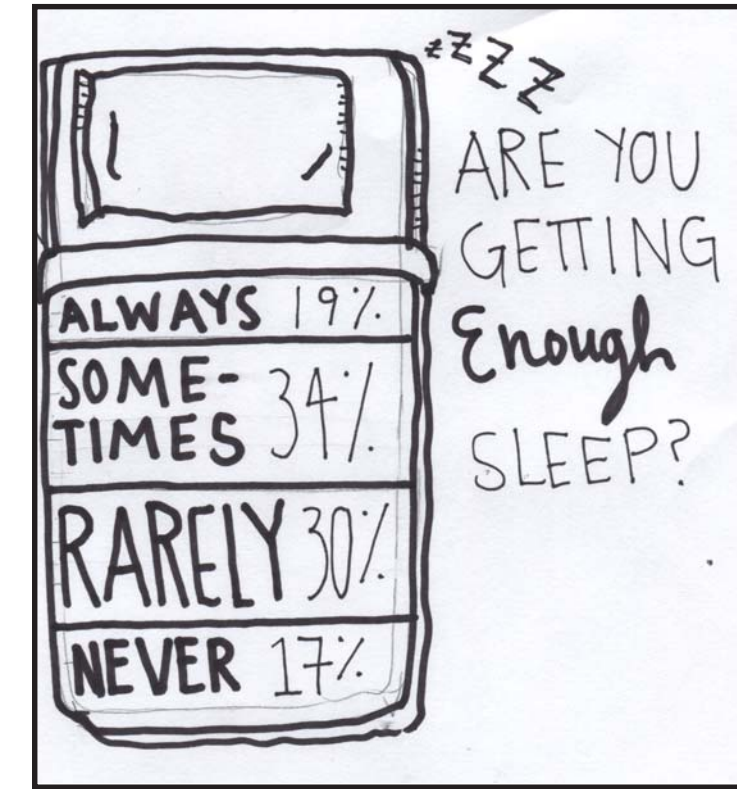
Some school districts in Hampton Roads have made changes to their school hour schedule, to allow teenagers to sleep in longer. But despite the lack of sleep the statistics show that the majority of PA students want to keep start and end school time the same as they are now. High schools in Chesapeake have adjusted their schedule but the hours at different schools are diverse. For example, Western Branch High School starts school at 8:40 a.m. and ends at 3:38 p.m., and Oscar Smith starts at 8:45 a.m. and ends at 3:43 p.m.

Generally, students of different academic levels have diverse opinions on sleep time. Twelfth grade IB teacher Beth Camper's class is a perfect example. In her two IB 12 classes, only eight percent get enough sleep and 29

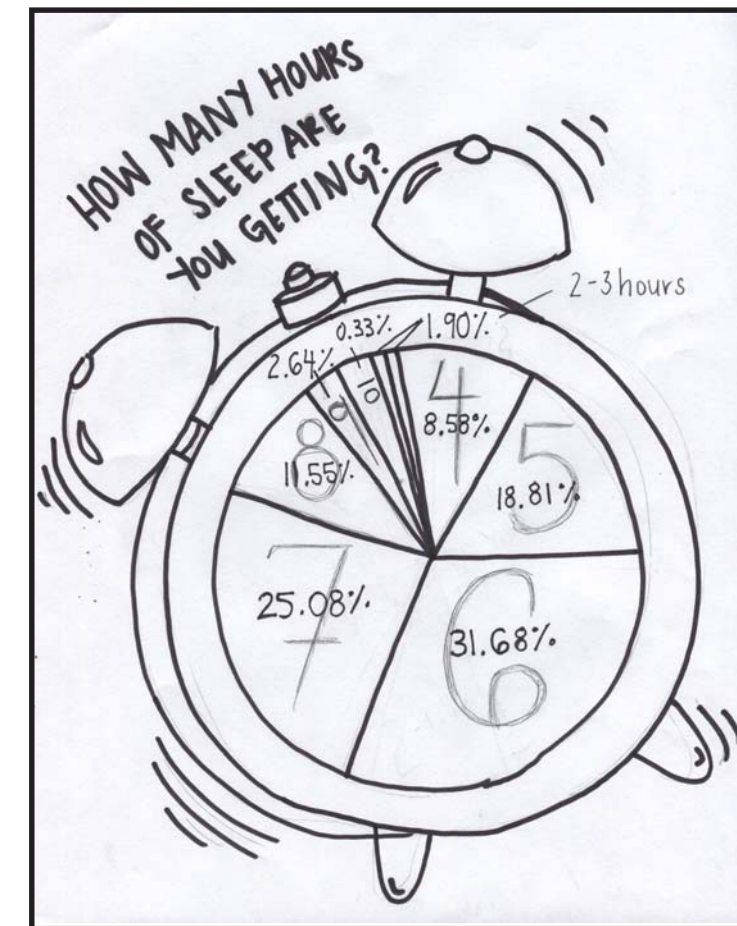
percent never get enough sleep.

