# The Prowler: 

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## Iowa results: Cruz trumps Trump, Clinton edges Sanders

## By ANDY GOLDSTEIN

Editor-in-Chief
On the first day of February, Iowans of varying political loyalties came out in record numbers to nominate a candidate for both the Republican and Democratic Parties. On the Republican side, in a slight upset, Senator Ted Cruz (R-TX) won $27.7 \%$ of the vote, beating Donald Trump's $24.3 \%$ and Senator Marco Rubio's (RFL) surprising 23.1\%. The Democratic Caucus was much more complicated: former Secretary of State Hillary Clinton edged ahead of Senator Bernie Sanders (I-VT) by less than one half of a percentage point, $49.9 \%$ to Sanders' $49.6 \%$. While Cruz's camp celebrated to a rousing speech earlier in the night, Clinton did not declare victory until well after midnight.

So what exactly is a caucus? The Iowa Caucus, much like primaries in most other states, is a part of the party nomination process, in which one candidate from each party is selected to represent the party in the general election. Each state assigns elected state delegates to candidates based on either the proportion of votes they get, or by a win-ner-take-all system to whoever won a plurality. After each state has held its primary or caucus, every delegate then meets at the Republican or Democratic National Convention, depending on the party they were elected to. At each Convention, delegates then cast votes for a candidate, depending on their state's system and their constitu-
ents' primary or caucus votes. Caucuses and
certain primaries use a proportional system, in which the percentage of delegates that vote for a candidate reflect the percent-


PHOTO COURTESY OF STEPHEN CROWLEY
CRUZ CLAIMS VICTORY: Senator Ted Cruz ( $R-T X$ ) celebrates and shakes
most votes wins. However, a caucus is dif ferent in that each party is given the power to organize and declare the rules of their caucus. Each party organizes local meeting places for the caucus to occur in each election precinct. It is also unique in that, instead of privately casted votes, public declaration of support and citizen speeches to sway other voters are present and encouraged

The Republican Party, after all speeches and arguments occur, vote by raising their hands. The Democratic Caucus is slightly more complex, as all voters break up into groups according to their preferred candidate, and then work to sway others around them to join their group. All candidates must meet a least $15 \%$ of the vote to be counted; those that do not have their supporters broken up and other voters attempt to sway these vot ers to their candidate. After all voters have either left or decided on a candidate, each person in every group is counted as one vote

Polls leading up to the Caucus showed Trump regaining a dominating lead against Cruz, who had been up by 10 points in De cember, but had fallen 8 points below Trump in January. The victory came as a surprise but a huge boost for the Cruz campaign nonetheless, who has been attempting to usurp Trump's spot as the anti-establishmen candidate in the Republican race. Rubio who was trailing both by at least 10 points going into the Caucus, will work to capi talize on the momentum of his strong third

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## Hop on the Calculus bus: how Jernigan's teaching works

## News Editor

Juniors and seniors are faced with the ask of studying harder than ever before as their grades become even more important, with the college admissions process shrouding their eyes from any other future prospects. They take more difficult courses, which are sure to boost the amount of homework and stress that they have.

There is one class at Quince Orchard High School-offered to sophomores, juniors and seniors-that people tend to find the most notorious of them all, and that is the one taught by none other than Jeffrey Jernigan, the school's AP AB Calculus teacher.

Past and present students alike mention Jernigan's strictness, his different teaching style from most other teachers, and especially his passion when it comes to ensuring that his students learn the material. Most people who have not experienced his class have the wrong attitude, however, when thinking about the course and the rigorous workload that comes with it.

Jernigan has been teaching at Quince Orchard for seven years, his love of math and calculus projecting onto his students and causing the stigma of the unapproachableness of math subjects to vanish. His strategies for ensuring the learning of his students include encouraging academic language and formulating groups for students to work in teams. "[These methods of teaching] are a combination of thinking about my own experiences, and the past teachers that I've had," Jernigan said. "I...have always learned from other people...basically stealing ideas and adapting them and making my own."

Jernigan's well-known "Calculus Bus" metaphor signifies the importance of his students getting on board the math experience. In order to get on and stay on the bus, students need to be deeply dedicated and invested in the course. "Part of the education is kind of like business: it's a business partnership," Jernigan said. "The teacher has the responsibility to present and provide opportunities for students to learn, but students have a responsibility in that part-
nership...to try." If one were to not try, it would be easy to get kicked off of the bus.

## "The teacher has

 the responsibility to present and provide opportunities for students to learn, but students have a responsibility in that partnership...to try.
## -Jeffrey Jernigan

Most students agree that this course requires a lot more time and energy than most of their other classes, Senior Aak
ruti Patel, a current member of Jernigan's AB Calculus class, found that she had gotten better at figuring out the "proper way to study," which consisted of working out problems step-by-step instead of just skim ming through them, using lunchtime to ask questions, and separating oneself from any source of technology. "I've been getting better grades and understanding why I do a step in a problem rather than just memorizing the process of doing a problem," Patel said.

Like many other students, Patel was not inclined to the subject of mathemat ics-that is, until she arrived at Jernigan's class. "Mr. Jernigan helps you during lunch and expects you to come during lunch if you need help, [so] I've been able to regain my skills that I had lost [in the past]," Patel said.

Students from Jernigan's various AB Calculus classes are usually found in room 302 A during lunchtime, writ ing out math problems on the whiteboard and putting their heads together to solve difficult problems. Because Jernigan is CONT. PAGE 2


Features
Students discuss their favorite activities and places to go in Montgomery County.

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QO Poms spends the entire school year training, competing, and performing.

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NEWS ${ }_{\text {tueproverer }}$
February 12,2016
Tremors in North Korea may signal nuclear test

## By ANNA GOOREVICH

 News Managing EditorIn early January, the US Geological Survey detected a 5.1 magnitude earthquake located close to North Korea's nuclear bomb testing plant Punggye-ri, in the northeast part of the country. Experts soon determined that the tremor was unnatural, which consequently sparked debates surrounding the possibility of a North Korean nuclear test. Soon after, the North Korean government released a news report centered out of their capital in Pyongyang with claims that they had successfully tested a hydrogen bomb.

North Korea's military and secret nuclear program has been in action for about 20 years, raising concern all over the world due to the aggressive actions of its leader, Kim Jong-un. So far, North Korea has held four underground nuclear tests since 2003. Weeks before the January 6 test, Kim Jong-un announced that the country had developed a hydrogen bomb, also known as an "H-bomb."

The H-bomb is one of the
most powerful weapons in the world. Using a process called nuclear fusion, an H -bomb is powered by the combination of hydrogen isotopes called deuterium and tritium, generating enormous amounts of energy. Prior to this nuclear test, North Korea had only tested weaker atomic bombs similar to those used by the United States in World War II in Hiroshima and Nagasaki. In contrast to H -bombs, atomic bombs are powered by a process called fission where the bomb splits apart heavy atoms such as plutonium and uranium, producing energy. Another concerning aspect about H-bombs to the United States and its allies is that they are lighter and smaller compared to atomic bombs. This means that if North Korea has produced an H-bomb, they can more easily load them onto missiles and aim for countries such as South Korea, Japan, or even the United States.

