

THE PROWLER

Quince Orchard High School

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Every 15 Minutes to Address Dangers of Drinking *Two-day program consists of simulated drunk driving crash and assembly*

By **ANDY GOLDSTEIN**

News Associate Editor

On April 1, the Every 15 Minutes assembly will be held in the auditorium to educate students about the dangers involved with driving under the influence or being driven by an impaired classmate or friend.

Every other year, Every 15 Minutes returns to Quince Orchard to address the topic of drunk driving and other potential dangers of irresponsible drinking. During the first day of the event, a video is displayed at the school showing a party with underage drinking that eventually goes awry. Throughout that school day, students who participate in the event will be pulled out of class to receive makeup to appear injured, and must remain silent throughout the day as a member of “the living dead.” This occurs every 15 minutes to simulate the statistic that every 15 minutes, someone is killed by a drunk driver.

Senior Rachel Ellinport, a chair of the event, stated, “At lunch that day, students gather in the front of the school



PHOTO COURTESY OF SOMDNEWS.COM

SIMULATING TRAGEDY: *The Every 15 Minutes Program's simulated drunk driving accident is displayed outside Churchill High School.*

to watch the consequences of the party shown in the morning video through the simulation of a very realistic car crash in which paramedics, police, and other necessary emergency personnel arrive.”

Once the school day ends, all those who participated in the event will go on an overnight retreat where they have personal discussions with each other and members of our community about the effects of drinking and driving.

On the second day of the event, an assembly is held with speeches given by community members who have been affected by drunk driving. Ellinport discussed her feelings on drunk driving and what she has learned, saying, “I have gained a new mindset about my effects on others and more knowledge about the consequences of choices I make.” Every 15 Minutes has helped give many students insight into the consequences of their actions, although far too many people learn this lesson the hard way.

Irresponsible drinking has many

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Senate Seat Vacant

By **LAWRENCE SIMON**
Editor-in-Chief

On March 2, the Maryland political system was surprised to learn that five-term Senator Barbara Mikulski would be retiring after 30 years in the United States Senate. Mikulski, who has served in the Senate longer than any other female Senator, stated that the decision wasn't made for health reasons or because of frustration, but she has still decided not to run for re-election in 2016.

Since the March 2 announcement, rumors and declarations of potential candidates have been growing. Two politicians who have already announced that they will be running for the Democratic Party's candidate in 2016 include Representatives Chris van Hollen of Maryland's 8th District (parts of Montgomery, Frederick, and Carroll Counties) and Donna

Edwards of Maryland's 4th District (parts of Prince George's and Anne Arundel Counties). In an official statement from his office, Van Hollen stated, “I am very much looking forward to the upcoming campaign and a healthy exchange of ideas.” It can be noted that although two candidates have already thrown their hats into the ring, the election won't occur until November 8, 2016. In his statement, Van Hollen referred to his past Congressional experience for economic policies “that ensure equal access to quality education, provide good paying jobs,” and “a strong middle class.” Van Hollen is currently a member of the House Committee on the Budget and the Joint Select Committee on Deficit Reduction.

Donna Edwards hasn't issued such a written statement, but told the Baltimore Sun in a recent interview that “When I

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50 Years After Bloody Sunday in Selma

By **BELLA ROBERTS**
News Managing Editor

This month marks the 50-year anniversary of Bloody Sunday in Selma, Alabama, a day that stains our hearts with the fight for civil rights. The QO community celebrates this fight for equality by continuing to advocate for justice.

Earlier this month, President Obama spoke in Selma near the Edmund Pettus Bridge, where civil rights activists led the three marches 50 years ago to demand equal voting rights. Bloody Sunday was when 600 marchers crossed the Edmund Pettus Bridge on March 7 and found their way blocked by Alabama police, who ordered them to turn around. When the protesters refused, the officers shot tear gas and beat the nonviolent protesters. Two days later, the protesters tried once more and once again were defeated. On March 21, the final successful

march began with federal protection, and months later, the Federal Voting Rights Act was passed.

Joanne Bland, a member of the Student Nonviolent Coordinating Committee, was just 11 years old when she began and finished the march over the Selma Bridge. In leading a tour group this November across the same bridge, she stated that “civil rights is a jigsaw puzzle and you are the most important piece.”

The QO community has taken strides to make sure that we are pieces of the jigsaw puzzle in the fight for civil rights. Teachers educate their students about civil rights past. “We have a whole unit dedicated to the Civil Rights movement in the 1950s. We'll be spending about 3 weeks looking at different civil rights leaders and the methods that they chose to make a difference. We will also look at more contemporary issues surrounding civil

rights,” states history teacher Jessica Burdette.

“Teachers show us sources and documents from crucial times to help us get a better picture of what was going on,” stated freshman Matthew Gordon.

“These documents were especially helpful in showing the students how people's rights have changed from the 1800s to the 1900s,” added freshman Ryan Balow. “Teachers have us journal entrees on how we feel about situations regarding our equality and how we can change the bad ones,” stated senior Parish Gaines.

Students are a particularly important force in the efforts of social reform. QO students have multiple clubs to do just that, such as the Anti-bullying club, Feminism club, and LGBT club. There are also many student-led assemblies throughout the year to exemplify our fight for equality. “The Black

History Month assembly teaches students not to be afraid to use their voices,” said Parish. Balow added that students in school should “just treat everyone with respect and equality.”

Even with such valiant efforts, there is still much work to be done for social equality. “Gay rights and poverty are just two of the big issues we've been trying to fix since the 70s in the educational arena; however, there's still so much to be done,” states Burdette. “Not everyone is still treated equally,” adds freshman Matthew Zlotnicki.

The QO community is taking steps to reach social equality, and will continue to. “We want to learn from our mistakes. It's important to know where we came from and how far we still have to go,” stated Burdette. QO students encourage the flame for the fight for equality. “When you see something wrong, stand up against it!” exclaims Gaines.

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Seniors have started to receive decisions from their top college choices.

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Fitness tips may help Cougars attain their exercise and health goals.

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Genius dog predicts huge upsets in March Madness bracket this year.

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PARCC Testing: A Walk in the Park for QO Students

By **DYLAN KEARNEY**
News Editor

During March and April, students in English 10 and Algebra 2 at QO are testing doing a series of the PARCC exam. The PARCC is a new test that measures student's abilities and sees whether they are staying on track in school. According to the website, Parconline.org, the test, "...should not be a process to penalize educators and districts, but rather a tool for enhancing teaching and learning." It's supposed to help students and teachers customize better ways to learn. Multiple states, including Maryland, Massachusetts, New Jersey and Arkansas, are participating in the exam and are using Chromebooks to take the exam.

