

# THE PROWLER

Quince Orchard High School

15800 Quince Orchard Road • (301) 840-4686 • AP Signature School • Volume 27, Issue 1  
Friday, October 10, 2014

## New Teachers Bring Fresh Energy Into New School *QO students welcome their new teachers with large smile and with open arms*

By **DYLAN KEARNEY**  
*News Editor*

This year, there are many new faces around here at QO. There are many new teachers in different departments here. "This school has a lot of school spirit and it affects the student body's willingness to learn," said Timothy Fuller, a new teacher in the History Department. "I have taught at other schools that don't have the same learning mindset, and that's what makes this school so great." He also enjoys spending time with his family, reading, running, and cooking. Fuller has been a teacher his whole life, and when he teaches other people a subject, it helps him understand the concept better himself. In order to teach history in a way that best helps students, Fuller said that the teachers in the History Department have been working on combining the subjects they're teaching with current events, to make the material relevant to what is going on now. Besides improving



PHOTO FROM GOOGLE

**RING IN THE NEWS:** *New school year bring both new teachers and new students to Quince Orchard as new teachers and the Class of 2018 join the scene.*

the classroom, Fuller also said some ways to improve school in general are "focusing on school pride and yourselves, because we're all a part of something special."

Another new teacher this year is Kunal Arora, who is part of the English department. Arora said, "I'm really into film/TV and I am studying screenwriting for graduate school." Arora also loves "the emphasis this school is putting on technology. Weaving together the classroom with technology is the way of the future. The bring-your-own device policy is very progressive." When asked about working with the students, he said, "I love helping students grow and succeed. Seeing progress in my student's work motivates me to continue to work hard." One idea he has to increase school-wide respect in general is, "I treat all of my students like adults. When I was a student," Arora said, "I hated when my teachers treated me like a child. So, I respect my students because I expect them to respect my class, the school, and me."

CONT PAGE 2

## A Depressing Day of the Year

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

On August 11, 2014, actor and comedian Robin Williams died by taking his own life. Fans were surprised that such an outwardly happy person could be so depressed, but what many do not realize is that tens of thousands of Americans commit suicide each year.

According to the Centers for Disease Control and Prevention, "1 in 6 high school students has seriously considered suicide, and 1 in 12 have attempted it." These high numbers show that suicide is now the third leading cause of death for teens. Regardless, many students who suffer from depression and suicide do not express it or seek professional help, causing suicide to be a silent epidemic.

To fight depression, students are encouraged to find help, and at Quince Orchard's counseling department, help is always there. "I have students who come on a regular basis to meet or students who come as needed," said QO counselor Jennifer Gaston. However, there is concern that some students struggling with depression are not seeking help.

Whether it's because students

don't feel comfortable talking to an adult or because they would just rather confide in a friend, it is important to recognize the symptoms of depression. "Don't assume your friend is okay. If your friend is saying worrisome things like I'm not eating/sleeping, I'm feeling down or I feel helpless, those could be warning signs," said Gaston. Other signs may be "being irritable or angry, pulling away and isolating themselves, a change in eating or sleeping habits, or if they've been really down and then are suddenly very happy. Be concerned about the sudden changes," said Gaston.

Even though a friend can give good advice, they aren't professionals in the field and it's imperative to talk to an adult. Counselors "talk about [how you're feeling] and formulate a plan to figure out what the next steps are. The circumstances of what is said and what is done depends on the individual student," said Gaston. School psychologist Jeanne McCormack agrees, adding, "Everybody has bad days and sometimes people can be down but, when it's starting to occur most days, more days than not, it never hurts to make an adult aware of it."

CONT PAGE 2

## ALS Ice Bucket Challenge

By **ANDY GOLDSTEIN**  
*News Associate Editor*

A new internet sensation, the ALS Ice Bucket Challenge, has reached all over the world, raised funds for ALS research, and informed people about the hardships endured by those with the disease. The challenge begins when someone who has performed it posts the video of them getting a bucket of ice water dumped on them through social media, and then challenging 3 others to participate. If you do not complete your challenge with 24 hours then you are urged to donate \$10 to ALSA.org. Many celebrities have gotten involved as well. John Mayer, President Bush, Eminem, Matt Damon, and so many more have all dumped ice water over

themselves for this cause. The significance of the ice water is to try to illustrate what it is like having ALS for a split second. Nearly over 10 million people have participated in the challenge, and nearly \$120 million has been donated to the ALS Association and other neurodegenerative disease organizations. ALS is Amyotrophic Lateral Sclerosis, commonly known as Lou Gehrig's Disease, for the famous Yankee who died of the disease. It is a progressive neurodegenerative disease that attacks neurons of the brain and spinal cord, which means it slowly affects the brain's ability to tell the body what to do. This leads to paralysis and death, when the brain can no longer control vital functions of the body. ALS has no cure, but treatments are being developed. The ALS Association says,

"While there is not a cure or treatment today that halts or reverses ALS, there is one FDA approved drug, Riluzole, that modestly slows the progression of ALS as well as several other drugs in clinical trials that hold promise."

Many students at Quince Orchard have been a part of this movement as well. Senior Jacob Krucoff dumped ice water on himself several weeks ago. Jacob said he wanted to be part of it because "people online everywhere were doing it. Friends and celebrities were both doing the challenge." This campaign to raise awareness spread very quickly through social media, due to its condition of nominating 3 of your friends to participate. If you want to learn more about what ALS does or you would like to donate, go to [alsa.org](http://alsa.org), the official website for the ALS Association.

### News

Cougars get excited about the introduction of Chromebooks in the classroom.

Page 3



### Features

All sorts of fun as QO prepares for Homecoming and the Courtyard Games.

Page 6



### Sports

Football, soccer, and field hockey all prepare for long playoff runs.

Page 9





# New Chromebooks Alters Students' Learning Style

By **BELLA ROBERTS**

*News Managing Editor*

With the recent introduction of Chromebooks and new software to the classroom, students, teachers and faculty find performance more efficient. However, some have found difficulties with the new technology.

The switch to Chromebooks and new programming was a decision made on the county level by the Chief Information Officer Sherwin Collete and Superintendent Joshua Starr. "The county is moving away from server-based computers and more towards the cloud. We're probably about 25% there and by 2017 everyone will have a cloud-based account and a Chromebook," states Cynthia Taylor, ISTT.

"Frederick County has had Chromebooks since 2011. I'm glad we're finally catching up!" exclaims Taylor. The Chromebooks are in most social studies classes, where teachers and students are adjusting to the changes. "We went through a couple weeks of not learning and just using the Chromebooks. The teachers learned with us," says junior Noah Chiet.

The teachers have monthly meetings to get acquainted with the new software and lesson plans. "Teachers have a great chance to talk about their problems and successes with new technology on Tech Tuesday," says social studies teacher Kevin Lasko. Along with the Chromebooks and new computer software, a new service similar to that of Edline will be used in the near future. Many students and teachers are very excited about the new level of productivity the computers bring.

"I love being able to work on a paper in class

and just signing in at home without saving it, and just continuing working on it. I can take notes a lot quicker and I won't lose them," says Chiet.