"A brain that is hungry for sleep will get it, even when you don't expect it" is a very big problem for students who do not get enough sleep because they could doze off in class without being able to stop it ([sleepfoundation.org](http://sleepfoundation.org)). Besides the fact that one can be just tired or lazy in class, "Drowsiness and falling asleep at the wheel cause more than 100,000 car crashes every year" ([sleepfoundation.org](http://sleepfoundation.org)).

Upperclassmen or students who can drive can relate to this issue when driving to Princess Anne before 7:20 a.m. every day. The question is, are underclassmen being affected by the lack of sleep as well? One freshman MYP class shares similar statistics compared to upperclassman students. Being only in their first year in high school, already 16 percent of these students never get enough sleep. Students of Princess Anne and even nationally need to realize the consequences the lack of sleep creates. The lack of sleep can "limit your ability to learn, listen, concentrate and cause problems" ([sleepfoundation.org](http://sleepfoundation.org)). Overall, students need to understand the importance of time management and the understanding of what is a priority and what isn't necessary to do when managing time. This is important because clearly the lack of sleep is very crucial to the body and how it functions the next day.



Margin of error ± 5.1 percent



Graphics by Emily Rack



# Coach Hammond is gone, officially retires Jan. 1

By Ryan Gavin

P.E. teacher, tennis, and golf coach Hutch Hammond, after 30 years at Princess Anne, will officially retire Jan. 1, although he has been gone from the school since Oct. 16, requiring serious surgery on his Achilles tendon. "I had my ankles operated on so I'm on extended sick leave till Dec. 23," said Hammond.

"Everything. I have enjoyed everything," Hammond said when discussing his 30 years of teaching, citing the school spirit and sports at Princess Anne.

Hammond was involved in every Leadership Workshop that was held since he started teaching at Princess Anne, famously waking up the boys in the cabins by busting in and blasting his air horn. In regards to the upcoming workshop, he said, "Unfortunately, this will be my last one." Hammond is looking forward to being able to speak in front of the workshop con-

**"I have enjoyed everything."  
-Hutch Hammond**

tributors and students before he leaves.

Hammond was appreciated school wide for his involvement as a coach of two sports, golf and tennis. As a golf coach, Hammond reminisced on seven years ago, when the team finished second in the golf district tournament.

As tennis coach, Hammond will miss going out and working with his athletes on the tennis team. When discussing tennis highlights, Hammond mentions senior Robert Levin. Levin spent almost four years with Hammond. When he watched Levin play in the state finals last year, Hammond said, "Oh my god, this kid is good," as he recognized the skill effort Levin brought.

When mentioning the retirement of Hammond, Levin said he will miss Hammond's wisdom not only for tennis but for life in general. Levin describes Hammond as a very honest and real person. Not only

Hammond's character but his skill as a coach affected Levin's game. He also said, "He has inspired me to not only become the best tennis player I can be, but he has put the life of a student athlete in perspective for me to look through as I start planning out my college years."

Hammond's plan after retirement is to travel cross country with his wife on his motorcycle. Instead of two-to-three-month long trip to other states, Hammond is looking forward to a two-to-three year-long trip. "My wife and I do a lot of traveling. Pick parts of the country to travel...and do it."

While Hammond loved every hour of every day at Princess Anne, he wants to do something adventurous and a little different.



Coach Hammond after his surgery. (Courtesy of Hutch Hammond)

# The honest reality of overseas deployment

By Ellian Chalfant

Although November is a month primarily known for Thanksgiving, it also holds a holiday that is considered very important in Virginia Beach: Veterans Day.

Many of PA's teachers have served in the military, including special education teacher Michael Dulinawka, computer science teacher John Harrison, and IB math teacher Richard McHugh, just to name a few. McHugh served for 20 years, working to operate and maintain nuclear submarines. "After I graduated from the Naval Academy, I went to nuclear power school and then went into nuclear submarines," he said.

"During that time, there were no major wars. There were some interactions with terrorists but submarines weren't involved in that. I was on a submarine during the Gulf War. The things that I did though, I really can't talk about, since it was during the Cold War."

McHugh was deployed multiple times and was on about four different submarines during his career. "I probably have about six

or seven years of my life submerged under water and another five either in shipyards either on new construction or overhauls. That's like two-thirds of my career either underwater or in shift work."

He also mentioned what it was like to leave his family. "Generally I would deploy for six months at a time," he explained. "You have to get a lot of things ready for the family, including updating your will, taking care of power of attorney. I had a wife and three children. It's not easy leaving your family and going away for six months. You miss a lot."

He even talked about a time he left for deployment and came back seven months later to a newly built house.

Junior Alexis Bryant agrees with McHugh about the hardships of deployment, since her father has been deployed

three times, including a sixth-month deployment to Africa and the Middle East. "It was really sad because [my dad] was gone during Christmas when I was younger," she said. "It was always really quiet at home."