The exam is being tested to see if any changes will happen for students, but some teachers don't know yet whether the test is worth switching to or if it is as effective than tests Quince Orchard has used before. "While we can't know yet, that's part of the problem--what makes a test good or bad boils down to whether it helps us do a better job teaching by telling us what students know or can do," says English teacher Nathaniel Rockwood. Mentioned these things can take years to figure out, but he's noticed other things like that, "When compared to the HSAs, it's more invasive of instructional time. "Instead of three-hour testing on one day of one year, it requires approximately

five two-hour periods, and will eventually occur in 9th, 10th, and 11th grade, last I heard." Rockwood also mentions the test doesn't take a while to administer, but the preparation does. Teachers especially have to plan around it, re-train, and work with technical glitches. Sophomore Alex Loane also mentions what the test was

like. "I liked the short length of the section, but it disliked how a lot of it was worded and that the questions were so vague."

However, Rockwood adds, "If the questions are well-written and truly target skills, then it should work well." He says the pilot he took last summer was not up to this standard, though, so it would need some edit-

ing to be fully effective. "On the other hand, I don't know of any standardized test that has ever been tweaked to such a degree and meets the demands of reality, so this isn't a special failing of the PARCC tests," Rockwood said. "Given they are designed to be electronic and test multimedia materials, PARCC might potentially do better than previous tests, in the long run." In regards to the test being more beneficial than others, Loane also mentions that, "No, the HSA was time-tested and proven, and it lasted so long because it didn't have as many flaws," Rockwood said. "I did enjoy the 45 minutes of napping that came with finishing early though."

For students taking standardized tests, Rockwood mentions some of the problems and benefits. "Unfortunately, studies of standardized tests have past revealed cultural and racial biases that at least partially invalidate data collected," Rockwood said. Rockwood also adds it doesn't mean there are no benefits, it's just something he said testing research called into question. "I've heard standardized testing compares students like comparing apples to apples; and yet, educational research shows not only are students more complicated than apples, but also that our tests are only valid for Gala apples, anyway."



PHOTO COURTESY OF BELLA ROBERTS
PARCC TESTS ADMINISTERED: English teacher Jamie Andrews examining the Chromebooks post-PARCC administration. She was one of the English 10 proctors.

Senator Barbara Mikulski Retiring After 30 Years

By **LAWRENCE SIMON**
Editor-in-Chief

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"When I step into Senator Barbara Mikulski's shoes as your next senator, you will always know where I stand: with you." As of yet no Republicans have officially declared that they will run, but speculated candidates have included former congressional candidate Dan Bongino, former Governor Robert Ehrlich, and current Lieutenant Governor Boyd Rutherford.

Government teacher Karen Jones said on the subject that "It's a pretty crowded field already, and too many candidates can really weaken the [Democratic] Party." While Jones was okay with the idea of Van Hollen getting the Democratic nomination, she had to say that "it would be nice to have a woman continue in office" as "Mikulski has really made a name for herself fighting for women and the issues that are important to them, like health care." As for support from within the Democratic Party, Jones stated that "Both [Van Hollen and Edwards] will be really jockeying for support within the party, especially looking for Elijah Cummings' support." There is still the possibility that Cummings will also run to replace Mikulski, but

there is also the possibility that a strong Republican candidate could succeed the senator. "In terms of the Republicans," Jones said, "Dan Bongino barely got edged out by



PHOTO COURTESY OF CNN
SENATOR MIKULSKI: Waving goodbye to her office.

Delaney in the last election" and that "with the recent election of a Republican Governor, it is definitely possible that a Republican could pick up the seat." Although the election of Larry Hogan as Governor of Maryland was shocking to many, it could also send shockwaves through other elections, such as this senatorial election.

After Barbara Mikulski began her political career as a social worker, she was elected to the Baltimore City Council in 1971. Later in 1976, Mikulski was elected to represent the 3rd District of Maryland in the House of Representatives, an area that included southern Baltimore. Then in 1986, with her election to the United States Senate to replace 3-term Senator Charles Mathias, Mikulski became the first female Senator from Maryland. Between the 2012 death of Senator Daniel Inouye of Hawaii and the beginning of the 2015 legislative session, Mikulski served as the first female chairperson of the Senate Appropriations Committee, often considered the most important Senate committee. Mikulski currently serves on the Committee for Health, Education, Labor, and Pensions, as well as the Select Committee on Intelligence.

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Every Fifteen Minutes

By **ANDY GOLDSTEIN**

Associate Editor

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potential dangers, and a very large amount of people fall prey to them every year. Faculty sponsor and social studies teacher Penny Keune said this event is important because "unfortunately too many students continue to drink underage, drive under the influence, drive in cars with impaired drivers, and in general put themselves in danger." In 2013, over 10,000 people were killed by drink driving, a third of all traffic accident deaths. This number has decreased since 1982, when they began to record drunk driving statistics, thanks to programs like Every 15 Minutes that educate people about

the risks. According to the National Traffic Safety Administration, nearly half of all Americans will be involved in an alcohol-related crash at some point in their lifetime. Keune commented on the dangers she hopes the event to address: "Hopefully the message will get out there that lots of bad things can happen at parties with drinking: unwanted sexual advances, trouble with the police, overly aggressive reactions, and alcohol poisoning." This is supported by the finding that approximately one third of all sexual assaults occur when the perpetrator is under the influence of alcohol. Keune and other participants hope to aid in lowering the amount of alcohol-induced dangers present by educating others on the topic.

For more information about Every 15 Minutes or additional statistics about drunk driving, go to Every15Minutes.com.



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Senior Students Wait To Hear From Admissions

By **ANDREW POULSON**
News Editor

Now is the time of year when most seniors are getting ready to graduate and choose where they want to spend the next four years of their life.

One senior, Ty Cantor, has already decided where he wants to attend school next year. "I am going to the University of Tampa for college," said Cantor. "I really liked it there when I went to visit and I really thought that it would be the best school for me to go to." Cantor said that "it's a relief to have already decided where I'm going to school instead of having to choose at the last minute." The most important thing, said Cantor, was to "find the school where you feel most comfortable and you would enjoy spending all of your time there." He added "for me that was the Tampa because I really just liked everything about it." Cantor said that he chose the University of Tampa after visiting all of the schools he was considering. "Tampa was really the one that stuck out most in my mind," he said.

One student who isn't that far along yet is senior Nick Ransing.

"I am still waiting to hear back from all of the schools I applied to, and I don't want to make a decision until I know what all of my possible schools are," said Ransing. Ransing also said that "you have to consider that this is probably the biggest decision you'll have made in your life so far so I don't really want

to make [this decision] without giving it enough thought and consideration." Ransing is currently "deciding between several schools: Virginia Tech, South Carolina, and Towson, among others." Ransing said that he found the college decision process to be really stressful. "It's been hard trying to consider

all of my options and make the best choice. I feel like there is a lot of pressure to make the best decision, so there is a lot to think about and decide." Ransing finished by saying, "I just really hope that me and everyone else can make the best decision for them."