An H-bomb is hundreds of times more powerful than an atomic bomb, and, if it is true that North Korea has produced an H-bomb, this will dramatically advance

## Jernigan's AP Calculus CONT.FROM PAGE 1

making us want to is that all he wants
available most do well for ourselves, lunchtime periods, not for anyone else," students take advantage of the time and usually cannot be shifted from their studying.

Senior Rebecca Worley was in Jernigan's AB Calculus class in the last school year, and noticed how her math skills had "changed drastically" during the course. "Jernigan didn't make doing poorly an option, and I will truly be indebted to him forever for teaching me that," Worley said. Most teachers check to make sure their students complete their homework. Jernigan does not check, he "just knows" if you did not complete it. His teaching methccording to Worley. It is the student's job to learn the material, but Jernigan finds ways to ensure his students' progression in the course. With a test or a quiz very week, Jernigan checks his students' performance and monitors the amount of effort they are putting into their work. "At the end of the day, he wants you to be able to say that you gave it your all, no matter what the turnout," Worley said. "But trust me, he'll know if you're giving it your all or not. Don't test him."

## Jernigan

 known by his students as both extremely helpful andfor his wants to succeed. Rumors cause students to be afraid of the class, but all Jernigan is there for is to help his students gain the knowledge. "Before we begin class, he will start to tell [the students] about how he wants everyone to do the best that they can," Patel said. "When you get to know him, you immediately realize that he's there to lend you a big hand if you stumble on something.'

And help he will. The average score for AP tests, ever since Jernigan started teaching the course, has been approximately 4.73 out of 5 . Students are taught to study to learn and do well, and doing so clearly prepares them for the AP test in May.
owever milary eptical of Nany experts are North Korea's claims that their test was successful White House spokesman Josh Earnest said, "The initial analysis is not consistent with the North Korean claims."

Martin Navias, a military expert at King's College in London, told CNN that the the earthquake produced signals that "[the nuclear test] doesn't look like [a hydrogen bomb] ... one would have expected [the earthquake] to be greater if it was an H-bomb."

Although the success of a tested H-bomb is doubtful, experts agree that the nuclear test is significant, and many are debating if the bomb tested is a different, weaker type of nuclear device, commonly known as a "boosted" weapon. According to CNN, a boosted bomb "uses a small amount of fusion to boost the fission process, but is not an H-bomb," meaning that it is considerably weaker than a real hydrogen bomb. Although this test may not be a hydrogen bomb, "there is little doubt that North Korea did conduct a new significant huclear test," reported CNN

## Caucus indicates tight race

 covtrrompacthigh voter turnout at that the former Sec and secure the the Caucus-which retary of State could support of impor- usually indicates a face real challenge. tant donors who higher presence of Even so, this victory do not wish to see younger voters, a is largely symbolic, fringe candidates demographic that as Sanders would like Trump (and, to Sanders unquestion- have to have won a lesser extent, Cruz) ably dominates- about two-thirds of represent the GOP in could mean a vic- the delegates in Iowa the general election. tory for the outsider. to be realistically on

The Iowa Caucus was touted by many in the Democratic Party as a moment of truth, in which the reality of Sanders getting the nomination would be put to the test for the first time, and inversely, the reality of Clinton facing real electoral challenges against her competitor. Polls leading up to the caucus had the two in a virtual tie, with Clinton leading by less than two points, well within the margin of error. Analysts had

Clinton did not declare victory until early the next until ing, and even then she was not officially decided the win ner until hours later Headlines spoke volumes about the tightness of the race, stating many things similar to CNN' "Ted Cruz wins; Clinton claims victory," drawing a stark contrast between the definitiveness of the two parties, the Sanders races have supporters claimed the Caucus victory for established that a campaign, showing to soar in popularity.
 track for the Democratic nomination. The Se The Senator from Vermont rides high into the next primary in New Hampshire, where he controls where he controls a dominating lead of at least 15 points.

Both the Republican and Democratic omination contest have defied all prior prediction; both have seen a fall in popularity of mainstream candidates Bush, and to Jeb Bush, and to a far lesser extent Hillary Clinton, allowing ringe candidates like Trump and Sanders



In response to the nuclear tests, the United Nations Security Council is sure to implemen punishments to North Korea for violations of past resolutions such as new sanctions. The UN has established past sanctions on North Korea including travel bans, luxury goods embargoes, and more. However, none have been able to stop North Korea from continuing its nuclear program.
$\qquad$ Obama has led an alliance with South Korea and Japan in "strongly condemning" the nuclear tests Obama also confirmed the United States’ defense commitments to South Korea and Japan in retaliation to the North Korean tests.

According to the BBC the bomb test has also further isolated North Korea since China its closest ally, declared that it "firmly opposed" the nuclear tests.

Officials around the world are still unsure of whether or not North Korea has tested an H-bomb. Although evidence shows that the presence of an H-bomb is unlikely, this nuclear test should not be taken lightly.

SNOW, SNOW, AND MORE SNOW: A historic blizzard hit the East Coast this month and piled over 30 inches of snow on Montgomery County. Schools were closed for a grand total of five days as most people were trapped in their homes due to the heavy piles of snow.

Scientists discover new elements for periodic table

By MATT LOWINGER News Editor

Thanks to the RIKEN research team, the bottom period of the periodic table was officially completed on December 30 with the addition of four new elements. The elements with the atomic number of $113,115,117$ and 118 were discovered after a long eight year stretch of research. All that is left is the naming of these four extraordinary elements.

In 1999, researchers claimed the discovery of the heaviest known element, No. 118. However the data conducted was proven to be false by the International Union of Pure and Applied Chemistry (IUPAC). The real discovery of the four
newly added elements came between the years of 2002 and 2010. The creation of the elements came after extensive work with particle accelerators. According to Science magazine, "The particle accelerators fired beams of lighter nuclei at samples of heavy elements, smashing the atoms together until some of them fused." The IUPAC contacted a team of researchers in the United States and Russia for the discovery of elements 115, 117, and 118. The remaining newly discovered element, 113, became the first element named in Asia. The credit of naming element 113 goes to RIKEN Nishina Center for Accelerator-Based
"The particle accelerators fired beams of lighter nuclei ..smashing the atoms together until some of them fused. "
-Science
Science in Wako, Japan
On December 30, when the elements were discovered, Ryoji Noyori
former RIKEN president former RIKEN president Division of IUPAC, said
and Nobel Laureate in that the organization has scientists, this is of greater value than an Olympic gold medal." Noyori is ecstatic about the new findings because the newly created elements serve more than the discovery of four new elements. According to Science, they are an "insight into the forces that hold atoms together."

Researchers found that "elements heavier than any yet created might have conformations that are especially stablesuggesting that if we can ever make atoms that big, they might stick around for longer than a few microseconds." Jan Reedijk, president of the Inorganic Chemistry
now beganization has now begun the process of formalizing names and symbols for these elements. The temporary names formulated are ununtrium, (Uut, element 113), ununpentium (Uup, element 115), ununseptium (Uus, element 117), and ununoctium (Uuo, element 118). These four elements have temporary names and symbols on the periodic table, as their existence was hard to prove. According to the IUPAC, newly discovered elements can be named after a mythical concept, a mineral, a place or country, a property or a scientist.