Bryant also mentioned what it was like for her mother. "My mom was more stressed out because she had to drive us everywhere since my brother and I do sports. She had to make dinner and do everything and my dad wasn't there."

Junior Mikayla Blaine explained the same difficulties for her family, since her father is currently deployed in Afghanistan. "It's weird because my mom has to do everything in the house," Blaine said. "She has to pick me up and do certain things for my brother, too. It's like living in a single-parent household. You know your parent is here, but physically he's not."

"During the deployment, you're so

busy," said McHugh. "I'm sure the family's got it tougher at home, but the actual servicemen are too busy to worry about [family]. A lot of times we were on an 18-hour day."

Although those who are deployed are very busy, they are still able to make time for family. "We Skype on the weekends," said Blaine.

Since there was no Skype in 1976, McHugh elaborated on his means of communication: "In those days you couldn't communicate often. We got 'family-grams' which were very short, often two or three lines where you'd get information from home, and we couldn't [respond]. Whatever information that came to the submarine was somewhat filtered. We could get about six messages from home over the six months."

Despite tough communication and long times away, Bryant and Blaine know that what their fathers are doing are vital to American safety, however they both do not plan on joining the military. "Seeing the effect it has

**"I had a wife and three children. It's was not easy leaving your family... for six months."**

**-Richard McHugh**

## Teen creates artwork to support cancer research

By Grace Santiago

After First Colonial junior Ryan Swindell was diagnosed with Hodgkin's lymphoma, PA juniors Grace Scholefield and Cameron Hammer decided to show their support for their long-time friend by having an art exposition for Lymphoma Cancer Awareness.

"Ryan got cancer this summer and it was really a hard time for me, so I wanted to do something to help out," said Scholefield. "We knew we wanted to do something, but we didn't really know what. We never ran a fundraiser before, but we knew that because I do a lot of art and Ryan was really big into music, we combined the two and thought on an art expo."

To get the word out, Scholefield, with the assistance of Hammer, junior Jake Crumbly, and other friends, created posters to hang around FC and PA, texted friends who also spread the word, sent out letters and fliers, and used social media to promote the event.

"I know Ryan pretty well, too" said Crumbly. "When I found out, it was pretty devastating, pretty upsetting. But when I found out [about the event], I helped Cameron out with setting up and stuff."

The art expo was held in Scholefield's backyard, and people from high schools all around Virginia Beach came to support the cause.

"Each artist shared a tent with two other artists," said

Scholefield. "We had a bunch of art displayed hanging on a wall outside and also on tables. We had different [musicians] play at every hour. It was kind of exciting for artists because [they] saw that the art [they] made was being bought and the money was being put up for the cause."

Overall, the event raised over \$5000 and all of the money was donated to the Lymphoma Research Foundation, and there are several pieces of artwork still available for sale.

"It was really cool," said Scholefield. "[I expected] a few hundred dollars or something, but in the end, when we were counting up and seeing what was sold, it was over. It was such a huge relief that kind of made me feel like, 'Okay, I did something.'"

Swindell was diagnosed at the beginning of last summer, but having a speedy recovery, he finished chemotherapy



Juniors Deirra Clyburn (left) and Grace Scholefield (right) at the Lymphoma Awareness Art Expo. (Photo Courtesy of Vanna Scholefield)

two months early and is now in remission.

Through participating in the event, the volunteers have gained a new perspective of their abilities to help others.

"It helped me realize that I can actually make a difference and help others," said Hammer, "and not just the people I know really well, but I can help really anybody if I just put my mind to it."

## Jewish students have high hopes for the Holy Days

By Bianca Torres-Hamlin

Sophomore Lucie Waldman started a petition this summer requesting VBCPS to close schools on the Jewish holidays. With a majority of Christian students in the school system, other religions tend to feel as though they are at a disadvantage, as Spring Break tends to fall around Easter and Winter Break always includes Christmas and New Year.

Waldman feels that she has been forced to choose between religion and school for too long. Waldman argues in her online petition that, "If the Jewish teen has a leadership role in school or within their religious community or maybe even both, it can make the decision even harder. It shouldn't even have

to be a decision, because as the student gets older, both are important to the teen."

Sophomore Brett Broudy, another Jewish student, does not feel like the decision between school and religion has

had much effect on him over the years. Broudy said, "I don't care if I have them off or not because I don't want to go to school for any longer, I'd rather have school get cut back than have extra days."

When asked if he thought the VBCPS's system was more inclusive to Christians, Broudy said, "I mean it goes either way, because I like [having] the days off, while other students are doing work, I'm at home resting."

Freshman Bradlee Goldberg agrees with Waldman's petition and thinks that VBCPS has been inclusive to

the majority for too long. Goldberg said, "I believe that by not acknowledging Jewish holidays, it affects us negatively," Goldberg argues that his "days off" aren't really relaxing for

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**"They're called the high holidays and they're considered Judaism's holiest days of the year."**

**-Sophomore Lucie Waldman**

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him, saying, "We still have a lot of work to do during the holidays we take off."