Another senior who has decided where she is going next is Cierra Wells. Wells will attend Howard University in the fall." She said that her decision was easy to make: "I have been visiting Howard since I was little because my dad works there." Wells said that she was excited to go to her new school. "Because of all my exposure to Howard, I really know what they're all about and am really looking forward to going there." Wells finished off by saying, "At Howard I knew it would be a good fit for me and it's close to home, so it was an easy choice to make."

The college admissions and decision process is something that everyone goes through and it can be really stressful for a lot of people. It is important to try and make the best decision about where you want to go to school for the next four or more years. Making this decision is very important for all high school seniors, but, most importantly, everyone should have fun and find the best college for them.



PHOTO COURTESY OF GOOGLE

UNIVERSITY OF TAMPA: One of the many colleges QO Seniors will attend next fall

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Spring's Top Five

By **MICAH LEVEY**
Features Editor

Top 5 overrated things of spring:

5. Clementines. By the time spring rolls around, clementines are the only fruit that people have been eating for the last four months. By this time people are ready to begin eating mangos and pomegranates once again.

4. April. All it does is rain in April: no one likes it. Thank goodness there are only 30 days of it.

3. Spring sports. Though spring athletes wait all year for their time to shine, the truth is that most spring sports are over by mid-May, making it by far the shortest sports season.

2. Ice cream. Ice cream is only better during summer, and anyway, we all know that froyo is where it's at these days.

1. Spring. The only season that anyone really cares about is summer, and deep down we all know that spring is just the waiting period between winter and the promised land.

Top 5 underrated things of spring:

5. Passover. Passover, like many of the other Jewish holidays, are overlooked due to the hype about Hannukah, even though Moses leading the Jews out of Egypt through the Red Sea is way more significant than long-lasting oil.

4. Sundresses. Come spring season, the beautiful women of this community will begin to wear sundresses. Ladies can show off the hours of work they put in at the gym this past winter, and the boys will begin to flock.

3. Hats. Whether you're wearing baseball hats, bucket hats, or fezzes, you can finally justify covering your sensitive scalp with fashionable headwear.

2. Sunglasses. People love wearing sunglasses, and rightfully so. They're great for keeping the sun out of your eyes, for making you look like you're undercover, and for allowing you to glance at something that you maybe shouldn't be looking at otherwise.

1. The "Aslan" effect. When Aslan made his highly anticipated return in C.S. Lewis's *The Chronicles of Narnia: The Lion, the Witch and the Wardrobe*, the snow melted and all the animals were really happy. Like the various fawns, centaurs, and beavers, everyone here is also very happy to see the green grass once again.



PHOTOS COURTESY OF GOOGLE

Block Schedule Review

PARCC testing created change

By **DAVID RAMSEY**
Viewpoints Editor

Due to PARCC testing, administration implemented a block schedule from March 10 to 19 (except Mondays) until testing was completed. The schedule was more similar to a college schedule: a few classes a day for longer periods of time. In this case, students had four classes a day as opposed to seven.

Students around Quince Orchard had mixed reviews about the block schedule. Junior Melissa Echeverry had positive reviews, saying, "The teaching has been more in-depth so the students understand the lesson much more."

Many schools throughout the county, such as Blair and Good Counsel, have a block schedule as their permanent schedule. Some students speculated about how a regular block schedule would affect them. "If this schedule was permanent, I would skip my easier classes more often," said senior Callyn Niesen.

A big question about the block schedule is how it would affect students' already very heavy workload. "The block schedule spaces out my work and allows to be more focused on one task and do a better job," Echeverry said. Fewer classes a day means less homework each night. Research has shown that excessive homework is associated with high stress levels, physical health problems and lack of balance in children's lives. In a study

published in the Journal of Experimental Education, 56% of students cited homework as a primary stressor in their lives. The block schedule allowed students to focus on three or four subjects a night instead of six or seven. If students didn't stay diligent, however, they would end up with built-up work. "I've always had a big load, but it seems to be increasing lately due to the [block] schedule: my load is so big to the point where my mom can't handle it," said senior Jason Heyn. "It's affecting everyone in my life."

However, students aren't the only ones who had to adjust to the new schedule. The teachers were faced with the task of filling out one hour and forty-five minute classes while keeping the students focused. "The teachers [would] give us a break in between the class to keep us focused," Echeverry said. Giving students time to gather their thoughts is a good way to keep focus. "I spend about 75% of the time doing work, the other 25% percent mingling," Heyn added.

Whether you like block scheduling or not, you'd better get used to it, because our school is likely to see it every year during PARCC testing, and in college as well.



PHOTO COURTESY OF GOOGLE

Parking Permit Mystery

Students' questions finally answered

By **LILLY PRICE**
Editor-in-Chief

A fresh batch of newly-licensed juniors are on the road, and with this influx of vehicles and scraped car paint comes an overcrowded parking lot. This raises the question: if everyone is paying for a parking permit, where is the money going?

A lot can be pondered while walking from the farthest end of the lot to our school's doors, mainly how much money is being collected if every student car in the parking lot is paying 75 dollars a year. Or more importantly, where does the money go? It turns out that it is difficult to find a straight answer.

Susan Yee, the financial specialist, is in charge of all the money that comes in from class fees, obligations, parking, fundraisers, and anything student-generated. "Permit money goes to athletics," said Yee. When asked what athletic programs the money funds, Yee replied it just goes to county athletics in general.

Every school in Montgomery County requires 75 dollars for a permit, but the school gets to choose how to split up the money. "At some schools the students pay \$75 dollars at the beginning

of the year. We split it up to \$37.50 each semester," explained Yee.

Mr. Owens, the security team leader, had a little more insight. "The money doesn't go to Quince Orchard," said Owens. "That \$37.50 goes to Montgomery County Public Schools. It goes into an athletic account and then it's dispersed to the different schools' athletic programs," he added. As to why the specific amount is \$37.50, Owens had "no clue." "We [QO] don't have an option what to charge, they [MCPS] tell us what to charge," said Owens.

Quince Orchard's Business Administrator Judy Yu declined to comment on the matter, stating that she doesn't handle the permits.

Dr. Duke Beattie, the Director of Systemwide Athletics for MCPS, was finally able to clear up the great money mystery. Approximately 20 years ago, there were significant system-wide budget cuts, including extracurricular activities and athletics. "In order to provide funds to partially replace the funding that was cut from athletics and extracurricular activities, a parking fee was instituted," said Beattie. The original amount of the fee was

\$50, and it increased to \$75 a few years ago to reflect increased costs in extracurricular activities and athletics. "In addition to inflation that has occurred over the two decades since the fee was instituted, the increase helped fund the addition of JV boys' and girls' lacrosse," added Beattie.

The fee was allotted as a parking fee for students, because often students who are involved in extracurricular activities are not able to take the bus home from school and must drive. "Accordingly, the majority (though not all) of students who take cars to school also benefit from participation in extracurricular activities, and that is where the fees ultimately go," said Beattie.