Proving element 113 was extremely difficult for lead researcher Kosuke Morita at RIKEN

For over seven years we continued to search for data conclusively identifying element 113, but we just never saw another event." Morita's team persevered and, after long workdays and countless hours in the laboratory, element 113 was finally recognized by IUPAC. Morita added, "Now that we have conclusively demonstrated the existence of element 113, we plan to look to the uncharted territory of element 119 and beyond."

The four elements have a high rate of decay, so researchers found it challenging to reproduce the elements more than once; however, after eight dedicated years in the laboratory, the elements came into existence finally.

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## Gun violence debate in America sparks unease

## Obama takes measures to appease the public with stricter law enforcement

## By ANNA GOOREVICH

 News Managing EditorAt an emotional press conference last month, President Barack Obama announced new executive actions aimed at reducing gun violence.

Signed to bypass gridlocked Congress, Obama's orders call for comprehensive enforcement of many gun control laws already put in place. According to the White House, "Over the past decade, more than 100,000 people have been killed as a result of gun violence - and millions more have been the victim of assaults, robberies and other crimes involving a gun."

For years, President

Obama has attempted to curb gun violence by supporting various laws to increase gun control, many of which were not passed by Congress. Now, to limit gun violence, Obama is calling for a national "sense of urgency."
"Each time this comes up," said Obama, "we are fed the excuse that common-sense reforms like background checks might not have stopped the last massacre, or the one before that, or the one before that, so why bother trying

I reject that thinking."
The greater use of the "common-sense reforms" Obama spoke of are the basis of his executive orders. First, the White House plans to use the FBI and the Bureau of Alcohol, Tobacco

Firearms, and Explosives cooperation between the (ATF) to increase the use Departments of Defense, of background checks Justice, and Homeland in order to "keep guns Security to sponsor and out of the wrong hands." Second, the White House is increasing funding for the ATF to hire more agents and investigators. Additionally, the ATF is creating an Internet Investigation Center in order to track illegal online firearms trafficking, all with the purpose of "making communities safer from gun violence."

In addition to expanding background checks and the ATF, the White House is proposing a $\$ 500$ million investment to "increase access to mental health care."

Lastly, Obama's

Prom planning becomes a priority for Class of 117

However, Obama Americans agree with insisted that his executive greater background checks actions keep the Second and other methods of gun Amendment in mind. control, it is evident that Obama stated that the not all would want gun orders are "not a plot to take laws to become stricter. away everybody's guns.,
"I believe in the Second Amendment, there written on paper, that guarantees the right to bear arms"" said Obama
"I also believe that we can find ways to reduce gun violence consistent with the Second Amendment.'

The latest polls indicate that many Americans support greater gun control. A Quinnipiac University poll conducted in December found that, overall, $89 \%$ of Americans support expanded use of background checks.

Although
A recent CNN poll indicates that $48 \%$ of Americans were in favor stricter gun laws, while $51 \%$ were against.

Gun control has been controversial issue for years. While almost every American recognizes the mportance of protecting he constitutional right to bear arms, Americans also believe that change has to develop in order to stop mass shootings at places such as Virginia Tech Tucson, Aurora, Sandy Hook, San Bernardino, and many more from occurring

By SOPHIE LANE

News Editor

The Class of 2017 Student Government Association (SGA) members have been diligently working, coming up with many different fundraisers to generate money for, prom and other events for the Class of 2017. By attending these fundraisers, students are not only supporting the Class of 2017, but also supporting almost all future school events, such as prom.

Junior class Secretary Lauren Kelly spoke out about the issue regarding their financial position: "Since we don't have as much money as we would
like, the school has to help in coming to our fundraisers." Furthermore, she adds that "money is the most important thing that [they] need" and in order to acquire the funds necessary to pull off a special prom, the junior class needs the school's support. Kelly believes that "the most effective way to raise money is by having fundraisers, but they need to be successful in order to have a prom that's fun." The SGA asks students to buy a cookie at a home basketball game for a bake sale or come to a local restaurant during a fundraiser

Junior Alex Saks joined the Class of 2017's SGA as a cabinet member. Saks
"The school has to help in coming to our fundraisers.

## Lauren Kell

not only has experience ing all around the county." being in class SGA, serving as First Vice President her freshman year, but also is currently involved with the Student Member of the Board (SMOB) as a communications deputy. In her job, Saks helps Eric Guerici, the 38th SMOB, "get in touch with people and get people in touch with him." She describes her job as "practically his connection to what's happen-

At QO, Saks' main job but she also is rundraisers sist any SGA ready to as號 any SGA member who needs it. Specifically, Saks works "closely with junior Jessica Weiss to think of fundraisers that would not only appeal to many, but raise money for the events." Then, Saks and Weiss "work with the members of SGA, our sponsor, and adminis tration to make it happen."

An important event reasonable enough to allow
this year, and every year, for seniors and juniors is prom. Saks stated, "The Class of 2017 is paying for prom this year and without sufficient funds, we can't make prom the best it can be."

Junior Class President Dana Freedman plans to do many fundraisers, such as "restaurant nights, bake sales, and selling candy grams for Valentine's Day." She encourages students to help give "promotion of the fundraisers, support, and participation",

Ideally, Freedman plans to raise enough money to have a fantastic prom and make tickets affordable and
tudents to come and have fun. As president, Freed man is very involved in fundraising "by meeting with the other SGA members and coming up with creative ideas, picking dates for the events, promoting the events, and recruiting people o make the event successful."

Overall, the Class of 2017 SGA is working hard to come up with new fundraisers to make prom a special night that can be shared among every junior and senior at QO who wishes to The members of the class SGA encourage everyone to come out to the fundraiser that they have been planning


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# When the Wifi dies <br> <br> : Valentine's Expectations 

 <br> <br> : Valentine's Expectations} A horror story about losing touch

- By ALEXIS KIM
- Design / Layout Manager stuffed bear, chocolates,
- Valentine's Day is a enjoy a romantic dinner
- special day for couples to
speciar to - shower each other with gifts - and get extra romantic. Even
$\bullet$ kids get to join in - elemen-
- tary school classrooms are filled with children passing fill - out candy valentines to each - classmate.

If only the same could - be said for high school students. According to a children's cese a children's research organiza-- tion, Child Trends, only 9\% of high school sophomores and $16.3 \%$ of seniors date regularly, so chances are you'll be spending Valentine's Day single. This isn't a bad thing, of course, it just means you'll prob-- ably be sick of the overly-- affectionate displays of love

- that'll leave you wondering if it's possible to be that - saccharine. Who knows? - Whether you're single, in a - relationship, or somewhere - relationship, or somewhere - in-between, here are some we might experience this - Sunday:

Expectations for someone in a relationship: "They're going come to

- my house with a life-sized
and roses. Later, we'll
enjoy a romantic dinner where I'll get to bombard every social media outlet about how me and my boo are \#goals."

Reality: Your significant other is just a high school student, which means they're living the broke life. Also, the NBA All-Star game happens to be on Valentine's Day, so if your SO is into basketball, you may be spending your romantic dinner in front of the TV. Here's hoping your boo thang isn't into sports.

Expectations for someone single: "I'm going to spend Sunday crying over how I'm so single and lonely. I'm going to end up stuffing my face with ice cream and scrolling through Instagram.
he night before to do and chilling in pajamas. You'll probably still consume your body weight in ice cream, just without all the self-pity and moping.