Waldman and Goldberg also argue that other schools like Norfolk Academy, Cape Henry Collegiate, and Norfolk Collegiate have the days off, and VBCPS isn't paying attention to their Jewish population the way they should be. Waldman said, "It's not just our school, it's affecting people at other Virginia Beach public schools, too."

Waldman is willing to compromise, but she wants the school system to understand the importance of the holidays.

"They're called the high holidays and they're considered Judaism's holiest days of the year," Waldman said. "My compromise would be that the days would still be open and operating for the rest of the school's non Jewish population, but they wouldn't count as absences for us and we won't have make-up work to do."

Waldman has 17 out of the needed 100 signatures on her petition, and is determined to introduce her proposition to the school board by no later than May of 2016.



## Take Journalism!!!

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# Adele returns with a 'Hello'

By Ali Unger

After a four-year break, Adele has come back to the music industry and is better than ever. Adele's new song "Hello" has been No. 1 on the Billboard chart for weeks. In addition, Adele broke Taylor Swift's record on her music video "Bad Blood" which had 20.1 million view in 24 hours, but "Hello" had 27.7 million views. I am so happy that someone has finally pushed Taylor Swift off of the top because Adele deserves the attention for her new record-breaking song, especially to gain her confidence back after her long break.

When Adele released her new single on Oct. 23, it came as a bit of a shock to me. I thought that she had disappeared from the spotlight forever. "Hello" is very similar to Adele's other songs because it is about her trying to get over her ex.

"Someone Like You" and "Hello" contain similar lyrics depicting that her ex has moved on and that she should be doing the same, but can't. In "Someone Like You" Adele sings, "I heard that you're settled down/That you found a girl and you're married now." Similarly, in "Hello" Adele sings "To tell you I'm sorry for breaking your heart/ But it doesn't matter it clearly doesn't tear you apart."

However, Adele states that "Hello" isn't about any one person, but about how she is trying to reconnect to herself after all of the heart-breaks she has been through. "Hello" addresses that she broke someone's heart, but then later in life regrets it when she sees that her ex has moved on and she wishes she never ended the unique love that they had.

Adele's new album *25* opens with "Hello." The album as a whole is definitely my favorite album by Adele, but is also one of my favorites as a whole from this year. *25* is different from the rest of Adele's music; the songs are more upbeat and aren't just about her ex-boyfriends.



## Movie review

# Mockingjay incites the heart of rebellion

By Carolina Rios

*The Hunger Games: Mockingjay Part 2* directed by Francis Lawrence (*The Hunger Games: Mockingjay Part 1*, *Water for Elephants*, *I Am Legend*) hit theaters Nov. 20 and closed *The Hunger Games* series with a bang.

Based off the trilogy by Suzanne Collins, this movie is the fourth and final installment of the series and it did not disappoint. The movie follows Katniss Everdeen, the face of a rebellion trying to overthrow the totalitarian regime within their country of Panem.

Intense and emotional, this movie grips you tight and doesn't let you go for all two hours and 17 minutes. The palpable emotion is due to the phenomenal acting of the entire cast, especially of Jennifer Lawrence (*Silver Linings Playbook*), who plays the teen heroine Katniss Everdeen and Josh Hutcherson (*Bridge to Terabithia*), who plays Peeta Mellark. Every trial and tribulation Katniss faces, it feels as if the audience is standing along with her.

Oh, and what trials she faces! The action within this movie is non-stop and riveting. Within the first few minutes, my heart was pounding and it didn't stop until after the credits rolled and the lights came back on. Many times I was half out of my seat, cheering on the rebels as they took on the oppressive government, personified by Donald Sutherland (*MASH*, *Pride and Prejudice*). Another in a long list of fine actors, his villainous smile and cruel words fit the persona of the corrupt face of a broken government perfectly.

This movie reminded me why I fell in love with this series in the first place. I'm already hoping to see it again.

For example, "Love in the Dark" is about how Adele broke someone's heart instead of her own. "Remedy," "All I Ask," and "Sweetest Devotion" showcase Adele's powerhouse vocals through high notes, vibratos, and her ability to hold notes for a long duration.

My favorite song on *25* besides "Hello" is "Send My Love (To Your New Lover)" because it is very upbeat and different than the rest of Adele's previous songs. Also, "Sweetest Devotion" is a unique and emotional song about Adele's son, Angelo. In the song Adele sings, "I wasn't ready then I'm ready now/I'm heading straight for you/You will only be eternally/The one that I belong to/The sweetest devotion."

In addition, Adele wants to prevent streaming of her new album for a week after the release. This has been problematic for many fans, who want to listen to her music but don't want to pay almost \$11 for the album when they could listen to it for free on Spotify, Apple Music, etc.