To conclude, the thought 20 years ago was that by charging a parking fee, for the most part, the students who benefit the most from extracurricular activities would be the ones assisting in funding it.

So there you go, Cougars, the question "What do you mean it goes to athletics?" is finally solved, thanks to Dr. Beattie.

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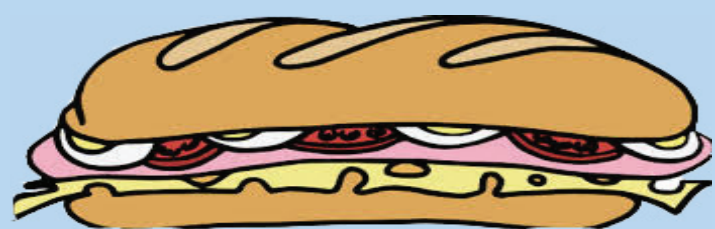
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FRESH FASHION

By **LILY MAKORI**

Features Managing Editor

The start of spring brings new beginnings as well as award season and new fashion. The Grammys, Oscars and New York Fashion Week had people glued to the screen not only to see who would win awards, but who would be wearing what.

New York Fashion Week ended last month, but the fashion is here to stay with big-name designers Michael Kors, Diane Von Furstenburg, and Rachel Zoe, just to name a few, debuting their collections for the spring. Every year, a decade gets its turn at a comeback. This year, designers nodded to the seventies, adding subtle touches to their pieces like fringe, color clocking and suede. Some trends look like they're here to stay with the ever-popular crop tops and kimonos that took over the runway and streets last year.

After wearing sweaters and layering in heavy coats, what would spring be without some floral print? Nothing says spring quite

like floral print, so it's a no-brainer that it's back for the spring. Colors, especially bright pastels and neons, are usually part of the warmer months, but this season we're going back to black and white for spring.



PHOTO COURTESY OF GOOGLE

Emma Stone and Anna Kendrick posing with their dresses at the 2015 Oscars.

The Oscars is one of the most glamorous awards shows with the most famous actors and actresses hoping to snag a little gold man. This year the stars' attire shone as bright as the gold statues some took home. Emma Stone was dazzling in an Elie Sabb chartreuse floor-length beaded dress with a slip down the left leg and bold red lips. Anna Kendrick showed her feminine side in a floor length light pink Thakoon with a diamond neckline. My personal favorite dress of the night was worn by Jennifer Lopez, also in an Elie Sabb. Her dress was skin-colored, with a plunging neckline and a full bottom and beading from the top fading as it slowly went down. But, let's be honest, Jennifer Lopez looks good in anything. I could not forget the ever lovely Lupita Nyong'o, who was wearing an all-pearl body-hugging Calvin Klein Collection dress with a plunging neckline and open back. Even though she looked like Cinderella in her dress last year, she still blew us away in her pearl piece.

With all the new inspiration for spring, it's sure to be the best season yet.

Obesity Growing in Importance

By **SUZANNE ADJANI-ALDRIN**

Features Managing Editor

It is no secret that children in America are suffering from many disorders. Obesity is one of the many factors affecting the lives of our young generation. And yet the United States still has not found a way to reduce these obesity rates.

Child obesity is caused by an excess of body fat. According to the Centers for Disease Control and Prevention, child obesity has doubled in the past 30 years. Eating unhealthily and excessively without a balance of exercise proves to be the main cause. This disease has both immediate and long-term effects. Children that suffer from obesity are more likely to suffer from cardiovascular problems in the future, as well as high cholesterol, high blood pressure, and prediabetes. Other detrimental effects such as cancer, strokes, and osteoarthritis pose a serious threat for children with obesity. Senior Topaz Dagani states, "As kids we weren't pushed as much to exercise and eat healthily," and believes that this is why our youth and teens today have a lack of energy in accomplishing goals. According to Oregon State University's Linus Pauling Institute, "a healthy diet that is low in fat and high in essential nutrients reduces the risk of memory loss, helps prevent strokes and boosts alertness." Everything we put into our mouths affects our mind and body. Studies at American Sleep Ap-

nea Association show that children with obesity are at greater risk for developing sleep apnea, low self esteem, and other psychological problems.

So how can we reduce the number of children suffering from obesity? The easiest way is to prevent obesity from even beginning. This can be done by living a healthy and balanced lifestyle. Getting involved in physical sports and activity at a young age is one of the best ways to ensure you are living a healthy, mentally stimulating, and active life. Eating healthily is also not an easy task. This is why it is important to instill the appreciation and love for healthy food at a very young age. Teaching your children that vegetables and fruits are just as yummy will prove to be a life changing factor in their lives.

Senior Radiance Talley was taught at an early age the importance of eating healthy. Talley states, "My parents had a big role in making sure I ate healthily. I only eat gluten-free food and I am a vegan. I don't eat any kind of candy and when I eat things like cake, I make sure it is limited and gluten-free." Of course, not everyone lives in such an environment where healthy food is emphasized. Schools now play a huge role in providing a safe and healthy environment that accentuates the need for healthy living. First Lady Michelle Obama is a huge advocate for healthy school lunches, and has been working to get this idea more widely accepted. Obama's program "Let's

Move" aims to conduct reviews of every program or policy that relates to child nutrition and utilize government resources in order to reduce the number of obesity rates. Obama states on the Let's Move website, "In the end, as First Lady, this isn't just a policy issue for me. This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition." It is important that healthy lifestyles are emphasized more so that we can live up to our fullest potential.



PHOTO COURTESY OF GOOGLE



Trainers Protect Against Injuries

By **SAM KIRSCH**
Sports Associate Editor

From taping ankles on the sideline and in Cirque de Solei, to helping our soldiers in the military, athletic trainers play a crucial part in our lives. Now with spring sports in full swing, it is important for student athletes to understand what athletic trainers do.

Athletic trainers (ATs) are defined as health care professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

Laura Ann Hartman, an athletic trainer at the Maryland Orthopedics Services (MD Ortho), works to prevent an array of injuries both at her office and within our school. "I bring patients in, do an initial history and evaluation, start their note and present to the physician. I also fit braces, cast, and splint, provide post-operative wound care, and assist with physician notes, ordering studies, and patient information," said Hartman.

Athletic trainers, however, are not confined to the office. You can find ATs at schools, including Quince Orchard, where Hartman comes in to "evaluate, treat, and rehabilitate injuries" and generate rehabilitative programs, strength programs with the

coaches, and injury prevention programs, like hamstring strain prevention. In order to do this technical work, Hartman uses an Athletic Training Software (ATS) that can record all patients and maintains electronic medical records for future reference.