However, all of the buzz the new technology brings can be distracting. Says junior Rebecca Worley, "They can definitely be distracting but teachers monitor what you're doing which is preventative." Compared to the desktop computers, the Chromebooks are much faster and allow easier access to the internet and applications. "It's fast, lightweight, and a gateway to the internet. I think it's safer having your documents cloud-based instead of stored locally," says Taylor.

Programs such as Google Drive allow students to share documents and effectively communicate with teachers and parents. "Technology allows for students to become more integrated into advanced software they'll be using in future opportunities," Lasko says. In addition to the Chromebooks, smartphones are also increasingly used in class for academic purposes. This adds an interactive aspect to the classroom with devices that are easily brought to school.

Hopefully, students will use their phones but in more appropriate ways; as Lasko states, "students using their phone to access information instead of a social device." Although there are many advantages to the new technology, there have been some setbacks as well. Glitches with the Wi-fi network and other distractions have definitely taken away from the value of the new technology. "There are some issues with the Wi-fi and students' cellphones. There will be a need for upgrades that will make the technology easier," says Lasko. Similarly, Taylor states, "the



PHOTO FROM GOOGLE

**CHROME:** New Google Chromebooks are being used in certain classes at Quince Orchard.

Chromebooks have no hard drive and very little memory, so there are many applications we can't access."

Like most students, junior Rebecca Worley doesn't bring a laptop to school and relies on the Chromebooks when absolutely necessary. "Writing down notes really helps me study and think. Sometimes I forget to print my assignments out so writing it down really helps." Google Drive is also being encouraged by teachers as an effective means of group work. "It definitely encourages group work, but it makes us anti-social because everything is online. There's no speaking!" Worley exclaims. All in all, the new technology has definitely brought a buzz to our school, and not just Google Buzz. "I'm really excited about the new technology!" Lasko exclaims.

## Dealing with Depression and Suicide

By **LILLY PRICE**

*Features Editor-in-Chief*

CONT FROM PAGE 1

Depression comes in two pieces. It is a medical disorder that impacts our neurotransmitters, and as a result, affects our brain chemistry. It is also a cognitive disorder that causes our thoughts to affect our emotions. As a result of these two factors, there is a variety of methods to treat depression. One option is "therapy, sitting down and talking to someone about the things that make you sad and the situations that bring you stress," said McCormack. Another route is "a medication piece which involves a psychiatrist or pediatrician prescribing medication to help those experiencing symptoms of depression elevate their mood," said McCormack. Another outlet to utilize when seeking help is Montgomery County's Crisis Center. The Crisis Center is open 24 hours every day of the year where counselors can evaluate you, create a treatment plan, and provide coping strategies. "I would like for a student to get support before it gets to that point [of a crisis] because then they can be working

through those feelings and not feeling at the point where the depression and suicidal ideation is so high," said McCormack.

We live in a society where pressures are increasingly harder to handle. With bullying, cyber bullying, school performance, social pressure, sexual orientation, and family problems, it is no wonder many students fall into a depression. However, suicide is a permanent solution to a temporary problem, and it is essential that students find the help they need. "Those persistent feelings of sadness are not just something that's wrong with you, it's the way you're made up and the way your brain is hardwired," said McCormack. Whether it's medication, talking to a therapist, or simply talking to an adult, depression can be helped before it turns into the decision to take your own life. Treatment doesn't happen overnight, but there are steps to ensure a long and happy life.

"You're not alone. You are cared about even though it may not feel like it, please seek help and know that there is hope," said Gaston.

Montgomery County Crisis Center: 240-777-4000; 1301 Piccard Drive, Rockville, MD 20850  
National Suicide Prevention Lifeline: 1-800-273-8255  
Maryland Youth Crisis Line: 1-800-422-0009



PHOTO FROM GOOGLE

**HELP:** The Suicide Prevention Lifeline is always available to help talk through issues.

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AP Signature School • Volume 27, Issue 1  
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## New Teachers, Same School

By **DYLAN KEARNEY**

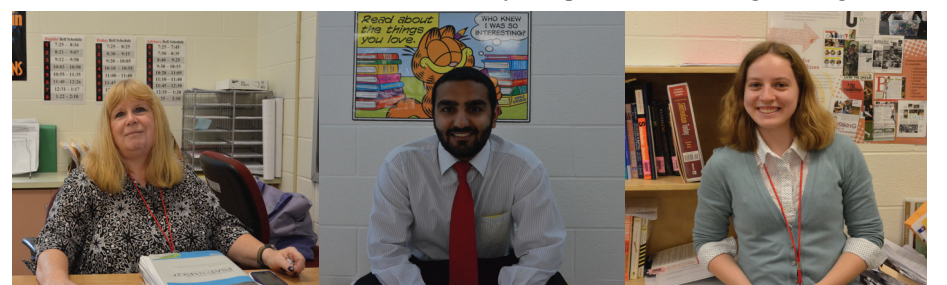
*News Editor*

CONT FROM PAGE 1

With many new teachers at QO, students hope they feel welcome. Some students feel the new teachers have been helpful. "I feel the new teachers are doing a great job here at school," said junior Emma Rivers. "I like the students

and staff a lot. My students show me how to use things like the Promethean board better, and it really helps," said Fuller. The staff also seem to be very open to the new teachers. "The English Department is incredible," said Arora, "My colleagues are now my friends, and working collaboratively has been immensely helpful."

Some other things the new teachers are excited for around school are QO football, basketball and soccer. "As a new teacher at QO, the students and the staff have been wonderful. I feel like part of the community. I feel like part of the Red Army," said Arora. "I feel like part of something significant."



PHOTOS BY ANDY GOLDSTEIN

**FRESH MEAT:** Many of the new teachers help bolster the English department.



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# Controversy Surrounding Possible Redskins Name Change

**By Andy Goldstein**  
*News Associate Editor*

Controversy has surrounded the Washington Redskins recently, around whether the team's name is outdated and offensive to Native Americans. For years many Native Americans have petitioned for a change to the team's name, but only recently have these voices been amplified by the media and given support from many Americans.

It is extremely disappointing enough that it has taken us 81 years of Redskins football to even consider that the name may be offensive to Native Americans. After being oppressed for over five centuries, I'm quite sure the Redskins name is not the biggest concern of all Native Americans but as many have said, it would be nice not to have a racial slur branded on one of the biggest sports franchises in the country. "After 500

years, it's pretty unbelievable that this issue is at the forefront right now," said Jason Begay, a Navajo who's an assistant professor and director of the Native American Journalism Project at the University of Montana.

During the western expansion of our country over the last few centuries, Native Americans were referred to as "savages" and "redskins," dehumanizing names to justify the cruel destruction and robbery of their homes. The term was created and used by people who killed and oppressed the Native American people. Suzan Shown Harjo, president of Morning Star Institute, a national Native American rights organization, says, "The R-Word, I can't even bring myself to say it, is the same as the N-word to me." Harjo finds it unbelievable that more than half a century after being told "No redskins in [this store]" and after years of fighting for

civil rights, Americans have no issue rooting for a team called the Redskins.