# Sounds good, feels even better

By Simya Dickson

After commencing their first tour, 5 Seconds of Summer recently released their new album *Sounds Good Feels Good* on Oct. 23. Their pop punk genre, noticeable in almost every song, makes the album delightful for young listeners.

The album features their song of the summer, "She's Kinda Hot" and also includes, "Hey Everybody." Although "She's Kinda Hot" complements the band's rhythmic talents, "Hey Everybody" is a little more enjoyable, because the songs' beats resemble those in the famous Duran Duran song, "Hungry Like The Wolf."

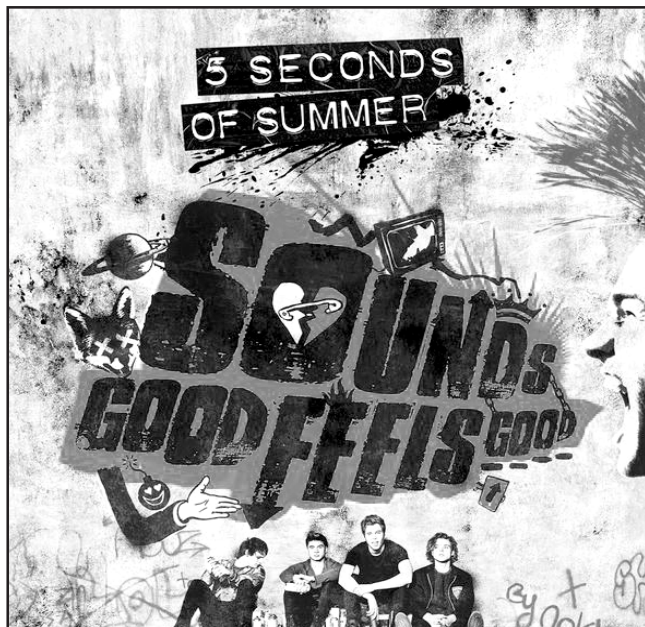
"Permanent Vacation," is my favorite on the album. It makes you want to get up and dance. Their songs have rhythmic twists and do not overuse a certain beat to appeal to the listeners.

If you appreciate the slow songs as well as the upbeat ones like

me, the band still has plenty of songs to choose from, like "Jet Black Heart," "Fly Away," and "Money." "Jet Black Heart" is a popular slower song from the band. The lyrics in the song flow well and appeal to every emotion.

In the song "Fly Away," the band sings lyrics like, "I want a little bit of California, with a little bit of London sky," portraying images that their fans can easily relate to.

I absolutely love this album. The band did a great job expressing their feelings in every song and making it more enjoyable. I am excited to see what the band has in store for their fans.



(Courtesy of 5SOS.wikia.com)

# The Pentatonix self-titled album embraces originality and soul

By Jacob Olander

A cappella band Pentatonix's new self-titled album, which came out Oct. 16, is the seventh in their discography, yet it is their first to contain 100 percent original tracks. The band of five, best known for their covers of pop songs on their YouTube channel, has truly broken through with a sound and style that is their own, harmoniously blending pop, R&B, and soul. The band's lack of instrumental accompaniment in its music best characterizes the album, making the already great music on the album all the more intriguing. The opening track "Na Na Na" opens this new chapter of their musical careers with a pop ambiance and dreamy, faraway lyrics. "Sing," a soul anthem that oozes positivity, induces listeners to dance along with Scott Hoying's expressive vocals and the song's heavy,

tangible beat. Female vocalist Kirstie Maldonado truly shines in the 10th track of the album, "Water," in which she declares her love for another with a wonderful accompaniment by fellow band member Mitch Grassi. "Ref," which has hints of a dub-step influence and a crazy collection of sounds from the group's beat-boxer Kevin Olusola, would not be out of place in a club. The hit track of the album, "Can't Sleep Love," teased before the full release of the album, plays on a beautiful bass performance by singer Avi Kaplan, and a fluid, soulful groove. *Pentatonix*, as a foray into original music, exceeds all expectations and serves as a worthy indication of the group's vocal talents and songwriting skills, cementing the a cappella group as a respectable player in the field of skilled and successful artists.



Photo from directlyrics.com

# Get Weird gets good, funky, and spunky

By Bailey Hamill

British girl band Little Mix blessed the world with their new album *Get Weird* on Nov. 6.

After taking a two-year break, the girls decided to switch up their usual sound. The new album breaks away from their usual R&B sound into a 80s pop kind of sound.

With lyrics such as, "Oh I'm thinking you'll love me right/ But you never will," in the song, "The End," the girls showcase deeper lyrics than their previous songs.