Expectations for someone who's crushing: "It'd be a dream come true if I could share this day with them. Oh well. I'll never get over this crush, even when I'm 84 where I'll be reflecting on my youth and how different my life might've been had I old them how I felt." (Think The Titanic-level reminiscing.)

Reality: Maybe you've decided that this is your chance to reenact something straight out of a teenage om-com and finally snag hat special someone. Per haps it's a sign that you're better off getting over your crush. Or you'll stay home and actually watch the Titanic. This one's totally up to you.

No matter what you decide the kind of Sunday you'll be having, know that all Valentine's Day-themed chocolate will be on sale everywhere right after the holiday, and that's all the day is good for.

Reality: You're probably $100 \%$ okay with being single and it'll just be another Sunday for you, which means scrambling to finish the homework you procrastinated 'till

# Fight of the Films: 20016 Åcademy Award Predictions 

## By JACOB CORNBLATT

## Managing Editor

## Best Picture

Will Win: The Revenant
Could Win: Spotlight
Should Win: Spotlight
I really despised The Revenant, but I know a best picture winner when I see one. Because of the struggle it took to make and the pretty, pseudo-intellectual photography, the voters will be immediately drawn to pick it. If they decide to actually think about their choice for a minute, however, they would without a doubt choose Spotlight.

## Best Actor

Will Win: Leonardo DiCaprio (Revenant)
Could Win: Michael Fassbender (Steve Jobs)
Should Win: Michael Fassbender (Steve Jobs)
Leonardo DiCaprio should have won in 2005 for The Aviator, and the voters know that. Since there wasn't a truly breathtaking performance this past year, it is a prime year to give Leo what he deserved.

## Best Actress

Will Win: Brie Larson (Room)
Could Win: Charlotte Rampling (45 Years)
Should Win: Cate Blanchett (Carol)
Room was one of the lesser known Oscar movies in 2015, but people and voters adore Brie Larson for some unknown reason. Solely because of this, she will be taking home a statue.

## Best Foreign Film

Will Win: Son of Saul
Could Win: A War

## Should Win: Son of Saul

Son of Saul is currently being considered one of the greatest films ever made, and I have to agree. It will without a doubt win, and if the Academy Awards had any sense, it would win Best Picture as well (even though it wasn't even nominated).

## Best Cinematography

Will Win: Emmanuel Lubezki (The Revenant)
Could Win: Robert Richardson (The Hateful Eight)
Should Win: Ed Lachman (Carol)
Every year, this award goes to the Director of Photography who manages to make the cinematography look prettiest, so regardless of Ed Lachman's photography for Carol being gorgeous and brilliantly deep, Lubezki will win because he captured some nice looking mountains

## Best Director

Will Win: Alejandro Iñárritu (The Revenant)
Could Win: George Miller (Mad Max: Fury Road)
Should Win: Tom McCarthy (Spotlight)
I never know what they are looking for when giving this award out, as one can't evaluate another's directing without witnessing it on set, but I do know who wins these awards. The director with a nice public image who made a fairly mainstream movie always wins, and Inárritu is that director this year


PHOTO COURTESY OF INDIEWIRE


PHOTO COURTESY OF PATHE.NL


## Take a slice of Moco

By BRITTANY MILLS
Double-Truck Managing Editor


By BEN PALMER
Viewpoints Editor
After another long day learning and working hard at school, I drudge down Quince Orchard Road to my house, ready to do even more schoolwork. However, I remember that they're calling for a quarter-inch of snow tonight. That's enough to close schools, right? What do I need to do all this schoolwork now for? There are plenty of great places in Gaithersburg that are calling for my money, and I chuck my backpack into a ravine as I waste no time in getting to these destinations.

It's been a tiring day sitting in a chair for seven hours, so I need to eat something to replenish myself. I'm in the mood for pizza...but I can't decide where to get it! There's Giuseppi's and Coal Fire in the Kentlands, and California Pizza Kitchen at the Rio. Unable to make a decision, I decide to eat at all of them.

Three hours and 3,000 calories later, I lie in bed in the biggest food coma ever.

The Prowler surveyed 100 Cougars to get their opinions on their favorite Kentlands resturants.

Mentlands Restaurant Poll


Cava Mezze
Panera
Chick fil A
Chipotle
Jersey Mike's I can't spend my very unlikely snow day like this! There

are a lot of physical activities available to me, and I start off with Go Ape in Rockville, a place filled with treetop ropes courses. However, after getting kicked out due to ripping off a rope bridge and doing the Tarzan scream on it, I decide to take it a bit easier. I ended up at Monster Mini Golf, which only intensely frightened me every five seconds.

All this physical activity has made me hungry again, and I'm sensing a vicious cycle occurring. I'm back at the Kentlands, and I don't want pizza. nfortunately, this isn't New York, so I still have a multitude of options that I once again can't decide from. Rather than eat at all of them, the Prowler staff and I decided to ask our readers. While I wait for the results, I'll be fishing my backpack out of the ravine, and upon finding it in the gutter, I hope for another snow day. To my readers: don't throw your backpack off a cliff, but do read the articles reviewing the places l've just described!

## A day of zipping and chipping

## By WILL HUSTED

Double-Truck Managing Editor
Another weekend has come and gone and you find yourself wanting to go out and do something fun, but what is there to do?

If you love high flying adventures with friends, a ropes course nestled in Rock Creek Park may be calling your name. Go Ape provides a unique experience and a change of pace to the normal weekend routine as well as a break for your eyes from a screen. Go Ape provides a chance to get up and experience new escapades that are often underappreciated.


PHOTO COURTESY OF GO APE

Just a 20-minute drive course provides "a sense from QO, the course of solidarity and bonding includes five sections of when teens go together." trails high up in the trees This bonding tied with
will be sure to encounter when you step foot in the dark, neon-filled golf course. Complete with an arcade, the course boasts all original artwork with local ties, including a Cal Ripken painting as well as a replica of the tree found on the City of Gaithersburg emblem. The local features as well as the distinctive design give the familiar game of mini golf an interesting twist.

A cheap nine dollars for a round, the course is entertaining and a great way to spend a few hours with friends. Manager Frank describes the course as "fun
and enjoyable for anyone." This universal ability to entertain makes Monster Mini Golf a great destination

PHOTO BY WILL HUSTED
with increasing difficulty.
Each section ends with a fun-filled zip line that takes you quickly to the ground. The courses are made up of "numerous rope ladders, crossings, two Tarzan swings, and five zip lines," according to a Go Ape spokesperson. The
courses challenge you while maintaining excitement throughout the adventure spent above the trees. The view from the top of the course allows for a sense of pride and understanding of the area around you. It is very rare to appreciate what is in front of you in the moment. Go Ape provides that chance.

Go Ape provides a great place for teens looking to escape the monotony and routine they find themselves in, an opportunity to experience life in a thrilling way. Gordon add that the

adventure can go a long for a fun time in the area.
While you may be tempted to stay at home in the safe confines of your bed and laptop, explore the exciting activities your local town has to offer and get outside and enjoy them. The excuse that your town is boring is no longer valid.

By DAVID SUGGS<br>Managing Editor

As the confetti rained down on the crown jewel of the Bay Area, Levi's Stadium, Peyton Manning looked into the crowd, surely soaking in the last image of his illustrious career. Manning held up the fabled Lombardi Trophy, a fitting end to the most exciting postseason in recent history.