Opponents of a name change have cited tradition and history as a main reason to keep the name. "After 81 years, the team name 'Redskins' continues to hold the memories and meaning of where we came from, who we are, and who we want to be in the years to come," said owner Dan Snyder. There may have been 81 years of Redskins football, but there have been five centuries of oppression to the Native American people, and the use of the phrase 'Redskins' has a demeaning and dehumanizing branding. Dr. Darren R. Reid of Coventry University states, "The 'positive' stereotypes allow fans and supporters to honestly state that they are honoring Native Americans, but this is forcing your idea of what it is to honor those people onto them and that, fundamentally, is disrespectful."

**By Andrew Poulson**  
*News Editor*

Should the Redskin's name go? One of the big debates around the NFL recently is whether the Washington Redskins should change their team name.

Opponents of the Redskins name say that the word 'Redskins' is racist towards Native Americans. Many outspoken Native American groups such as National Congress of American Indians have said that the team name stereotypes them and they have opposed the name for many years. The NCAI has said that "The term 'Redskins' has been perpetuated through such media as western movies and television. Most often, the term is coupled with other derogatory adjectives, as 'dirty Redskin' or 'pesky Redskin' used interchangeably with the word 'savage' to portray a misleading and denigrating image of the Native American." Another prominent

organization that has said the name could be offensive is the U.S. Patent and Trademark Office. In June of this year, the trademark office voted to cancel six of the trademarks held by the team because they believed that the name is disparaging to Native Americans. The Redskins, however, are appealing that decision.

Supporters of the Redskins name point to tradition as a main reason to keep the name. The Redskins have been called by that name for over eighty years and many people have grown to love the team and many things about it, including the name, so changing the name could offend a good number of Redskins fans. One of the biggest fans of the Redskins team name is team owner Dan Snyder, who has said that "we'll never change the name. It's that simple." Snyder says that the team name honors Native Americans and how they are brave

and courageous warriors. Various opinion polls have shown that there is support for keeping the name. In a survey done of people in the DC area by *The Washington Post*, 65% of people were in favor of keeping the name. The poll also says that there were no major differences when the data was broken down by race or ethnicity. This means that the majority of Native Americans have either supported the Redskins name or are not offended enough by it to care if it changes.

I believe that the Redskins should keep their name. Over time, I have grown very attached to the team and everything about it, including the team name, so I would be very unhappy if it was changed. However, I am not a Native American, so I cannot attest to whether they find the name hurts them in some way. But if it was up to me, then we would leave the name as is.

# Russia Invades, Tensions Rise in Ukrainian Conflict

**By Lawrence Simon**  
*News Editor In Chief*

For the last eight months, a conflict has been raging in the Ukraine between those whose ancestors are native to the region and those of Russian descent in the east and south of the country. After the Euromaidan movement evolved into a revolution in the Ukrainian capital Kiev, the Russian-backed Ukrainian President Viktor Yanukovich was deposed and replaced with Oleksandr Turchynov, and now elected leader Petro Poroshenko. After an operation by Russian separatists (and possibly

backed by the Russian Armed Forces) removed Crimea from Ukrainian control in March, a war in the Donbass region in Ukraine's far east has been going on between Russian separatists, the Ukrainian Army, and almost certainly intervening forces from Russia.

The invasion of Ukraine by Russia "is serious and I'm interested because Ukraine is the second East European nation to be attacked directly by Russia under Vladimir Putin," says senior Jonathan Bramell, "I want to know why he's so militaristic and how far he's willing to go." Since the fall of the Soviet Union in 1991, the Russian Federa-

tion has assumed much of the power of the former USSR, and has continued to influence policy by invading the nation of Georgia in 2008. Bramell believes the invasion "reflects upon the leadership, which I believe to be corrupt." Since coming to power in 2000, Putin has often been accused of rigging elections, most notably the 2011 Russian legislative election and the 2012 Russian presidential election, both of which were won by Putin's United Russia party. Bramell said that "this isn't history just yet, this is something we can

possibly influence" and "this topic will fade away into obscurity unless Russia invades further. Maybe then people's ears will perk up."

John Kerry, the United States Secretary of State, has stated that the actions of separatists in the region "did not appear to be spontaneous." (BBC). The Defense Department has also called on Congress to allocate \$7 million for the training and equipping of the National Guard of the Ukraine. However, a similar attempt by Canada to provide military aid to the Ukrainian government was halted due to alleged corruption among the new Ukrainian government. The overall state of the Ukrainian government has

also led the country to take steps toward entering the North Atlantic Treaty Organization (NATO), a defensive alliance started by the United States in 1949. Ironically, NATO was started to counteract Soviet aggression in Eastern Europe at the beginning of the Cold War. On September 5, representatives of the Russian and Ukrainian governments met with separatist leaders in Minsk, Belarus to agree to a ceasefire. Under this agreement Russia has agreed to withdraw troops from Donbass while Ukraine has promised aid and inclusion of Russian-speaking peoples in eastern Ukraine.

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### Kentlands expects thousands to attend this year's festival

By **ALEXIS KIM**  
Managing Editor

The City of Gaithersburg will be celebrating its 23<sup>rd</sup> year of Oktoberfest, an outdoor festival held in the Kentlands on October 12, 2014 from 12-5 p.m., to celebrate the coming of autumn.

Originally a community fundraiser coordinated by the Kentlands Citizens Assembly (KCA), the event has grown over the past years and attracts anywhere from 5,000 to 20,000 people from the DMV area. Its popularity led the City of Gaithersburg, specifically the Arts

and Events Division, to become the sole organizer of the event. Carolyn Crosby, the Senior Program Supervisor of Arts and Events from the Department of Parks, Recreation and Culture, stated, "The KCA

*"A fun fall celebration full of good spirits, fun, activities for every age"*

*-Carolyn Crosby*

remains a valuable participant and sponsor of the event, along

with the Kentlands Community Foundation, and the Kentlands Downtown Partnership." This year's Oktoberfest is to feature a variety of food vendors, arts and crafts, music groups, horse-drawn wagon rides and much more. The celebration stretches across Market Square, Main Street, Kentlands Mansion and Kentlands Village Green, all connected by identifiable walking paths and a trolley route. Crosby expects "a fun fall celebration full of good spirits, fun, activities for every age", as well as "great music." The event coordinators are estimating there will be over 20,000 attendees this year. One attendee will be Ms. Megan Etwiler, a science teacher at QO, who has been a Kentlands resident for 15-16 years. "It's great to go out in the community, to have fun and talk to the neighbors; its fall, it's beautiful," says Etwiler.

### Markoff's scary good time

*Local haunted forest attracts thrill seekers*

By **JULIA LANE**

*Double-Truck Managing Editor*

As the temperature drops and a brisk fall breeze signals the transition out of summer, conversation about Halloween begins to haunt the hallways and creep into the corridors.

Countless festivities and traditions resurface each year during the weeks leading up to October 31<sup>st</sup>. Candy, costumes, parties, you name it. For those of you who seek adventure and enjoy a more riveting Halloween experience, the local site Markoff's Haunted Forest may be a suitable spooky festivity. Markoff's, located in Dickerson, Maryland, is a popular fall weekend outing for teenagers and adults alike.