Because athletic training is so versatile, it makes sense that many individuals become interested in this profession for a multitude of reasons. Hartman, for example, first noticed the skilled practice while at her lacrosse tournament as an undergrad at UC-Davis. She then joined the AT program and spent two years interning. Hartman said, "I loved everything: the knowledge required, working with physicians, therapeutic exercise, emergency responding, and being a part of a comprehensive health care team and a fun staff. And being outside of course!"

If a student or athlete wanted to see Hartman or any AT for information on how to maximize training, there would be four things she would want to know first: the sport you're playing, the position you play and distance you run, whether the sport is year-round or seasonal, and your goals.

In our modern society where athletes are treated - and paid - better than royalty - Alex Rodriguez surprisingly earns \$30 million per year - the people who are paid to treat and maintain them are in high demand. Athletic trainers provide quality, licensed health

care to the athletic population, and are available as responders in emergency situations. As a result, Hartman says, that companies and physicians "seek out good ATs to be hired. Large companies may keep an AT on staff to lower insurance and health care costs, and increase employee well-being."

Because the world of athletic training is so broad and expansive, students should head-start their education and start learning the basics of this valuable profession as soon as possible. Hartman said, "My goal is to have a student program at QO next year."

Athletic training is especially important because March is National Athletic Training Month (#NATM). As part of this celebrated month, Hartman wants "students to take pictures of me doing my thing, or posting about how an athletic trainer has helped them." There is also a contest within the state of Maryland on Instagram called @marylandathletictrainers #weprepareyouperform. If you name Laura Hartman and our favorite school, QOHS, you can win a \$50 credit to the Maryland Athletic Trainers Association symposium (there are student rates) and an iTunes gift card.

If anyone else has any questions, you can stop in or email Laura Ann Hartman at lauraatc@mdorthospecialists.com, or follow her @LATHtraining and ask questions there.

Lax Begins With a Bang

By **BRENNA LOFGREN**
Sports Editor

As the temperatures start to rise and the grass becomes greener, our spring athletes are back out on the fields preparing for great seasons. The journeys have begun for our girls and boys varsity lacrosse teams and they are ready to dominate their divisions.

As both teams were very successful last year, boys being 10-2 and girls being 7-4, the girls have been focused during their preseason to improve their winning record even more. Senior captain Brooke Saffer said, "Even though we are a young team, I think we will still be very successful because everyone is hardworking and motivated to grow. I think we have the potential to go even farther than last year because our team dynamic is very positive." With Coach Jen Holliday Mohr having to take time off, the assistant coaches, Alicia Vincenty and Mo O'Malley, and seniors have had to work together to find common ground with the team's goals and how they envision the upcoming season.

"I think this year we will work really well together with a focused, more cohesive approach. The seniors are very supportive and provide great insight each practice for us to build off of," said junior Francesca D'Cruz. Last year, after their first round bye, the team unfortunately lost to Wootton in the second round of playoffs. The girls are really focusing on strengthening the team's bond to help further their playing skills, which will allow them to have a strong regular season that will carry them through playoffs. The team has also gone to Calleva, participated in team-

bonding activities and which has really shown how strong the girls' communication is with each other and helped bring the team together into one unit. Saffer said, "So many other people have stepped up, regardless of what grade they're in, and it has really shown how well we work together as a team." Everyone is extremely excited for the season to start and has high hopes for success.

The boys varsity lacrosse team has a big shoe to fill after finishing last year's season with only two losses. Although many great players were lost last year, the boys have one primary focus this year: to win. Senior Jared Feuer said, "Our team has a lot of potential and if reached, we can hopefully perform very well. One of our main goals is to win the first regional championship in the program's history." Coach David Gonzalez and the assistant coaches have helped prepare the boys for the fierce competition in front of them.

As far as the dynamic of the team goes, Feuer said, "I do not believe the dynamic of the team will change, due to the strong coaching staff coming back and the same successful style of play from the past years." The boys' "go hard or go home" mentality is the strongest it's been, and they are ready to step up to whatever challenge is thrown at them.

Key games to look out for and attend are against both Wootton and Churchill. Junior Adrian Culp said, "Both Wootton and Churchill are our biggest rivals this year...We lost to both of them." The boys' next game is against Sherwood tomorrow in the Cougar Dome, and the boys expect to see everyone there cheering them on.



PHOTO COURTESY OF YDR.COM

TO THE RESCUE: Athletic trainers helped Kevin Ware after a gruesome injury in the 2013 NCAA tournament

MCPS Helps to Protect Student Athletes Against Concussions

By **BRITTANY MILLS**
Journalism Student

A once overlooked injury occurs over 300,000 times annually in the United States alone, according to the Neurology Surgery Center of the University of Pittsburgh. Not only can this injury, which occurs predominantly in athletes, cause immediate symptoms, but recurrence of the injury can lead to brain disorders and memory loss. This injury is a concussion.

According to WebMD, a concussion is a "type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull." The symptoms of a concussion vary by person. Concussion symptoms are plentiful, but the most common are dizziness, nausea, and headache. Although

immediate symptoms are common, one danger of concussions is that some don't experience symptoms right away, so they are unsure that they have the injury.

Quince Orchard High School sophomores Paige Matthews and Alex Saks both have experienced concussions in the past two years, but both of the girls experienced different symptoms. Matthews got a concussion by being kicked in the head while playing in a soccer game. Immediately she felt "nauseous and had a headache." She ignored her symptoms and continued with the game, which she believed made it worse. Matthews had to sit out of sports and gym class for a month.

While Matthews felt her concussion symptoms immediately, Saks remembers, "I actually didn't have any immediate symptoms. We didn't figure

out [my concussion] till a week later." Saks symptoms from her concussion while horseback riding came when she started losing memories and had a hard time speaking. Saks also had to take a sports break for a much longer time period of three months, as she also had broken her collar bone.

When we think of getting a concussion, most imagine football players, but in reality women have significantly more concussions than males. Marjorie A. Snyder's article "Girls suffer sports concussions at a higher rate than boys. Why is that overlooked?" in the Washington Post displays that women experience more sports-related concussions in sports such as ice hockey, soccer and basketball than males. Because professional female sports are not as popular, they are often disregarded as causing more

concussion than male sports. The most accepted explanation for this is the comparison of the gender's neck sizes, as males' necks are larger and keep their heads more stable than those of females.

Although girls are at a higher risk of experiencing the injury, everyone should be aware of the symptoms and signs of a concussion so that no player is sent back out on the field only to experience a worse head injury. According to Medical News Today, concussions may lead to worse brain trauma and diseases such as Parkinson's. Muhammad Ali, a famous boxer, is believed to have Parkinson's because of multiple concussions while boxing that may have not been properly healed. With the developing knowledge we have acquired about concussions, there are also more technology and precautions athletes and coaches

are taking to prevent the injury. For example, according to the MCPS Baseline Testing Plan, before participation in a school sport, "each student athlete takes a baseline concussion test." The test is taken before the sport, so if you do have a head injury during the season, coaches are able to give you the test again to compare scores and determine when you are able to continue playing. Mr. Shuman, former QO junior varsity soccer coach, also states that "nowadays we make sure everybody understands concussions and understands the seriousness of them."