For the Panthers, their season began in a cloud of doubt, as an uninspired 7-8-1 record from the previous season was saved by a historically bad NFC South, allowing them to advance to the postseason and defeat the injuryriddled Arizona Cardinals in the NFC Wild Card game. Additionally, WR Kelvin Benjamin, the Panthers' leading receiver from
the 2014 year, suffered a season ending ACL injury, leading many respected analysts, including former NFL executive Charley Casserly and senior Sports Illustrated writer, Don Banks, to predict that the Panthers would not make the playoffs. However, they started the season strong, allowing only nine points to the Jacksonville Jaguars in a 20-9 win. This victory began a fourteengame win streak for the Panthers, highlighted by victories against the reigning NFC champion Seattle Seahawks, the Aaron Rodgers-led Green Bay Packers, and the New York Giants. During this stretch, Carolina averaged a whopping 32 points per game and forced 35 turnovers. Despite a $20-13$ loss to the Atlanta Falcons, the Panthers got back on track with a 28 -point
victory against the Buccaneers, home-field advantage throughout the postseason. QB Cam Newton accounted for almost 4,500 yards of offense, scoring 45 total touchdowns while SS Kurt Coleman finished secon in the league in interceptions. Additionally, linebackers Luke Kuechly and Thomas Davis combined for over 200 tackles and 8 eight interceptions, spearheading the aggressive defense.

The Broncos faced a dilemma at quarterback following their shocking loss to the Indianapolis Colts in the AFC Divisional Round last year and rumors swirled about Peyton Manning's potential retirement. Following this disappointing loss, the front office decided to shake some things up, firing John Fox and hiring

Gary Kubiak to take his place Additionally, Wade Phillips wa hired as the defensive coordinator. The season started well for the Broncos, as a $13-10$ victory against the Ravens seemed to justify the Phillips hiring. Throughout the season, the Broncos' defense, led by LB Von Miller, DE Demarcus Ware and S Chris Harris, among others, enjoyed a fine season, as they held opponents to 32 touchdowns. However, the offense was rather middling, ranking 19th in points per game and 16th in yards per game. Manning, who broke the record for most yard in NFL history this year, was historically bad, having his worst statistical season. In fact, after a four interception performance against the Kansas City Chiefs, Manning was benched in favor of

Osweiler. Osweiler would play seven games in relief of Manning, mostly as a result of form and injury, and went 5-2, beating the Patriots in an early preview to the AFC championship. Manning was brought back in week 17, and led the Broncos to a victory in their final game of the season, clinching home field throughout the playoffs.

After their bye week, the Broncos faced off against the wornout Pittsburgh Steelers, dominating them 23-16. The Manning vs Brady matchup that everyone dreamed of was in the cards. In the game, Manning and the Broncos were able to get a quick lead, and the defense was able to hold off a late Brady assault, as the defense stuffed the Patriots on a two-point

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## Taking a huge leap into the Leap Year

By DANIELLE PASEKOFF Managing Editor

A lot of things are happening in 2016: the presidential election, the Rio Olympic games, the Friends reunion - the list could go on and on. But while everyone is excited about these events, they tend to forget about something that's just as special that will be happening in 2016 - the leap year. Most people don't know or don't care about leap years, but they're actually pretty cool.

Leap years occur every four years and are 366 days long instead of the typical 365 . According to History.com, the extra day on these special years
is built into the calendar to ensure that it stays in line with the Earth's movement around the Sun." This is important because although our calendars ell us that a year is 365 days, the actual time it takes for Earth to orbit its star is closer to 365.2421 days, which is slightly longer. Essentially, leap years happen because of the Earth's orbit around the Sun, and have a lot more scientific meaning than most people think. There is a deep history regarding leap years they date back to Ancient Egypt and Julius Caesar, and have been incorporated into our calendars ever since. On leap year, February has 29 days instead of 28 , which

## A RAU DAS PIP Chipatid

By PAIGE MIRKIN Editor In Chief

Remember when you couldn't go to Chipotle without waiting in a line that was out the door? Those days are over. An E.coli outbreak has contaminated Chipotle restaurants in 9 states. Originally, E.coli cases linked to the restaurant existed only in places far away from our hometown, such as California and Illinois. But the game was changed when there was a case in Maryland. All of a sudden, E. coli became a reality that haunted everyone's houghts as they decided where to go to eat for dinner. The conflict of choosing Chipotle or Chick-fil-A turned into a no-brainer: not many people wanted to risk their safety by eating Chipotle. According to the Huffington Post, sales declined about $30 \%$ since the first outbreak in August. The alarming part is that Chipotle has been unable to find a source of the contamination. That means E.coli can be brewing in the chicken or poisoning an ingredient as simple as lettuce. The Kentlands Chipotle has been in a slump, as well as many Chipotles across the country. Over 60 locations have had to close due to a decline in business.

Rumors about Chipotle's future have circulated. While it is true that some locations have closed their doors, it was rumored that all Chipotles would be closed on February 8th for food safety meetings. I'm actually unsure if this rumor is true since majo media outlets such as CNN reported on it, but I guess we'l find out. Another rumor that had arisen was that Chipotle would be giving out free burritos to gain customers' trust back. Personally that would affirm my suspicions Like, why would they be giving out free food? Obviously, it remained only a rumor, as it was confirmed by Chipotle's Twitter account

Chipotle should thank their loyal customers who still spent their money on their food Many users on Twitter expressed their minimal concern stating, "Chipotle is so good I don't mind if I get E.coli, at least I'll die happy.' As of February 1, the Centers for Disease Control and Prevention (CDC) declared Chipotle's E.coli outbreak over. The Huffington Post announced that "the company's stock price surged" as a result of the declaration. Good for Chipotle! Maybe I'll give it another try. New year new Chipotle? Only a month late
goes unnoticed by most. That is except for people who are born on February 29. According to the New York Times, February 29 is the least common birthday most likely due to the fact that people try to avoid having a kid on this date. Because so few people are born on February 29, it's difficult to find someone born on this leap day. Having a birthday on February 28 happens every year, so the correlation between that date and February 29 is not as great as people think, junior Jessica Osborne says. "Having my birthday that close to [February 29] doesn't affect me too much," says Osborne, who wasn't born
fall every year have little to no relationship to a leap day birthday, so there's no surprise that February 29 has a minimal effect on non-"leaplings.