Visitors brave enough to make the trek through the pitch-black haunted trails are usually successful in completing the petrifying walk...usually. Those that are courageous enough also have the option to endure a haunted hay ride, or participate in many other spooky activities surrounding the field. As they enter the park, visitors are greeted by fully costumed and very frightening members of the Haunted Forest.

Markoff's Haunted

Forest is owned and managed by the father of Quince Orchard junior Nicholas Markoff. Markoff reveals that there is a great deal of behind the scenes effort that goes into creating the visitors' terrifying experience, "We've faked deaths and we've had ambulances come in and scare people". Fellow classmate and cousin, junior Jack Hansen, adds that setting up the forest usually takes his uncles about four months. They "always do the final push in the last week. They think it's not going to be finished on time but then somehow they do it." The months of effort are uncovered when you step foot on the site. Markoff's is more than just a haunted trail; it is a truly horrifying experience.

Quince Orchard senior Miranda Levin visited Markoff's with a group of friends last fall. Levin describes, "the talk beforehand...there's hype about the trail and that's what scared me." Levin conveys that she was surprised at "the amount of people that were having fun without actually being in the maze." Whether you are a horror fanatic, or just in search of a festive Halloween evening, Markoff's Haunted Forest is sure to give you the scare you are looking for.



PHOTO FROM GAITHERSBURGM.D.ORG

GETTING FESTIVE: Kentlands gears up for its annual fall celebration

# BEST HOMECOMING PROPOSALS



**Top Left:** Senior Sam Feldman asks senior Carly Hoggle to "picture" HC together.  
**Top Right:** Senior Andy Loftus asks senior Holly McKnight to have a smashing good time.  
**Bottom Left:** Junior Ryan Jones asks junior Camilia Darin to be his queen at homecoming.  
**Bottom Right:** Junior Kyle Jameson asks junior Sophie Robinson with tasty treat.



## Homecoming

### THE DO'S AND DON'T'S OF HOMECOMING

By MICAH LEVEY

Features Editor

**Homecoming is the best part of the first semester, hands down! However, with great fun comes great danger. Here's what to do and what not to do in order to have a fantastic homecoming.**

#### DO

1. Go. Don't miss out on all of the fun of the homecoming float parade, football game and, of course, the dance.
2. Be with who you want to be with on Saturday. If you and your date are in different groups of friends, try to make compromises: maybe you'll go to your date's pictures and your date will go to your after party.
3. Invest in a party bus. This isn't a necessity for having fun, but if you get a really fresh party bus with an advanced sound system and lasers, you are sure to have a turnt-up time.
4. Eat good food. Don't worry about whether or not the place you go to eat is "fancy" or expensive enough to be a fun time. Last year, my homecoming group went to PF Chang's and, despite the time spent in the bathroom afterward, it was one of the best meals I've ever had.
5. Be safe and smart. The last thing anyone wants is for you to make a stupid mistake that will stick with you for the rest of your life.

#### DON'T

1. Let people tell you who you should go to homecoming with. Boys, you should ask who you want to ask; it is up to you and not anyone else. Everyone, don't let anyone convince you to go with a group that you wouldn't otherwise go with.
2. Wear red. The homecoming game is always a black-out. This means that, rather than wearing red, the Red Army gets all decked out in black. If you wear red, you are subject to being exiled.
3. Eat too much at dinner. You have a long night ahead of you and the last thing you want is to be weighed down because you stuffed your face.
4. Allow other people's drama to ruin your night. Even if it's your best friend, if he or she really cared about you, he or she would want you to have the awesome night that you deserve. If you're not directly affected by whatever dumb drama is going on, stay out of it.
5. Show up to the dance drunk. If you're wasted at a party or even on the streets a lawyer can defend you, but there is nothing an attorney can do for you if you're plastered on school grounds. You could be looking at a 2-week suspension, or even expulsion.

**Sorry if this scared you, but, on behalf of everyone at The Prowler, we hope you have one of the best nights of your life!**

VIEWPOINT

# A little bit of “Witz”: Homecoming Edition



By **SAM HURWITZ**  
*ViewPoints Editor*

For most schools, the Homecoming process begins just as yoga pants become a daily wardrobe fixture. Contrarily, here at Quince Orchard, Homecoming season looms directly after Prom season ends.

Homecoming at QO is deemed necessary to an enjoyable high school experience, so preparation for the “big night” in mid-October presents students with a frantic and stress-filled first few weeks of

school. I currently sit dateless and indifferent to that fact; however, some fiber of my being subconsciously tells me I should fret over this a month in advance. I am not attempting to denounce the Homecoming dance, because, in fact, I enjoy dancing in a fully lit gym being watch-dogged by teachers. However, I could easily save 50 dollars, crash a Bar Mitzvah and have an equally fun time playing Coke and Pepsi, dancing until 11:30 to Ke\$ha. However, I attend QO, so I am subjected and obliged to attend Homecoming or else I am bombarded with a verbal onslaught. Shrouded in materialism, Homecoming itemizes

students, which in turn has made asking a date into a game of tetris. I entered QO under the impression that asking a date would be a simple yes or no question. Unfortunately, as I discovered, boys bear the burden of creatively proposing to their prospective dates. And yes, I said proposing: that is the level asking has reached. Without a creative proposal plan, consider yourself dateless. Ladies, Prince Charming is not coming to give you the night that you’ll remember for the rest of your lives; a “date” is nothing more than a friend to take pictures with. With that said, if you are not asked, just remember on October 12<sup>th</sup>

you’ll wake up the same and richer than those who stressed over one night. Fast forward from the overdone proposal to Homecoming night. After you’ve spent weeks arguing with your friends over dinner and pictures, the best night of your young lives arrives. At pictures, you take the same picture 100 times in an overpriced suit or dress you’ll outgrow by next year’s #selfiez! Upon arrival to dinner, you realize you are overdressed for the casual Italian restaurant your parents overpaid for. With a plate of uneaten food, you then head on over to the dance where another you take another financial hit. It is now, when you’re

avoiding the slow dance with your date, you wonder why you placed so much importance on one night. But hey, next year it’ll be a blast. So Cougars, this is by no means a petition to end Homecoming. I simply ask you to think for yourselves and deter you from stressing over a night that should be fun. While I may end up attending the dance despite my inclinations not to, I still do not agree with frivolously spending money over one night. But you can count on me enjoying my self-inflicted torture, and maybe Wale will stop by this year and give Homecoming some real meaning.

# g Preview 2014

## Inside look at homecoming court

By **PAIGE MIRKIN**  
*Double Truck Managing Editor*

Homecoming court consists of a select body of students: a prince and princess for each grade, with several pairs from the senior class. Voting occurs in each respective English class, where students freely vote for the students they wish to represent their grade in the court. The chosen students are announced with a rose during first period in the following days after voting.

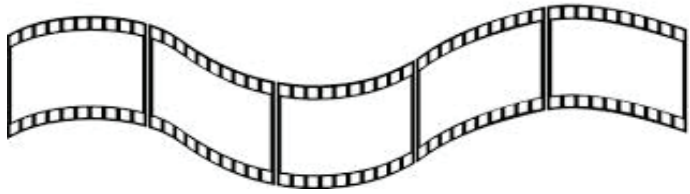
Responsibilities as part of the court include sitting in a convertible and smiling at all the little kids during the parade. During the game, you are

escorted down the football field during halftime by your family or friends. You and your group are encouraged to attend the Saturday night dance, where you, along with the other members of the court, are announced as your royalty period comes to a conclusion.