Because of the long lasting effects of a concussion, being aware of concussions, symptoms and treatments, on the field or the arena, is an important skill that should come along with the skills of the game.



Darby "Delicious" Takes a Crack at March Madness

Prodigy predicts 10-seed Georgia to defeat 15-seed New Mexico State

By **SAM KIRSCH**
Sports Associate Editor

March Madness has already come out hot and steamy, with two 14 seeds pulling off upsets and five one-point games. Anyone has a chance to create the perfect bracket, whether it be "Bracketology" expert Joe Lunardi or a grumpy cat. For this reason, I decided to let my dog, Darby "Delicious" Kirsch, choose my bracket.

My plan, in order to leave all of my Terp bias out, was to have two bowls of proportionate size, each with one treat placed inside, set side by side approximately ten feet away from the wonderful

Darby herself. Darby would then run up to the bowls and eat the treat that enticed her more. The team assigned to the bowl she ate from would move on in the bracket. This would continue until a winner was chosen.

In the round of 64 alone, Darby selected an array of wild upsets, with Kansas, Gonzaga, and Duke quickly falling. Maybe she had a gut feeling, or maybe it is because she doesn't watch college basketball, but Darby had a plan and I was determined to find out, regardless of how many treats I had to bribe her with.

In the second round, more favorites began to tumble. Darby had Purdue stunning

Kentucky, the heavy favorite, VCU defeating Arizona, and Buffalo destroying the hometown team Maryland. At this point, the only one and two seeds remaining were Villanova and Wisconsin, and Virginia had also been taken out by Georgia.

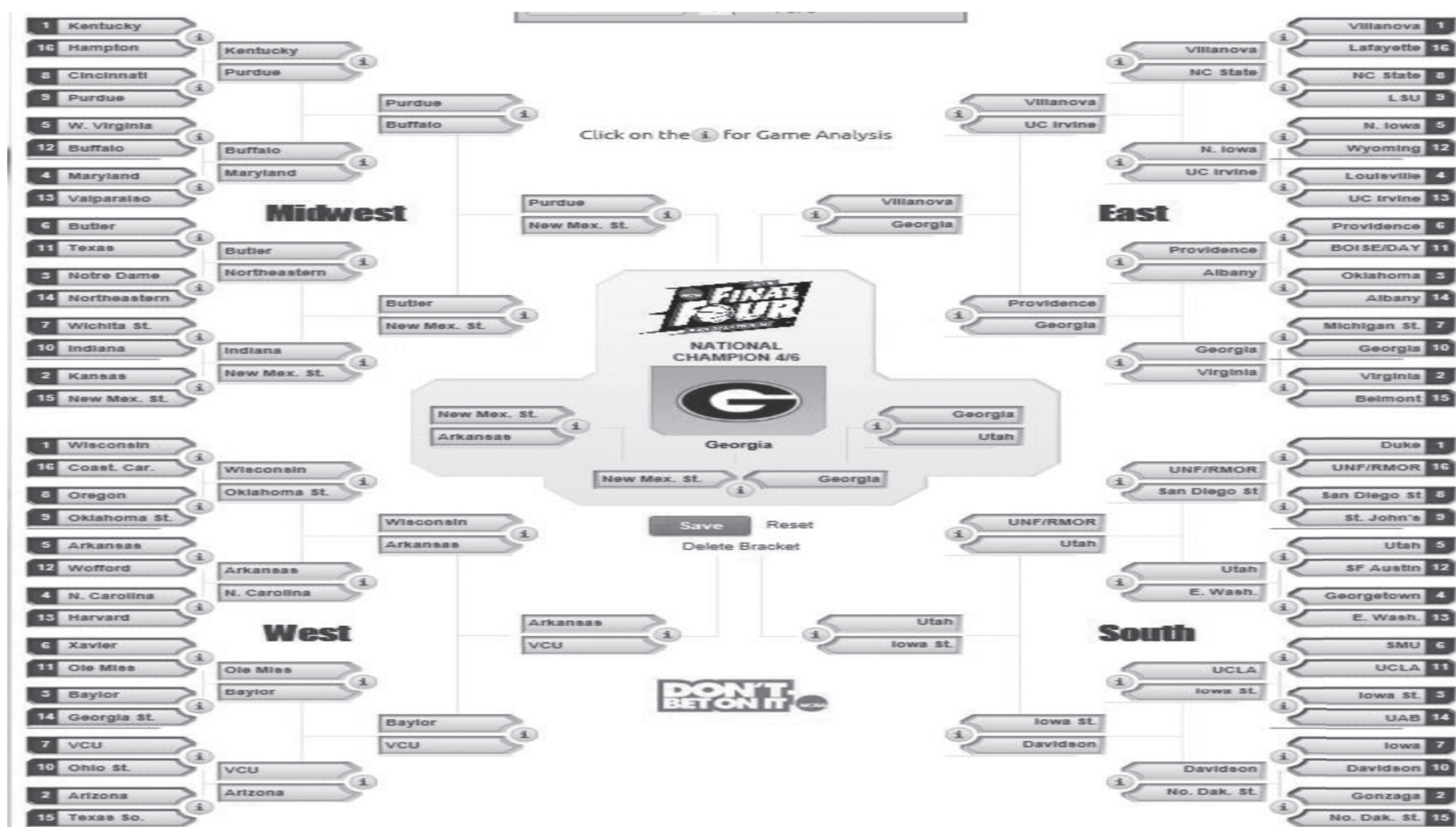
Fast-forwarding now, Darby could have possibly made some rash decisions, picking Georgia over Villanova in the elite eight and New Mexico State over Purdue, but who am I to judge? She also made a few second guesses, twice leaning her head over one bowl, picking up the aura of defeat, then switching her head and taking the winning tasting

oval-shaped brown treat. "Delicious's" final four consisted of New Mexico State, Arkansas, Georgia, and Utah. In the end, she had some puppy love for Georgia to win it all, beating Cinderella New Mexico State in the final.

Now I know what you are all thinking: THIS BRACKET SUCKS! But, even though her two final teams lost in the first round, Utah is still in the game. Even if her bracket isn't perfect, she had just a good chance as anyone. I think I may have just found my new March Madness tradition. This is just Darby's practice round, be on the lookout for "Delicious" to make a run of perfection next year.



DEFINING MOMENT: Darby eats out of Georgia's bowl, thus selecting the bulldogs to win it all this March.



Baseball and Softball Look to Stroll into the Swing of Things

By **GREG BURNHAM**
Sports Editor

After an unexpected snow delay that prevented spring sports from starting outside on time, the baseball and softball teams are finally outside and back in full swing.