You may ask yourself "What day do leaplings celebrate their birthdays on non-leap years?" Most of us don't realize that we're lucky to celebrate our birthday every year, and take it for granted. If junior Camryn Mercer was born on February 29, she would "cry because [she] technically wouldn't have a birthday every year." This may be one way of coping with a leap day birthday, but most leaplings usually celebrate on February 28, the day before thei birthday or

Opinions about leap years vary, depending on the person you ask. Most think it's pointless, or are indifferent to leap years, especially if they aren't directly affected by them. Leap years are "useless," according to Mercer, because they "have no point and are [pretty] confusing." Whether you support leap years or not, they aren't going anywhere. Osborne thinks leap years are helpful, because they "make time actually work." If it weren't for leap years, time would be all messed up! As long as we are around leap years will be as well But, if I were you, I would "take the leap" and celebrate

## PunxsutawneyPhil:America's Hero

Editor In Chief
As I write this I am eagerly anticipating the biggest moment of the year. No not the Superbowl, the Oscars, or the Iowa Caucus. I await an even more influential moment, a moment that literally decides the rest of the year: Groundhog Day For those of you living under a rock, or a burrow per se Groundhog Day falls every year on February 2 and is the day Phil comes out of his burrow in front of thousands to predict the weather for the rest of the winter

According to legend, if Phil sees his shadow, there will be six more weeks of winter weather. I he does not see his shadow, there will be an early spring. Who is Phil you ask? Punxsutawney Phil He's basically the Phil of the Future, only in animal form because he lives forever and can see into the future. Besides having an obviously superior name, Phil the groundhog plays a cru cial role in American society
Basically, how we dress, the
number of snow days we receive, and our entire perception of the natural world rests on Phil. Phil is an all-powerful force in that sense - he can control how
we see America. Phil is so noble, in fact, that he was named after King Phillip. Phil has been holding the reins for a while. In fact, he held his first Groundhog Day in the 1800s. And yes, I know your first thought is, "Wow, he named the celebration after himself" and
org, "Phil gets his longevity from drinking 'groundhog punch'" (No, not that kind of punch, though Phil is past 21.) "One sip, which is administered every summer at the Groundhog Picnic, gives him seven more years of life. Therefore, Phil is immortal


GRAPHIC COURTESY OF GALAXYHOOKS.COM
the answer is yes. He can do that Maybe when our weather man starts predicting weather ac curately, they can have a day to themselves too. And yes, I know your second thought is probably, "No way has this groundhog lived that long." Well, if you are think-

CONT. FROM PAGE 8 two-point conversion at the end of the game, securing the win, $20-18$.

The spectacle began with a stunning Lady Gaga performance, as she sang "The Star Spangled Banner", evoking memories of Whitney Houston, among other musical legends. The Panthers elected to defer to the Broncos, and the flashbulbs illuminated the San Francisco sky as the Graham Gano kick was returned by Andre Caldwell. During the first drive, Peyton Manning established himself with a series of decisive throws, including an 18 -yard throw to TE Owen Daniels and a 22 -yarder to Andre Caldwell. The drive stalled, however, and ended with a Brandon McManus 34 yard kick. After successive three \& outs by both teams, Carolina received the ball back. On second down, it appeared as if WR Jerricho Cotchery reeled in a bobbling ball for a first down. The ball was ruled incomplete, however, and Carolina coach Ron Rivera challenged the call on the field. The original call stood, as there was not enough evidence to overturn the call. The significance of this controversial call was apparent, as
two plays later, All-Pro LB Von Miller (the second pick of the 2011 NFL draft, behind Cam Newton), stripped Newton of the ball, sacking him and sending the wayward ball towards the endzone, where it was recovered by Malik Jackson for a touchdown, giving the Broncos a ten point lead, which remained until through the end of the first quarter.

Throughout the first quarter, the Broncos' front seven was putting tremendous pressure on Newton and the Panthers, as they were unable to create any true scoring opportunities. A late drive led the Panthers down the field, and they got on the scoresheet early in the second quarter, with Jonathan Stewart leaping over Denver's defensive line, making the score 10-7. The defenses remained active, with each team exchanging furnovers. However, neither team could make anything out of them. Another McManus field goal made the score 13-7, and with the clock nearing a minute, the Panthers were driving down the field, looking to get the game within three points. Poor clock management and excellent pass
as the Panthers were unable to get any
points from the drive, keeping the score 13-7 for the Broncos.

The exquisite Coldplay performance was highlighted by a fantastic rendition of the Mark Ronson and Bruno Mars hit, "Uptown Funk" featuring Beyoncé. Following the halftime show, the Panthers received the ball, and their first drive got off to a promising start, as they were able to work the ball down the field via 45 and 14 yard receptions by Ted Ginn. The drive stalled as a result of an unsportsmanlike conduct penalty on Trai Turner, and kicker Graham Gano missed a 44 -yard field goal, setting up he Broncos with decent field position. Two 20 -yard passes to Emmanuel Sanders set up a 30 -yard field goal for McManus, making the score 167. Carolina drove the ball down the field, but a bullet pass whirred past Ted Ginn and into the hands of Safety TJ Ward, ending the drive on the cusp of a potential game-changing touchdown. Even despite the Kony Ealy fumble recovery, the damage was done, as the Panthers were unable to create any sort of offense throughout the remainder
stalwarts on the Broncos and the pedigree that the Panthers have earned guaranteed that the stage was set for an intriguing fourth quarter:

Going into the fourth, the Broncos defense had held as it has this entire season. However, the juggernaut that is the Panthers offense looked to be advancing the ball more efficiently This was evidenced by a quick drive that led to a 39 yard field goal by Gano. The Panthers cut the lead to six points, but were unable to advance the ball through either of their next two drives. In fact, with $4: 19$ left in the quarter and the ball on the Panthers 25 , Von Miller, who, alongside with Demarcus Ware, had the entire left side of the Panthers' offensive line in his back pocket, evaded LG Andrew Norwell and LT Michael Oher on his way towards Cam Newton, who he stripped for the second time of the game, effectively ending the Panthers chances. CJ Anderson's two yard scamper officially spelled the end of Super Bowl 50 . As the mixture of confetti and Gatorade rained upon Peyton Manning and Gary Kubiak a sense of childlike wonder filled the

## went out on top.

The Lombardi Trophy was carried towards the podium, with 51 players touching and kissing the grand old trophy. As former Super Bowl MVP and Hall of Famer,Lynn Swann traversed through the $200+$ pound behemoths, CB Aqib Talib, who had a very combative matchup with Carolina WR Philly Brown, held up the Microsoft tablets used as playbooks, revealing a crudely written statement: "Super Bowl Champs." John Elway the two-time Super Bowl champ and one of the most decorated players in NFL history, yelled "This one's for Pat!" echoing former sentiments by the incumbent GM of the Broncos, Pa Bowlen, who just 19 years ago buil the first championship team in Denver. Manning, not revealing any of his future plans outside of kissing his wife and kids, held the Lombardi trophy up for the second time in his care and the fourth time for the Manning family. Numerous storylines will be written in the next few months about what is going to happen next year but another season has closed, and Manning has done something most never do: finished his career on top.

## Indoor track sweats out the competition By PATRCIK PAOLINI

Not even the cold weather or persistent snow could have stopped the Quince Orchard indoo track team from hitting the ground running. Having only the 4 a West Region Championship meet and the Maryland State Championships, the indoor track team is looking optimistic at their chances for state domination. Other than the last two meets in their season, the indoor track team has completed the rest of their season under the careful and dedicated leadership of Coach Seann Pelkey.

The indoor track team's most recent meet was the Montgomery County Championships, where the Championstips, where the
team score of 49 , and the girls tied Montgomery Blair for ninth with a team score of 19. There were many events in the Montgomery County Championships and the indoor track team held their own against the competition; however, it was in the 800 meter and the high jump where QO shined.