Little Mix also have a song, "Secret Love Song," fea-

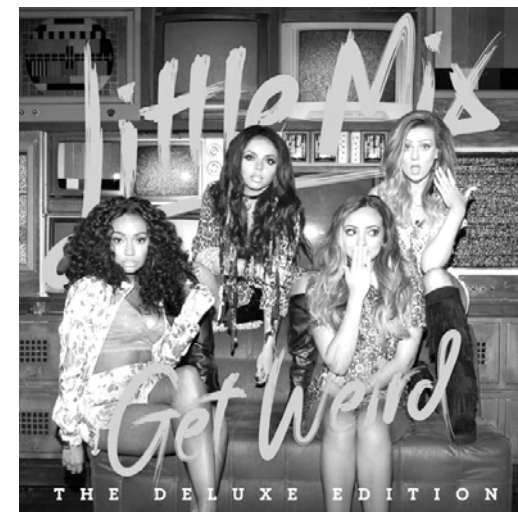


Photo from directlyrics.com

turing popular artist Jason Derulo which many fans are calling the new LGBT anthem. The girls sing, "And nobody knows I'm in love with someone's baby/ I don't wanna hide us away."

While they broke away from the R&B sound for the most part, Little Mix still keep some of their familiar sound. In the song *A.D.I.D.A.S.*, member Leigh-Anne Pinnoch raps a piece of it.

"Hair," "OMG," and "Weird People" all mainly showcase the new 80s sound. They also incorporate girl power with lyrics like, "I got my pride, my self-respect/ Need nothing more, want nothing less."

This album is making the girls more popular outside of Europe and will hopefully bring them more fame and success in the future.



# Marvel introduces Jessica Jones on Netflix

By Caleb Barbachem

Netflix released its newest Marvel series *AKA Jessica Jones* Nov. 20 this year, and it is one of the best Marvel products ever made to date.

This 13-episode series is all about Jessica Jones, an ex-superhero who gave up quickly after some traumatic events that occurred during her superhero stint. She attempts to rebuild her life after having it destroyed by Kilgrave. To help forget it, Jones begins a career as a private eye. The show starts out with her already into the job a few months, and a new missing child case is just beginning. This case forces Jones to realize that Kilgrave is back, triggering her PTSD and causing her panic attacks.

Before the actual review part, I need to warn you that the show is mature for a reason. There is graphic violence, sexual content, and some strong language. On to the show now.

The show is spectacular for its realism. Keeping up with its variety, Marvel has not created a superhero show but an antihero thriller. Some parts of the show may seem to be predictable, but only to be followed up by some-

thing totally unexpected. The characters are realistic, as they deal with real-life problems much more often in the show than super-powered related ones. At some points even, some characters even give up like most of us would in similar situations.

Like everything Marvel, watch out for certain characters. Luke Cage appears in several episodes and will even be getting his own Netflix series next year. In his series, be prepared for Jessica Jones to make a few appearances. Besides the obvious one of Luke Cage, Jeri Hogarth is a possible returner to Netflix in *Iron Fist*, the last solo hero Netflix series. She could possibly be Iron Fist's lawyer, as she was in the comics.

What really makes the show great besides the realism of the characters is the villain, Kilgrave. In the comics he is also known as the purple man. The show pokes fun at his real name some, but never uses the villain name which is a bit disappointing to me. What makes the character fascinating is his power and personality. He has the ability to control a person's mind with only his voice, which is quite terrifying. Be-

sides that, Kilgrave is a homicidal man who is obsessed with gaining Jones's love. He makes people under his control do terrible things and they are powerless to try to impress Jones. Kilgrave is the villain everyone is rooting for to be taken down, yet can't be. The man lets his emotions take over at times and that is when those under his control become worse than victims. The hunt for Kilgrave is intense, as once you can even find him from all of his various leads, how can you stop a man from talking *and* keep his goons from protecting him? When he is desperate, it gets even worse for everyone, as Kilgrave has no remorse and no guilt about what he makes people do.

The show is very intense. Be ready for anything when Kilgrave is on screen, as he is willing to command people to do anything when he is desperate or furious enough. The characters also tell you about their troubles of the past, putting the audience into an intense feels trip.

As this is a part of the Marvel Cinematic Universe (MCU), it is connected to the bigger picture. The show is more like *Ant-Man* in its connections however as it stays

very contained to itself. Why step up to the major leagues when you can barely handle life as it is? There are one or two references to *Avengers*, and a nice nod to the *Daredevil* series. The best part of the references was that they made sense, they were not forced in like it was for *Iron Man 2*.

Overall, the show is insanely good and I cannot wait to hear whether there will be a second season for this or not. The show showed the realistic side of the MCU as not everything has a happy ending like the movies showed. The ending itself seems like there was a lot unanswered, but it also leaves a lot for a possible second season to answer. I give it a 9/10, as some scenes with Luke Cage would have been better to have implied rather than shown.

The show stars Krysten Ritter as the titular hero, Rachael Taylor as Patricia Walker, Eka Darville as Jones' Malcolm, David Tennant as Kilgrave, Carrie-Anne Moss as Jeri Hogarth, Wil Traval as Sergeant Simpson, Mike Colter as Luke Cage, and Erin Moriarty as Hope Shlottman. There are more characters, but these are the most relevant to the show.