After a much-appreciated week of practice outside, the snow returned for a day just in time to cancel the first game of the year. Both teams were set to face off against Walt Whitman High School on Friday, March 20, and Saturday, March 21st; however, both will be rescheduled for this upcoming week. Heading into this season, both teams are looking to avenge early postseason departures from last year in the state playoffs. The teams are relying heavily on experience and senior leadership.

On the baseball side, the entire roster for this spring has already been in the program for at least one year. This experience and depth will be a major asset against some of the perennial powers in the county such as Poolesville, Whitman, and Gaithersburg High Schools. The team faced an early post-season loss to rival Northwest High School last year.

"We just weren't on our game and did not play how we had been playing all season, but this year our experience will help us in those pressure situations," said senior Kevin Childs. Childs is one of four seniors on this year's squad and is accompanied by seniors Sam Sprecher, Nathan Kessler, and Sam Williams. The team's leadership is rounded out by junior captain Carson Knight.

"I have a lot of faith in the QO baseball program. We have an experienced coach and team that will both be essential later in the season," senior captain Sam Sprecher said. "Also," Sprecher continued, "this is the first year in which we really have had any depth at every position, which will be key in the later innings of each game."

-Sam Sprecher
the team this year and I think this is the best group of guys I have

played with in my four years in the QO baseball program. We have an experienced coach and team that will both be essential later in the season," senior captain Sam Sprecher said. "Also," Sprecher continued, "this is the first year in which we really have had any depth at every position, which will be key in the later innings of each game."




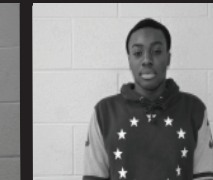



A big part of this year's success will be a testament to the efforts of the juniors. Childs and Sprecher both made comments on the fact that; if they want to be able to achieve their goals, the younger guys will play an essential role in the matter. The team also received new uniforms and apparel this year and are hoping the new look translates into new playoff results. *The Prowler* wants to

recognize both the baseball and softball teams on their hard work and wish them luck this season.

Update 3/24/15: Both teams were able to start their seasons off this past Friday against Walter Johnson High School. Varsity softball secured a demanding 16-6 win over the Wildcats, while the baseball team had similar success winning 10-0. On Tuesday, the varsity baseball team took on the Vikings from Whitman. The Cougars won 6-2 to clinch a very strong win over the Bethesda powerhouse. Junior Jack Ropelewski was on the mound, with Sam Sprecher closing. Both teams were happy with their offensive and defensive efficiency and look to push forward as they get into the meat of their jam-packed schedules.



Here's what some Quince Orchard athletes think...

<i>The Prowler asked...</i>							
	Max Plante	Sam Sprecher	Olivia He	Bright Ofosu	Saul Sallah	Julia Grinberg	Hallie Mircoff
What is Drake doing while "Running through the 6 with his woes"?	Riding a horse	Countin' money you know how it goes	What isn't he doing?	Talking to Karrueche	Staying hydrated	Trying to find Sydney Maxwell	What Sprecher said
Baseball or Lax bros?	Lax bros	Baseball broskis	Rhetorical question? Baseball.	Lax bros fam	Cricket players	Baseball	Swimmers ;)
Nats or Orioles?	Nats	O's	Nats	Wizards	Nats	Nats	Nats
When it's spring, I like to...	Bust out the speedo	Bring out the high thigh jorts	Play beach volleyball	Spring into the nearest dm's	Start tanning	Hang out with Sydney Maxwell	Frolic outside
What's your dream Spring Break vacation?	Hanging with Hannah Evans	Watching Sam Williams do crossfit	Beach volleyball in Hawaii	Coolan with my youngins	A trip back to the Motherland	Hangout with Sydney Maxwell	Bora Bora
Favorite activity to do when you get home from school is...	Putting mayo on my face	You already know ;)	Eat	Whippin bricks with my migos	Finesse the plug	Think about Sydney	Nap
Favorite part about winter?	Yoga pants	Jason's hair	Gross	Cuffing season	Hibernation	Knowing it's almost softball season with Sydney	Sweatpants
Who is the most "average" of your friends?	MILLER :p	None, they're quite extraordinary... or David Ramsey	Lebron James	GIO Gang Jr.	Ben Gross	Erika <3	Holly McKnight

Volleyball Teams Look to Jump Into Season with an Ace

By **MATT LOWINGER**
Sports Section Editor

Both boys and coed varsity volleyball have been dedicated since their final game last year to grow stronger and more cohesive as a team. The coaches are excited to see the progress that the players have made. Teacher and coach of the boys volleyball team, Cynthia Hollies, has been a fantastic role model to her athletes because of her incredible coaching ability.

Last year, the team made the county playoffs even though more than half of the team were freshmen. The team had "very strong blocking and distributing sets evenly on offense," said Hollies. Unfortunately, the team lost some taller players, which is why Coach Hollies is "looking for height" in addition to "athleticism and a good attitude." Hollies is not new to the game of volleyball: she has coached multiple high-caliber teams in high school as well as travel teams. She loves working with passionate student-athletes to help them develop as players and gentlemen.

Boys volleyball player sophomore Sungmin Joo has been a great team player since stepping on

the court as a Cougar. In addition to being a fantastic teammate, Joo had the second-most kills as well as the record for most consecutive serves as a freshman. "I have to give it my all not only at matches, but practices," said Joo. Since his freshman year, he has had one goal in mind: "I want to get far into the playoffs." He believes he can do this by "rebuilding chemistry amongst the

"If we work hard and come together as a team, we could make a run." -Vishnu Balajee

team." Joo looks to take a leadership role in the next couple of years. It is no wonder why the Boys volleyball team respects junior Vishnu Balajee as a player and a mentor. Balajee looks to help his teammates in any way possible. Balajee is "excited for the season because we have young talent." He adds, "If we work hard and come together as a team, we could make a run [in the playoffs]."

The only team that

could be preventing the Cougars' chance at the title is Wootton, since they have won states for the past two years: "We will be looking to spoil their three-peat," said Balajee. He believes they will be able to accomplish this feat because of the hard-working talent that Hollies chose for the roster.

Balajee is honored that Coach Hollies chose him to represent the school. He says, "You always have to put it all out on the court because if not, somebody will replace you." Junior Herrick Hartman started playing volleyball for coed team during his sophomore year. Saying he is good is an understatement: his first year playing, Coach Sarah Watson named Hartman as a starter. Other players love his spirit and enthusiasm for the game. Hartman loves being a "good leader and encouraging everyone." Other teams fear him because of his ferocious attitude. With Hartman's help, beating what he calls a "tough lineup from Poolesville" is in reach. Watson looks for Hartman to be a huge factor this year and in his senior year.