During my freshman year, I was, to my surprise, chosen as princess. The day I was announced princess I let go of all distractions and dumped my boyfriend to begin my rule. Just kidding, it’s not that serious. However, I did dump the boy and attend homecoming alone that year. (This was very fun; if you don’t have a significant other, I strongly suggest you make it

a fun night with your friends.) It balanced out with my crown though! (Kidding, again.) It was definitely a unique experience to be elected to homecoming court fresh out of middle school. But if you don’t get that opportunity, it’s completely okay. Winning homecoming court does not transform you into the most important person in the world: it simply gives you a little extra attention for two nights. If you want to be a prince or princess, you don’t need anyone else to give you the crown. If you view yourself as a prince or princess, that’s all that matters! Congratulations to the 2014 homecoming court. Happy Homecoming!





## COMMUNITY FOCUS

### STUDENTS TAKE PART IN COMMUNITY

By **BILLY SEWELL**  
*Sports Associate Editor*

Jason Green, former Quince Orchard High School student, has made it his mission to re-introduce the history behind the Quince Orchard community. Green visited Quince Orchard last year to inform students about the project he was creating. After talking to several students, he asked them to sign up to help him in this breathtaking journey. Seniors Noah Vernick, Andy Loftus, and Justin Sorra became very fond of the project and spoke with Green to get more involved. At the top of the school as seniors, it was easy for the three to take on the role of leaders of the project. Vernick took matters into his own hands and formed a club here at Quince Orchard with the help of Loftus and Sorra. It was called "The Quince Orchard Project." The three knew that forming a club at Quince Orchard was going to be a difficult task. Even with this in mind, they still went ahead and created the club. At Quince Orchard, there is an annual clubs fair in order to help incoming freshmen get involved. Other grades can attend as well and sign up to become a part of any club. Vernick did whatever he could to help attract as many

members as possible, so that the project could grow and impact the community. Because of the clubs fair, the Quince Orchard Project was able to gain around eighty members. Since then, the Quince Orchard Project has made it their duty to go around the community and make their mission known. In the past couple of weeks, Vernick and the other members of the club have gone to various public locations, such as the Jersey Mike's in Kentlands, to spread the meaning behind the Quince Orchard Project. Not only are the members targeting specific locations, but they are also looking to spread knowledge to general areas as well. "Lakelands and Kentlands already have their own community but we would like them to branch out and become a part of an even bigger community," said Vernick. This community is reaching out to include the Darnestown, Gaithersburg, and North Potomac areas located in the Quince Orchard district. Vernick has become so involved with the project, that it has caused him to "fall in love with community like never before." The project has helped him not only build a great relationship with Green, but also helped him develop the skills of a leader.

## CLUBS CORNER

By **SUZANNE ADJANI-ALDRIN**

*Cougar Focus Editor*

As school starts up again, new and old students alike are looking for ways to get involved with their school and make a difference in their community. This year at QO, senior Aisha Nadeem, an ardent lover of film, has created QO's first ever Film Society. The Film Society's ultimate purpose is to bring people with a passion for film together and document human experience. The club plans to follow and document two to three diverse senior students at Quince Orchard High School. They will only accomplish this with loads of help, so members are encouraged to play an active

role in this project. "The project will not be scripted. We plan to make it as authentic and pressure-free as possible," Nadeem states. "With the help of our members, equipment, and Mr. Cipperly, we hope to get started with the project as soon as possible." Even if you aren't interested in filming, there are other roles you can play. The society benefits from writers and editors as well. Although the complete details the film have not yet been finalized, the society has an idea of who they want to star in it. "Everything regarding this project will respect the privacy of the seniors. We're not exploiting them. We would just like to get to know these diverse students more and, in the process, document the

highs and lows of senior year to help the upcoming seniors," says Nadeem, "I've always wanted to lead. I love to film and direct and I want to share my interests with others." Students with a love for film will acquire new skills and share their passion with many others, all while getting to know people in the school. "In the end, students will have the opportunity to watch the film," Nadeem says. This club is a great opportunity for students to reach out to other people and everyone is encouraged to join. "We are super excited to see where this new project will take us," states Nadeem. This fresh and unique club will definitely bring an air of novelty to Quince Orchard High.



## STUDENTS LEARN OF NEW DRESS CODE

By **LILY MAKORI**  
*Fashionista*

With school back in session, students are getting back to their normal routine with classes, but the halls are buzzing with talk about the new changes to the dress code.

I got the chance to sit down and interview Principal Carol Working about the rules and regulations for the MCPS dress code. Nothing she said on Cougar TV, with the exception of the "no headphones or bandanas" rule, was news. She was simply trying to reiterate them, because, at the meeting for the senior class shirts this year, there were some disagreements. The class officers wanted different class shirts, but then it would just be a shirt, not a class shirt that's representative of everyone. Eventually the class officers were able to come up with a design that most everyone could settle for.

Senior Camila Nuñez said, "I feel that it's well-controlled, but some things are unfair, in regards to straps and bare shoulders. Some girls push their

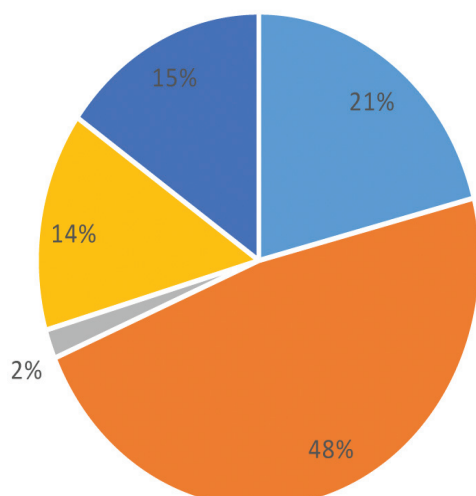
limits, while other girls are heckled by teachers and are told to put on a jacket." When asked what changes she would make if she could, Nuñez said, "Girls would be able to wear headbands and express themselves more through clothes." Last year, some parents brought the school's attention to a possible issue – bandanas. Students were joining gangs and wore bandanas across their foreheads to represent what gang they were in. Because of this, the school ended up banning bandanas altogether. Another change this school year was the ban on big headphones. This is because "several students were using their headphones inappropriately to hit and throw at other students," said Working. Eventually, the administrators came together and decided that keeping headphones out of sight would minimize the problems, but ear buds are still admitted.

The dress code comes down to common sense. No shirts that show your midriff or a lot of cleavage, no inappropriate symbols or words, no shorts that display your posterior, and no baggy pants.

## THE PROWLER ASKED...

What's Your Favorite Social Network?

■ Twitter ■ Instagram ■ Yik Yak ■ Facebook ■ Snapchat



A "DAVID RAMSEY" QUESTIONNAIRE

THE PROWLER  
WISHES EVERY-  
ONE A HAPPY  
HALLOWEEN!