## Fall television shows change with the season

By Annie Dou

This fall season television show line-ups spread across the spectrum of comedy, drama, and even musicals; in recent years, however, T.V. has been either a hit or miss, and some shows have lost a few viewers by dragging out shows for too long, like *Modern Family*, or by making the plotline so confusing just to make it seem interesting, like *Pretty Little Liars*. They're not bad shows, but the longer they continue, the fewer viewers they'll have.

You know those cheesy FBI plotlines where all the agents are recruited because their parents are dead or they grew up on the bad side of town? That's not the case with *Quantico*. With a knack for starting new series', *ABC* has released *Quantico*, a show fronted by former Miss World Priyanka Chopra, who plays Alex, an FBI recruit, who seems to be a survivor of a terrorist attack in New York only a few months after becoming an official agent. The central mystery of the series is trying to find out who actually set the bomb off, but the majority of the plot is told through flashbacks after the event happens. As you

can tell, the FBI considers Alex the prime suspect. Other recruits and characters in the show are typical in their backstory: the pretty legacy boy with the agent parents, the rich girl who has something more to prove, the guy who doesn't quite fit his stereotype, the woman whose identity is played and switched between identical twins, the Marine whose a little too familiar with protocol, the mean girl who has a tragic backstory, etc. is a typical casting for a show like this, but without them, the show wouldn't have its addicting charms. Although pacing is a known problem for most pilots and new series', *Quantico* produces effortless introductions to people, events, and twists. Just don't come looking for subtlety.

Pretty much based off "Hotel California" by The Eagles, *American Horror Story: Hotel* returns to its roots of *American Horror Story: Murder House*, the first season, which makes you wonder which characters are actually alive and which are manifestations of some ill crafted theme of creepy,

well, anything. After Jessica Lange, the matriarch and one of the most prominent main characters on the show, left, Lady Gaga premiered as her replacement. Filled with arresting imagery in the incredibly sinister and eerie Hotel Cortez, the show is both aware of its chaos and is not concerned with taming it- and even if you have an appetite for whatever infernal nightmare Ryan Murphy and Brad Falchuk have made up, good luck finding the motivation to figure out what the extravagant plot lines lead to. At a bloated 60 minutes per episode (sometimes more), the show is more gross than engrossing, and unlike the residents at the Hotel Cortez, you can always leave.

One of the most watched shows currently on T.V., *Empire* easily blends good music and family drama in a hype sensation that gets the details about rap and hip-hop right. It doesn't even matter if you don't like hip-hop, the beat in *Empire* echoes the race and class issues that the rest of T.V. doesn't address and embellishes the fact that the rest of T.V. projects white-washed casts and ge-

neric plotlines. A seemingly classic soap opera idea, *Empire* recognizes the drama we need in our life and keeps kicking in the fresh faces and voices that make us all want to join the music industry. Facing high standards from the start of season two, it's comforting to see that *Empire* still wants to go places that mark the show as potentially significant, and not just a musical that provides a good soundtrack for the shower. The show and its characters have maintained the charm it originally possessed without becoming overwhelmingly eccentric. Like its hip-hop roots, *Empire* is loud and boisterous and never backs down from exposing stereotypes without scaring off viewers.

Overall, the T.V. spectrum has continued to accept and allow a little more color than the rest of T.V. with shows like *Blackish* and *Fresh off the Boat* that introduce casts full of well conducted stereotypes and actualities of the real world. Although T.V. isn't the most popular form of media anymore it's still a foundation that has built up legendary actors and actresses and has essentially been the stem for new and bigger prospect.

# Competition cheer season comes to a close

By Ali Unger

The competition cheer season came to a close after the conference competition on Oct. 21.

“I was really impressed with everybody because we had a lot of new members this year and we turned them into some of the best cheerleaders that I saw at the competition,” said senior Mikaela Honeycutt, who is one of the captains of the competitive cheer team.

“We did a good job at working well together. Even though our stunts didn’t hit, we were able to push through the rest of the routine with a positive attitude,” said junior Lauren Slayton about the conference cheer competition.

Sophomore Aliya Walker said that she was proud of how everyone’s skills and abilities had grown since the beginning of the season.

**“I was really impressed with everybody because we had a lot of new members this year and we turned them into some of the best cheerleaders that I saw at the competition.”**

**-Senior Mikaela Honeycutt**

Honeycutt said that her favorite memory from the season was “the first time that we all hit our stunts as a team. I think it was a really big moment for us and it gave us a lot of inspiration.”

In addition, junior Savannah McLawhorn and Honeycutt agree that everyone on the team has created a strong bond.

“[Because of] the bond that we all had had, we

were a really close team and we treated each other like sisters,” said Honeycutt.

McLawhorn said the thing she will miss most from this season is seeing each of the cheerleaders every day.