Coach Sarah Watson, a 2001 graduate of Quince Orchard and a former member of the coed volleyball team is used to

the high level of athletic competition. She decided to go back to the school and coach the coed team: "The girls and boys work well together and inspire each other to work harder." Watson has been coaching for the Cougars for four years. She is excited to find out her roster and which athletes will help her in the long run. Coach Watson looks for the team to do well in the regular season and go far in the playoffs. Sophomore Desiree Dietz is not new to pressure-filled situations. As a freshman, she was the only underclassman to play coed volleyball. Dietz is looking forward to "reconnecting with the team" after a fun and exciting freshman season. That being said, Dietz also has a competitive nature: "My biggest competition would...be me because I am the only person that can hold myself back from playing my best."

Both Watson and other players expect big things from Dietz in the next couple of years. Tomorrow, both of the volleyball teams play at rival Northwest. The coed match is at 5:15 and the boys match is at 7:00. All of the players would love to see a strong turnout from the Red Army to spike their chances of winning.

Good luck to all the spring sports at the start of their 2015 season!

-Boys/Girls Lacrosse

-Boys/Co-ed Volleyball

-Baseball

-Softball

-Track and Field

-Corollary Softball





ATHLETES TO WATCH

Girls Lacrosse



Gabby Moore

Senior Gabby Moore has put in a tremendous amount of work in the off-season to be able to help her team be the best they can be. Gabby works to be a leader for younger athletes.

Boys Lacrosse



Jake Christensen

Senior Captain Jake Christensen was 1st-team All-Met last season. He is expected to be a leader both on and off the field. He should lead the team in goals for this coming season.

GO COUGARS



Baseball



Kevin Childs

Senior Kevin Childs has been part of the baseball community since he was a freshman. His outstanding performance landed him a spot on varsity, where he has continued to impress the coaches.

Softball



Sydney Maxwell

Junior Sydney Maxwell sets a great example for younger athletes on the softball team through her drive and motivation to get things done. She plays a key role for the team.

Co-Ed Volleyball



Wack Jebster

Senior Jack Webster is new to the co-ed volleyball team this year. Webster has already showed an outstanding performance in both practice and the team's scrimmage.

Boys Tennis



Ryan Jones

Junior Ryan Jones continues to show his leadership skills by helping younger athletes work to improve their tennis skills day in and day out. He is a huge asset to the team's success.

Boys Outdoor Track



Bright Ofusu

Senior Bright Ofusu is a very important part of the track team. He qualified for states in the hurdles during the indoor season and looks to continue his success during outdoor track.

Girls Outdoor Track



Lauren Calvin

Senior Captain Lauren Calvin is a leader on the outdoor track team. Calvin is one of the best runners on the team, and she looks to perform well in all practices and meets.

Tennis Slams Into The Season Track Runs to States

By **MATT LOWINGER**
Sports Editor

The boys varsity tennis team has been putting in hard work to compensate for their young team.

The team looks to continue their success into the upcoming season, building on previous years to prove they are a force to be reckoned with.

Coach Chris Barber has made a major impact since he took over as the head coaching position for the tennis team. In his two years as the coach, he has been able to move the Cougars up to the Division One conference. This means that they will play teams that have displayed an immense amount of tennis talent. Barber looks for tennis players who have "tennis skills" along with true passion for the game.

The team was held back in the beginning of the season due to the snow. The Cougars had to "condition, run, and weight [lift] until the weather warm[ed] up," said Barber. He is excited for the upcoming season because of the young and dedicated players.

Junior Alex Myers has been playing for the team since his freshman year. Other players and Coach Barber love Myers's disciplined attitude towards the

game: "My love for the game is the reason why I am...disciplined," said Myers. "When you practice five days a week, you have to be committed to that sport," he explained. Myers has been working hard during the offseason to focus on reducing unforced errors.

Myers believes having a good attitude will help the team in the tough Division One conference:

"We have a lot of talent on our team. By having a positive attitude, I believe we will win more points."

-Alex Myers

Myers loves to work hard, and all of his free time goes towards bettering himself and his teammates. He wants to put the same passion that he has for the game in the younger athletes.

Senior Max Salem is praised by his teammates and Coach Barber for his great work ethic and competitive nature. Salem has been "focusing...on

the mental part of tennis. It is important to stay focused and forget about a bad play." He adds a lot of leadership to the team: Salem stays after practice and works with younger teammates to help the team in its first season in Division One. The conference is filled with strong tennis programs across Montgomery County. Salem will never forget "winning our division [last year] and moving up into the top division."

Junior Andrew Textoris has been a serious problem--that is, for his competitors. Since his freshman year, Textoris has been a great player. He stays after practice to work on his game and frequently asks for advice from Coach Barber and his teammates. Textoris cannot wait to dominate Division One, although "it will be a challenge." He adds, "We have to keep our heads up and make sure we win as many games as possible." With a "strong singles lineup," Textoris believes being on top of the division is definitely possible. Coach Barber looks for Textoris to lead the team this year.

The young and talented boys tennis team is driven by passionate players. The team expects to see the Red Army at every match to instill the love of tennis amongst the Quince Orchard community.

By **JARED GOLDSTEIN**
Sports Editor

It is common for people to lump "track" together as one sport that goes all school year. In truth, there are three separate seasons, each with its own nuances.

For the most part, in all three seasons, the theme is the same: running. However, in the winter and spring, athletes participate in indoor and outdoor track and field respectively.

The "and field" part may seem insignificant, especially in high school when it is not nearly as popular as the "track" part, but it is just as relevant, especially here at QO.

Quince Orchard is a football school; there's no debating that. However, track and field is the only sport so far this school year to bring home a state title, as senior Noah Vernick won the shot put with a throw of 53 feet, 2 inches. To put this in perspective, Vernick "put" a 12 pound "shot" over 50 feet. (In the shot put, one doesn't "throw," he/she "puts." This means that the arm does not extend like it would to throw a baseball, but rather pushes.)

Vernick, who began throwing due to a leg injury that prevented him from running, has improved vastly over the past few years. During the spring outdoor season, "I expect to continuously get personal records," Vernick

said, and hopes to bring another state title back to QO.

Vernick has been on the team since freshman year with other senior runners Justin Sorra, Bright Ofusu, Ben Thoms, and Jose Cruz. Vernick thinks the boys' team has the potential to do extremely well this year if each teammate "continue[s] to put in work on and off the track and in and out of the circle."

Girls track runner, senior Lauren Calvin, is one of the more decorated runners to have attended Quince Orchard. She holds the school record in the sprint medley, the 4x100 relay, and the 4x200 relay. Calvin's versatility has proved useful thus far in her track career. "I run whatever coach tells me to run. I usually run the 300m hurdles, the 400m, the 4x100 relay, 4x200 relay, and 4x400 relay. It varies meet by meet," Calvin said.

Calvin noted that track is very different from many other sports because you usually compete in individual events, but your performance affects the whole team. This brings out friendly competition among teammates who push each other to work harder and run faster.

This team could take home a handful of state titles in the spring as the postseason winds down. Make sure to show up to their meets to cheer them on like only the Red Army can.