# New Coach, New Look, Same Football Swagger

By DAVID FINGERET

Editor-in-Chief

Football season is back and the 'new look' Cougars are off to a fast start, even with a new coach and many new faces in the starting lineup.

The Cougars are now 4-1 and look to defeat their opponent BCC tonight. After such a great season last year, the team has been said to be in a rebuilding year. "We have four returning starters from last year,

but our guys work very hard for us, and they've been working hard since January," said coach John Kelley. This team may have some new faces in the starting lineup, but the team has worked hard for Kelley. After coach Dave Mencarini left for Urbana High School, Kelley, the defensive coordinator, was promoted to head coach. As for the winning tradition at Quince Orchard, Kelley believes in taking it one game at a time. "We have to focus on the game in front of us. This week we focus on Damascus, then Churchill, and so on," said Kelley. Unfortunately, Damascus was able to get the best of the Cougars with a score of 19-11. Quince Orchard led a fourth quarter comeback, but it wasn't enough to beat the Screaming Eagles.

This year, Coach Kelley has brought a new motto to the football team. Each player has a job to help this team win and after starting 4-1 so far, this motto has paid off. Players have joined the team and believe in Coach Kelley to take them back to M&T Bank Stadium.

"As a team we look to each other to become the best we can be," said senior Jared Feuer. Feuer is one of the new starters on the defense this year, but that hasn't stopped the team from being very close. "We are brothers who are all fighting for the same goal. This helps because I know the guy next to me has my back," said Feuer. The team is working towards an ultimate goal of making it and winning the state championship. The team hasn't really focused on being in a rebuilding season. "We love being the underdog. It motivates

everyone to work harder because we want to prove everyone wrong," said Feuer.

The team always looks for ways to get better, trying to make sure their next game is better than their last one. "We strive to improve after every game. We watch lots of film to make sure we don't make the same mistake twice," said Feuer. As the Cougars play BCC, they look to limit mistakes to win their homecoming game.

"I try every day to lead the team through my actions and words," said senior captain Jason Heyn. The Cougars have great senior leadership under their four captains Griffin Miller, Adam McLean, Kyle Green, and Heyn. The captains have paved the way for the rest of the team, leading them in drills and practice. Last year "F.A.M.I.L.Y" was such an important part of the team and still is in the minds of players today. "Every player on the field is playing for one another and for the school," said Heyn. However, this year Kelley has tried to implement a new motto.

"Everyone has a role and everyone is important. It takes everyone to come out each and every Friday to get a win," said Kelley. Every member has an important role in every football game, and this includes the Red Army. The team needs all members of the Red Army to come out to all home and away games and cheer their hearts out. Tonight at the homecoming game, every member of the Red Army is expected to wear black for the annual blackout game. As the Cougars strive for greatness they've begun their journey for M&T Bank Stadium.



PHOTO FROM WASHINGTONPOST.COM

WINNING ATTITUDE: Coach Kelley after the first win against Clarksburg High School

## Strong Team Trains For Playoffs

By JARED GOLDSTEIN

Sports Editor

In a World Cup year, when the United States had a new coach and made an improbable run through the "Group of Death," our boys soccer team will look to do the same in the state of Maryland.

After a shaky season last year, the Cougars made a coaching change in the offseason, replacing Coach Kirk Myers with Coach Kevin Gnatiko. Coach Gnatiko changed the team's style of play from last year. The boys "played more of a defensive style and now ... are more of an attacking team," junior goalkeeper Patrick Paolini said. It's not easy to change systems in just one season, but the Cougars are responding well, as they already have more wins than they did all of last season.

Anybody who's been to a soccer game this year who also saw one last year can see that the boys are possessing the ball much more, as opposed to chasing it on defense as they did much of last year. Thanks to Gnatiko's tactical change the team is "playing in a 4-4-1-1 [formation] which focuses on [their] strength, which is in the midfield," senior Kevin Hwang said. The formation, consisting of four defenders, four midfielders, an attacking midfielder,

and a striker, allows the team to build up possession on the back lines before pushing it up the field, allowing for a more fluid game.

With a winning record so far, the boys are hungry for more success. This feeling is evidenced by senior captain Bruno van der Laan, who said "hopefully we can be serious competitors for the division title." A similar sentiment was expressed by the United States team at the beginning of the summer. They entered the World Cup with a confidence and a swagger that US soccer fans had not yet seen. The Cougars seem to be playing this season with a comparable approach to that of the national team.

With that kind of confidence it's no wonder the boys are playing so well this season. Despite their success, however, they are lacking support from the Red Army. The soccer team wants the same support the football team gets at their games. We have "the best fan base in the state, and ... knowing the school has our backs could significantly help our team," van der Laan said.

Soccer games will be exciting and fun to watch this season. The team is poised to make a run through the playoffs as the Cougars are off to a great start and will surely continue their great play as the season progresses.



PHOTO FROM SHUTTER FLY

HUDDLING UP: Boys get together for a pre game talk before they play Bethesda-Chevy Chase

## Handball Looks to Have Fun

By SAM KIRSCH

Sports Associate Editor

The coed Varsity Handball team has started off the 2014 season in a strong way as they look to make a run towards states and have fun in the process.

The team did relatively well last season, finishing with two wins and four losses, proving to the rest of the county that Quince Orchard was not a team to take lightly.

This season, the handball team is revamped and more prepared than ever to score some goals and win some games. Junior Herrick Hartman said, "My expectation for this season is winning the regional title." The team has been competitive so far, barely losing to defending state champs Magruder, 20-19. This minor loss isn't going to dampen the team's spirit, however, as the main goal in team handball is to have fun. Freshman Brendan Diaz stated, "Handball is fun because you meet new people and it's a good experience."

Part of handball's mission at QO is to incorporate some of Best Buddies, as senior Emily Goorevich explained:

"It incorporates the same message as Best Buddies. [Team handball] is an environment where everybody is accepted. As a result, the members of this

to act like a well-oiled machine come game time. Even with tons of preparation, the Red Army should look to get involved. Both Garagusi

*"My expectation for this season is winning the regional title."*

*- Herrick Hartman*

inclusive team become very close. "People on the team respect me," said Diaz. "They are like my family."

Becoming part of the handball family is more than enough incentive for students to join the team. Senior Bridget Garagusi said, "We wanted to be a part of the team because it is so much fun!" Garagusi and Goorevich are the team managers, giving up their playing time to other students so that they could have a chance to play. The team has many practices per week, and, with many returning players, the team looks

and Goorevich agreed that "The Red Army needs to come out and support us. We are like any other sport after all!"

With the Magruder game already in the books, the Quince Orchard Cougars still have the chance to cheer on the handball team against other tough teams such as rival Northwest.

In the end, Diaz was able to sum up coed Varsity Handball when he said, "It's not really a hard, competitive sport. Handball is more about having a fun, learning experience."



# Varsity Field Hockey Starts Season Off Strong

By **SAM KIRSCH**  
Sports Associate Editor

Coming off of an impressive season that was cut short in the regional finals, a well-rounded varsity field hockey team is poised to go all the way this fall.