Senior Liam Walsh became county champion with his performance in the 800 meter dash by finishing it with a time of 1:59.52, narrowly beating out his competitor, Thierry Siewe Yanga from Blair, who finished with a time of 1:59.96.
"It felt pretty good to become a county champion, but more so because I have never really won any big

## Senior

D'Elia also Gregory county became his performance in the high jump. D'Elia gave a stunning performance by jumping to a final height of $6-02.00$. D'Elia did not have to worry about giving up his title to a fellow competitor because right behind him was Dylan Bikim, another QO senior
"It was a great feeling o win," said D'Elia. "I felt proud because I have been consistent all season with my height and even more so because I got to compete against last year's outdoor state champion."

On the girl's, QO had two strong fourth place finishes, one from junior Maya Jacobson in the 3200 meter and the other from meter and the other from
junior Heather Calvin in the

4 kg shot put. Jacobson had a finish time of 11:36.13 which was a clear lead over the fifth place finisher from Sherwood, while Calvin had a throw of 30 04 meters.

As the team prepares for their final two meets, Jacobson said, "We are preparing for these last couple meets by getting in some final workouts and then just doing some light runs." She added, "We also try to have a fun for the seniors by having dress-up day and snowball fights on runs."

Overall, the Quince Orchard indoor track team performed well at the Montgomery County Championship and are looking forward to the challenge of the regional challenge of the regio
and state competitions.


## Boys basketball continues to stack up points and wins

## By DAVID STRICKMAN

 Sports EditorThe boys' basketball team has been stellar thus far with an amazing 11-2 record in this long winter season. Coached by Paul Foringer, the boys have steadily improved their chances to reach the playoffs yet again. The boys are playing very well and were two made baskets away from an even more exciting 13-0 record.

This year's team is young but filled with lots of talent. The starting five consists of seniors Damon Daniel and Jack Ropelewski, juniors John Fierstein and Matthew Kelly, and sophomore Daniel Dorsey. This season has been a wild year for juniors and sophomores on the team, with Fierstein averaging 17.7 points, 8.3 rebounds, and 3.8 assists a game, followed by Kelly, who is averaging 15.6 points and 3.1 steals a game. Dorsey is averaging 6.4 rebounds a game and Daniel is averaging 3.2 assists a game as well.
"Every game is big now since we are a game up in the win column
hooting guard Colin Crews. As in previous years, the biggest goal for this team this year is to make it to the Xfinity Center for the state championship. "Everyone has been working hard and playing a key role in our success; if we keep improving I think well be able to get to states," said Foringer.

So far its been a fun season to watch: all the games, all the points, and especially all the wins. With all the hard work and sweat coming out of practice, these players are still enjoying themselves and having fun throughout the season. "My favorite partso far this season has been beating Springbrook. We went into that game as an underdog, and when we won it felt like we were on top of the world!" said junior center Ulric Fandalor.

Most of the teams wins have been landslide victories thus far, beating most teams by an average of sixteen points. Their last four games have been absolute blowouts, beating Northwest by 14, Seneca Valley by 17 , Damascus by 43 , and

## by 31 .

Power forward Fierstein and point guard Kelly have been huge leaders and contributors throughout the season. Not only do they tear up the scoreboard, they make everyone around them better on and off the court. "The most exciting part of this season has been coming together as a eam and winning games. Its been fun to see everyone grow and get better throughout the season," said Fierstein.

The squad has improved dramatically over the months since the beginning of the season. "We want our bench to play better. Sophomore Jack Faraone has stepped up and Fandalor has improved. But we need more help," said Foringer. You can catch the team in action playing their last three games of the season home against Clarksburg on February 12, away at John F. Kennedy on February 16, and home against Tuscarora on February 18.


DEFENSE ON THREE: Junior PHOTO COURTESY OF PHIL FABRIZIO eca Valley player when he steals the ball right from his hands. unrepresented in the QO sports world, the Quince Orchard Varsity Poms team has been dancing and flaring their way through the year, led by a combination of strong leadership, choreography, work ethic, and raw talent.

This year's team is composed of 16 members,consisting of four freshmen, four sophomores, four juniors, and four seniors, already showcasing the team's consistency. Out of the four seniors, three captains have emerged as Halle Grossett, Shelby Hardy, and Rachel Sneeringer. These captains have led the team through physically demanding practices and provided a model of excellence to their fellow pompom-wielding teammates.

The Poms' season is essentially two parts, with the fall primarily focused on performing at football games and the winter filled with pom competitions, or 'pompetitions.' The former acts as a fun warm up for the girls, where the team chemistry is created. "Football season is always fun and we can come up with some really creative routines," said Grossett.

Football season also serves as a valuable forum of rehearsal. "We think of football season as a practice because we get to learn techniques and teach other girls new moves," said junior Kasonde Chisaka. "It also serves as a practice for performing in front of large crowds and the student body."

Evidently, the Poms take their sport seriously, and recognize that the only way to place in competitions is to put in the necessary work. The team started their practices early
routines and perfecting new moves for two hours a day Monday through Friday, often holding Saturday practices before competitions. However, the ladies' dedication doesn't stop there. "Recently with snow days and breaks preventing us from being able to practice as a team, we would send videos of us doing our dance to get feedback and help," senior captain Shelby Hardy said.

Poms season doesn't truly start until their first competition, with the annual county competition serving as the grand finale. Similar to other sports, Poms is divided into four divisions, with Division 1 boasting the top teams such as Sherwood and Damascus, down to Division 4 where the teams have quality routines yet still have much to improve. The QO Poms team has remained in Division 2 for the last few years, and are joined this season by Wootton, Churchill, Paint Branch, Walter Johnson, BCC, Clarksburg, and Einstein.

Competitions however, are a thing of their own. Each team performs a six minute routine and are scored by up to six judges on five different categories. The horeog ategoriestechnical dace, group execution, overall presentation, and deductions-ultimately add up to a final score, with the highest scoring team winning. "The hardest part is keeping up our endurance. Through running and workouts every day we are able to do a six minute nonstop routine including every style of dance" said Hardy. Aside from the team score, there is an award for best captain performance as well as the spirit award, where the team with the greatest fan support wins

GO, GO, GO: Senior Shelby Hardy performs a showstopping solo routine for the raucous fans at Damascus,
 goals at the beginning of the year were to challenge ourselves with difficult choreography, work together, and ultimately win counties, said Grossett. Thus far, the team has placed in the top half in each of their competitions, placing second, second, and fourth in their chronological events. Both Grossett and Hardy agreed in who their toughest competition would be for this season: "Our biggest competitors would have to be Wootton and Churchill," said Grossett. "[They] have continued to rank high as they have both come first before us at least once." Both teams have been demoted fro Division 1, which adds to heir intimidation

In theirfirstcompetition of the year at Northwest, the team impressed the
arguably the spirit award, given to the best and most passionate of fan bases a each event. While the Red Army failed to win the award in the previous two events, the squad came through in Damascus, riling up the gym and claiming the prize. "Spirit is a big part of every competition," said Hardy. "QO is known for being one of the best student sections in MoCo.