“Our seniors are leaving and they’re like my best friends,” said Walker.



Competition cheer team hits its stunts at the conference competition. (Photo courtesy of Dan Trevino)

# Girls’ volleyball makes it to state-semifinal

By Komal Kamdar

After a successful season this year, the girls’ volleyball team suffered a devastating loss in their semifinal game against rival Maury High School on Nov. 17.

“As a team, I think we were able to aid each other in our areas of weaknesses, so there wasn’t many challenges we couldn’t overcome while working together as one unit on the court,” said junior Julia Rochester.

Despite the loss, the girls had a successful season, defeating rival Maury earlier in the season, as well as winning both their Richmond Showcase and the Endless Summer Tournament for the first time in PA volleyball history.

Several of the girls were also recognized for their outstanding performance this season. Junior Alyssa Presto was All-Region Player of the Year and junior Abby Bottomley was All-Conference Player of the Year. Juniors Chika Osuchukwu, Bottomley, and Presto were on First Team All-Region. Junior Ashley Burgess and freshman Jayna Francis

were on Second Team All-Region. Osuchukwu, Bottomley, Presto, Burgess, and Francis were all on First Team All-Conference. Sophomore Peyton Washington, senior Addie Blackwell, and senior Spencer Rizzo were on Second Team All-Conference. Rochester was also All-Conference Honor-

able Mention.

Ranked third in Virginia and 229<sup>th</sup> in the nation, the team suffered only three losses.

“A strength is that we are so tight as a team and really love each other,” said Bottomley, “which is also our weakness, because sometimes on the court, we have to step up and make people take accountability, but it’s hard when you are such good friends.”

The girls aim to win States next year, even though they expect to endure some challenges next year.

“With the loss of our seniors this year, we will definitely have some spots to fill, but I’m confident everyone will step up to the challenge,” said Presto.

“Our goal is to win States, and next year I’m looking forward to another amazing season with an amazing group of girls,” said Rochester. “It will be my last year on the team and I’m looking forward to every minute of it, except maybe Crossfit!”



Junior Abby Bottomley receives the ball from the opposing team. (Photo courtesy of Charlie Alexander)





Doria Martigayle finishes another race. (Photo courtesy of Mary Ann Magnant)

## Track successful

By Annie Dou

At the 2015 Cross Country State Championship at Great Meadows, PA's Cross Country team certainly set standards high for the other competitors at the race.

Doria Martingayle, a holder of two regional and two conference titles, came in third at the 5K State Championship. Martingayle ran a time of 18:50.00.

"I feel okay about it," said Martingayle. "I wanted to go for first

but I was ranked third going into it, and the girls I lost to were both very good runners."

Not a stranger to races, Martingayle doesn't hold herself to excuses, especially when it comes to running. "We have had to work a lot harder this year," said Martingayle. "We didn't do many fast courses so our times weren't as fast as we thought they would be, but we did a lot of hilly courses like the UVA course and the Oaklands course.

They're the two hardest courses in Virginia, so I had a lot more hill work and strength work which made running on the track a lot easier."

Other members of the Cross Country team include Harrison Martingayle who ranked fifth with a time of 16:12.00, and Josh Spare in 15<sup>th</sup> with a time of 16:32.00.

### How would you rank your performance?:

I did fall short of my goals. I definitely wanted to win the title, but I'm not really disappointed because I still ran well and I still have another race left.

### Who/What motivates you?:

I think Coach Rhue motivates me to run faster because he always talking to me about what I can do to be better and how he knows I want to win states and move on to the national level and so just like hearing that from him and parents and my teammates I think they motivate me the most because they push me to run harder and faster and run with the top guys on the team and push the state title and stuff.

## Best football season in decade

By Annie Dou

Ending the season with the title of most wins in a decade, the Cavalier football team has no plans to stop practicing and working in order to be successful next season.

"[The team] saw what hard work and dedication can do," said Coach Jelani Fair. "I think once they got a taste of winning they have a hunger for it now."

After joining the team last February as the new coach, Fair and the team have committed to changes in order to steer away from the past. "I think the guys took it upon themselves last February when I got the job to work harder and faster," said Fair.

"We all work hard," he added. "We all understand the importance of working hard."

Even though the season is over, the team is making plans in order to maintain its new status. "We're actually starting this off season," said Fair. "The guys want to work hard and actually improve and be better than last year. I think there's a lot of room for improvement; the sky's the limit and I know we'll continue to be faster, stronger, and better."

Although the team has taken steps to improve, they still haven't reached their maximum potential. "We're a young team and we made young mistakes," said Fair. "Win-

ning becomes contagious and the guys want it more now."



PA football starts another play in one of its most successful seasons in a decade. (Photo by Monika Davis)

**"I think there's a lot of room for improvement. The sky's the limit and I know we'll continue to be faster, stronger, and better."**

**- Coach Jelani Fair**