Last fall, the girls' season got cut short, as they were defeated by Sherwood after a tight game that ended with a score of 1-2. Even with the loss, the team finished with an impressive record of 11 wins and six losses. However, with the absence of seven departed seniors, the team had some holes to fill if they wanted to be successful in 2014.

"I definitely believe the team can go further this year," said coach Alicia Vincenty. "We have a lot of talented, hardworking girls on our team who are all very motivated to be successful." Vincenty said that she believes that her team, led by senior captains Laney Rubenstein, Jessica Zhang, Brooke Saffer, and Brenna Lofgren, will be able to set the standard for not only the team, but for all of Montgomery County.

Saffer knew that, as a captain, her obligation to lead her team started well before school even began. Saffer stated, "The team started workouts in June and we have continued to work on fitness every day."

During these workouts and daily practices, the girls have also worked on their stick skills, among other important fundamentals.

Underclassmen such as freshman

Olivia Meyers, and sophomores Skyler Saffer and Morgan Avissar, have been providing a surge of talent and are poised to make strong impacts. Rubenstein stated, "All of our underclassmen demonstrate great potential and have lots of team spirit."

The girls started out their season with a tough 1-2 loss against Churchill but were able to bounce back, crushing Paint Branch 4-0 behind Lofgren's three goals. Zhang said that she felt the season "has gone pretty well" so far and that the team has "laid out a good foundation of what's to come."

On September 16th, the team went on to blow out Gaithersburg with an impressive score of 7-0, as Avissar scored three goals to lead the team. The girls went on to defeat Northwest 5-0 behind two strong goals by Saffer. Zhang said that she felt the season "has gone pretty well" so far and that the team has "laid out a good foundation of what's to come."

With an eye on the championship, the girls know that they will have to be more than ready if they intend to beat their fierce competition. Rubenstein included that among Churchill, Northwest and BCC, "our biggest competition this year is Sherwood since we lost to them by one in the regional finals last year." The team plays Sherwood on September 23rd.

Now with some strong wins under their belt, Saffer spoke for her team when she said that she "hopes [that we] go far in our season and have a winning record. Our

goal is to redeem ourselves in the regional finals."

The Red Army is advised to head over to the Cougar Dome, watch the game, and cheer on their favorite varsity field

hockey team on their quest to go deep in the playoffs. "The Red Army can definitely get involved in our games!" said Zhang. "We would love to have some more support!"



PHOTO FROM TOWN COURIER

ON THE ATTACK: Senior Laney Rubenstein handles the ball as she leads her team downfield.

## Volleyball Owns Fall

By **BRENNALOFGREN**  
Sports Editor

Going into this year's season, the volleyball team has high expectations to live up to after last year's 10-5 record and make it to the second round of playoffs.

This year, the team is filled with many underclassmen, which has made the seniors have to step up and get the younger girls to the varsity pace during their pre-season.

The four captains have taken a new approach to leading the team by communicating more with the other players and giving them advice. "We want everyone to be on the same level and make sure the new players feel welcomed and like they can come to us for help whenever needed," said senior captain Jordyn Levin. Helping each and every player succeed will be one of the main components of the girls' playing to their full potential throughout the season. Coach Sarah Watson has given the seniors more expectations for leading their team into their regular season games.

"I feel she wants us [captains] to keep pushing the younger girls and the rest of our team and to continue to encourage them to do better," said senior captain Taline Doudaklian. The team's first home game against the state finalist last year, Poolesville, right away tested the team's ability to rise up against a powerhouse team. Having lost, the girls had to pick themselves up and figure out how they were going to approach their upcoming games.

"The loss against Poolesville was really upsetting. During the

following practices we came together and talked about what we did and didn't do well in the game, and to improve for the upcoming games," said Levin. Going into practice, the girls did drills that worked on their basic fundamental skills like passing, setting, and blocking. After a couple more consistent practices, they went out to Springbrook and brought home a win.

"The team dynamic this year is really great and everyone gets along extremely well and we all

*"Everyone gets along extremely well and we all know when to get focused."*

-Liza Chernova

know when to get focused," said senior captain Alexa Thompson, as the team went on to beat Rockville.

Looking into the future, the team has a tough line-up of schools that will test their mental toughness and physical skills. "If we stay positive and work to our full abilities, we will have a lot of potential for the season," said senior captain Liza Chernova.

The team, undoubtedly, worked hard in pre-season, conditioning and training, and it has and will continue to show throughout the rest of their season. The team expects the Red Army to attend all the rest of their games.

## Nats and O's Roll into Playoffs

By **DAVID FINGERET**  
Sports Editor-in-Chief

As the playoffs have started, October baseball has brought out the best and worst of all teams. The Washington Nationals and the Baltimore Orioles have begun their final stretch for a title run and, hopefully, a "Battle of the Beltway" World Series.

The last time both teams made the playoffs was in 2012 when the Orioles lost in the Wild Card game versus the New York Yankees. The Nationals played in the Divisional Series and lost in a seven-game series to the Saint Louis Cardinals.

The Nationals ended their regular season with a record of 96-66, winning the National League East Division after beginning slowly this year. To end the season the Nationals played the Florida Marlins and pitcher Jordan Zimmerman had an incredible game. Zimmerman struck out ten batters as he completed the first no-hitter in his career and the first no-hitter in Nationals history. Zimmerman was one batter away from a perfect game, but he walked Marlins first

baseman Justin Bour in the top of the fifth inning. The team was led by a solid bullpen including Zimmerman, Rafael Soriano, Gio Gonzalez, Doug Fister, and Stephen Strasburg. Strasburg led the team with 242 strikeouts and Fister led the team in earned run average and wins. The Nationals hitting was led by Adam LaRoche, Ian Desmond, Jason Werth, and Bryce Harper. LaRoche led the team with 26 homeruns and 92 runs batted in.

The Nationals will have a bye until the Divisional Series against the San Francisco Giants. The Nats will need excellent pitching and hitting to keep up a good mix of offense and defense from the

Giants, who beat the Pittsburgh Pirates in the Wild Card series.

The Baltimore Orioles also had a great season and are waiting to play the Detroit Tigers in the American League Division. This was their first American League East Division since 1997. Their prolific offense was led by Nelson Cruz and Adam Jones, who combined for 175 of the Orioles runs. However, Orioles slugger Chris Davis is still serving his 25-game suspension for testing positive for amphetamines. This is a huge blow to the Orioles as Davis ended his regular season with 26 homeruns and 72 runs batted in. The Orioles will have to look toward other guys

on the team to pick up the missing pieces. If the team goes to a seven-game series with the Tigers, he will only have to miss one more game. The Orioles have also overcome much adversity with season-ending injuries to Matt Wieters and Manny Machado. However, they fought back, looking to their bench for support, and were able to end the season ready for the playoffs.








The Orioles and the Nats are both looking to make a run at the World Series title, something the Orioles have not done since 1983, and the Nationals have never done. Hopefully, this is a sign that both teams can finally make a big scene in October.



PHOTO FROM GOOGLE.COM  
KINGS OF OCTOBER: In the MLB playoffs, the Nats are playing the Giants, and the O's are playing the Tigers.