The final competition of the year, the mother of all events, is Counties, which takes place at Blair tomorrow, February 13 QO, along with Wootton, Churchill, and Clarksburg, are expected to be the top teams, but no one will know for certain until it's all said and done. Next year's team is poised to be strong, but it will look much different due to a larger number of members. "A big team may not be a bad thing, however as we can make it look good and clean, which the judges

## Swim \& Dive looks to advance deep into playoffs

By LOGAN FEINGOLD Sports Managing Editor

The Quince Orchard swim and dive teams are on the prowl for playoff success this year. The teams are practicing hard in order to advance as far as they can in the county and state playoffs, where the Cougars will definitely be a force to be reckoned with

The diving squad is doing fantastic this winter, scoring many points in their meets. Cougar divers are scored based on how well they enter the water, how far away they land from the diving board, and how robust the start of their dive looks. However, most competition dives are based on flipping. Divers also practice outside the water and do intense
conditioning in order to remain in top physical shape. Junior and team captain Joseph Canova related how his favorite thing about being on the dive team is "rrying to see how many flips I can do, generally pushing myself to
"We're scoring a the team overall and hoping to win a lot of meets.
try harder dives." Canova is also excited about the team's prospects this year."The team is doing really well," said Canova. "We're scoring a lot of points for the team overall and hoping to win a lot of meets." The team looks set for playoff success this winter.

- Joseph Canova

Both teams are doing their best to maintain the team's culture of success. Although the girls team features many more underclassmen this year compared to last year. both teams are preparing hard for divisionals and looking a lot of points for o advance throughout the stat has created drills for the team in practice in order to better prepare for meets. Despite their inexperience this year, junior team captain Maddy Zarchin believed the girls' team is "gaining more
and more experience and confidence as the season continues." The team is looking to score well at relays in the state and metro competitions later in the season. The boys team is also doing well, and is currently one of the higher ranked teams in their division.

The team mixes a competitive atmosphere at practices and meets with humor between swimmers in order to better increase their team chemistry. Junior and team captain Griffin Mann believed the team's 4-1 record will put them "in a good position for divisionals." Even though they have had some close calls at meets, that 4-1 record means the squad will be in a good position for divisionals and advancing deeper into the playoffs.
precious, weekly practices for practices for he team are held from 5 AM to 6 AM. Many swimmers have different methods for trying to complete their schoolwork and waking up this early, with Zarchin "finish[ing] homework earlier on nights before morning practices in order to get to bed earlier" and Mann mentally preparing for "school the next day knowing that [he] will have to wake up at four in the morning."
With the swim and dive teams scoring a lot of points and placing well at meets, the Cougars look to be in a great position for the upcoming divisional, state, and metro competitions later this year. Be sure to cheer the Cougars on as they swim towards success!

# QO girls basketball continues its rapid ascension 

## Odom highlights a young, up-tempo team looking to reach new heights

By HUNTER BOOTHE Sports Editor

The QO girls basketball team is on track to finish with their best record in years. The Cougars are currently 11-7 and trending upwards. Although the season is still young, the team already owns a long list of accomplishments, including a season sweep of Gaithersburg, the program's first win over Damascus since 2003, a school record for points in a game (82) vs. Seneca Valley, and last, but most importantly a back to back 10 win season for the first time since the 2007-2008 and 2008-2009 seasons.

The Cougars are led by sophomore floor general Jordan Odom, who averages 16 points per game.

Odom has had a fantastic season, building off of last year's performance, which included a 37 -point game vs. Gaithersburg-- a school record. This season alone she has turned in stellar performances vs. Gaithersburg (32 points) and Seneca Valley (9 Ch


PLAYING WITH PACE: Junior Giulia Sanmartin (31) tries to create off the dribble against Springbrook. this, as he said, "We are still a turn to and the team is getting finished with a 3-20 record. young team that is growing." stronger playing together Things began to turn around Campbell noted that there on the defensive end" said last season, as the team is room for improvement in areas such as rebounding and finishing around the rim.

Still, the positives far outweigh the negatives for the Cougars. Campbell lists defense, shooting, and decision making as strengths that have clearly improved over the course of the season. We have more [defensive strategies] we can ago, when the Cougars
improved to an even 11-11. With nine players returning from last year's team, a winning attitude remained in the program, and it appears to have manifested itself in this impressive season.

With the state tournament only weeks away, the Cougars have a lot to play for, and the potential to make this a truly special season.

## From Gaga to game on: sights of Super Bowl 50



Quince Orchard rolls its way to bocce states Team uses positive attitude to create wins and meaningful friendships

By Jamie Fink
Sports Editor
The Quince Orchard Cougars rolled into the bocce playoffs with a record of 2-3. Coached by Greg Benas, they practiced twice a week and had one game a week. The bocce team is very inclusive, with both special needs and neurotypical students, which creates a fun, positive, and competitive environment for all students to enjoy the game of bocce.

In bocce, there are a total of eight balls, four for each team. The team consists of four players. The game begins with a coin toss and the
winner gets to decide if they team's focus is not hitting the
want to roll first or second. other team's balls and only The object of the game is to getting closer to the pallina. get the heavy ball closest to "The team gets along so
"The team gets along so well together and always has fun. I was always excited for practices.'
the little ball, known as the well together pallina, and the team with has fun," stated sophomore the most balls closest to the Abby Cohn. "I was always pallina wins. Players either excited for practice day toss or roll the ball across to see all my teammates." the floor, which results in The Cougars have had many different strategies to good team camaraderie win the game. However, the
got along very well with one another, hanging out before and after practices. They all had the same goal of having fun and winning games. "I like[d] making new friends throughout the season," said sophomore player Allyson Hirsch. "I met a lot of new people and made a lot of new relationships." QO won in the regular season against Northwest and Seneca Valley, proving their hard work and determination paid off. They did, however, lose to Watkins Mill, Clarksburg, and Damascus. Sophomore Emily Kramer stated that the team "work[ed] really hard and push[ed] each other to do
 Northwest, and Clarksburg.
QO took the victory from QO took the victory from
Watkins Mill and fell to Northwest in the next round The Cougars finished their season placing 4th overall.


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|  | Ulric Fandalor | Halle Grossett | Katie Coulson | \|Emily Baumgartner | Maya Jacobson | Tyler Enceneat |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Who is your Valentine? | $\begin{aligned} & \mathcal{N a n c y} \\ & \mathcal{K e} \text { Cly } \end{aligned}$ | $\begin{array}{llll}\mathcal{N} & o & t \\ C l\end{array}$ Carson Knight | Gina Wingate and $\mathcal{H}$ oodie $\mathcal{A l f e n}$ | 今апna反 Spector <3 | M itch | Ms. Trettel |
| What is your idea of the perfect date? | Horseback ride on the beach | Watching Step Brothers and eating pizza | Watching my boyfriend on Broadway | Anywhere with Hannah | Ordering chinese food and watching scary movies | $\mathcal{N} \operatorname{etflix}$ and chill |
| What would be the worst date ever? | Pizza ${ }^{\text {Hut }}$ | Getting stuck in the snow on Valentine's day | $\mathcal{A}$ day spent without Cava | Anywhere with Shayne | If my date threw up on me | If I ever forgot my wallet |
| Chocolate or flowers? | Flowers | flowers | Chocolate in the shape of flowers | yes | $\mathcal{F}$ Cowers!!! | Both |
| Which teacher would you give flowers to on Valentine's Day | Goshime |  cause he's my fav | Ms. Stein | Ms. C-K $<3$ | Mr. Pefkey | Goshime |
| what would you chatk heart can dy message say: | It's hard to fove out there in the streets | You'recute;) | Roasted? | $\mathcal{K} \boldsymbol{\mathcal { K }}$ ? | Warm me up | $u$ ugly |