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

<i>The Prowler asked...</i>	 MEGAN SMITH	 ALEX RUIZ	 JACK HANSON	 SAM FELDMAN	 ASHLEY PLANTE	 STEVEN HOLTEN	 AIDEN JEX
Favorite super power?	Flexibility so I can be a "super" cheerleader!	Invisibility.	Transform into anything.	Invisibility.	Flying.	Super speed	To make food magically appear whenever I want.
Favorite holiday?	My birthday.	Christmas, I love presents.	Thanksgiving.	Kwanza.	Colombus Day.	Christmas	Thanksgiving.
Super Bowl pick?	The Cougars, duh!	Chicken noodle soup.	Bengals.	Broncos.	Seahawks.	The winning team	Doritos.
Favorite Disney movie?	The Incredibles!	The Little Mermaid.	Kung-Fu Panda.	Beauty and the Beast.	High School Musical.	Toy Story	Tangled.
Crocs or flips flops?	Crocs with socks.	Bright pink crocs.	Crocs.	Flipidy Babe.	Crocs.	Flip Flops	Flip flops.
Iphone or Galaxy S?	enV3.	Iphone, I like apples.	Iphone.	Eyefone.	Iphone.	Iphone	Iphone.
Favorite athlete?	Troy Polamalu.	Halle Grossett. (she told me to..)	Jason Heyn.	Ryan Balow.	Bianco Parisotto.	Cam Newton swag	Sam Sullenger.
Favorite dinosaur?	Quanz-housaurus.	Dinosaur Nuggets.	Velociraptor.	Long Neck.	T-rex.	Chris Bosh.	Stegosaurus.

## Cross Country looks to end season with a bang

By **MATT LOWINGER**  
*Sports Editor*

The cross country team is up for new challenges as the new season approaches. Coming off of a great season, the boys and girls cross country teams look to continue their success into the upcoming season. The team lost senior runners last year and are looking for some unsung heroes to step up. The cross country team looks to continue its success from last year with some notable returning runners on the boys team, including juniors Liam Walsh and Christian McCann, and seniors Nick Ransing, Kyle Bollinger, Devin Cain, and Ben Thoms. As for the girls team, they will rely on seniors Cierra Wells, Maya Jacobson, Keegan Van Wert, Megan McDonald, Eliana Krakovsky and Katie Coulson. Head coach Seann Pelkey said, "[The] boys team seems up for the challenge and have trained hard over the summer." Pelkey believes the girls team is up for the challenge as well. He also commented, "The boys and girls together logged almost 8,500 miles as a group this summer." Due to the intense summer workouts, both teams are dealing with some injuries. That being said, Pelkey wants "everyone to learn to live the lifestyle of a runner, with a disciplined work ethic both in and out of the classroom. We want to focus on maintaining a healthy lifestyle and build confidence through training and improving as athletes." Junior Liam Walsh has proven himself again, entering only his second season on the cross country team. Walsh proudly displays a 4:31-minute mile, 16:20-minute 5K, and a 1:59 half-mile. Walsh doesn't do "anything special before a race." He tries to stick to the same routine of stretching and then going out to win. Walsh did "not [let] up and [continue] to push the pace,"

during his successful state meet last season. Senior Ben Thoms, who is in his fourth year running cross country, has dedicated himself to the team since day one. To prepare for any race, Thoms eats "a banana and something else just big enough to have enough energy for my race." He comes out with a 17:01 5K, a time not to be reckoned with. Thoms explains that running is a total team effort, but would like to give credit to senior Andrew Poulson. "Andrew Poulson is the heart and soul of the team," said Thoms, because his teammates feed off of his energy. Senior Cierra Wells has made herself a threat in the running community with her leadership and her personal 5K record of 19:45. During practice, Wells says she leads "warm-ups and partner stretches...to get [the team's] muscles ready for

the run." The squad runs from anywhere from three to eight miles per practice. Following the run, the team participates in "core strength activities." "Cross country has shaped [her] to be a leader because it has taught [her] mental discipline," said Wells. She believes that, as a long distance runner, you have to be disciplined and willing to set goals to make it through a long run. She looks to make the team feel like "a big family" through the team motto "ohana." The first meet was on September 10 against Einstein and Northwest at Smokey Glen Farm for both the girls and boys teams. The boys team ended up winning the race, but the girls ended up in last place. Both the girls and boys team would like to the whole Red Army to come to as many meets as they can to show support to this big family.



PHOTO FROM OF FACEBOOK  
**ON THE RUN:** *Girls Varsity Cross Country lines up for a picture after a meet.*



# ATHLETES TO WATCH

**Boys Football**



**Jason Heyn**

Senior captain Jason Heyn worked hard all four years of his high school career to be able to earn the captain position for the varsity team. His leadership on and off the field has help Heyn prepare younger players.

**Girls Soccer**



**Francesca D'Cruz**

Junior forward Francesca D'Cruz stepped into the starting role by consistently using her knowledge of the game to position herself well on every play. D'Cruz had the game-winning goal in the teams win over Watkins Mill.

**GO COUGARS**



**Boys Soccer**



**Barak Amige**

Junior Barak Amige has stepped up at the start of his junior year by scoring two goals. He has been a dominating presence in the central midfield by setting up numerous scoring chances for teammates. Coaches expect good things this season.

**Boys Cross Country**



**Andrew Poulson**

Senior Andrew Poulson ran a season best time a week and a half ago as well as a personal best of 19:28 at the Adidas XC Challenge in Cary, North Carolina. Poulson has shown leadership this season.

**Girls Volleyball**



**Liza Chernova**

Senior captain Liza Chernova is a great team leader on and off the court. Liza gives 110% to every practice, even playing through injury so she won't let her team down. Liza is a strong asset to the team.

**Girls Fieldhockey**



**Brenna Lofgren**

Senior captain Brenna Lofgren had 3 goals and 1 assist in the team's most recent game against Paint Branch. Lofgren has been a key member and starter for the varsity team for the past 3 years. She is a great leader.

**Poms**



**Dara Sypes**

Junior Dara Sypes entered this season with a strong passion for Poms that is unmatched, and the team has seen much improvement in her since last season. With her hard work and dedication, Dara will become a strong team leader.

**Cheerleading**



**Torian Wright**

Senior captain Torian Wright has been part of the cheerleading family all four years at Quince Orchard. Through the hard work she devoted to the team, she become a leader when the coach was out.

## Golf looks to climb rankings

By **GREG BURNHAM**  
Managing Editor

Following a hard-working off-season, with a lot of team training on the courses around the county, the golf team is back and looking to have a successful season. Led by seniors Colton Christensen, Sam Feldman and Jared Swick, the team has gotten off to a strong start and a good position in the county entering post-season tournaments. The team has thrived on the consistency of all of the players, along with some of the younger guys stepping up to create more depth in the lineup of golfers. "The incoming freshmen are really good this year and have made nice contributions to our squad," said Feldman. With four strong returning seniors and an impressive freshmen class to round it out the team with a lot of depth, the team has very high hopes for bringing home some hardware to add to the trophy case at the end of the year. "This year we have the best team by far that I've ever had in my four years of QO," Feldman went on to say. "We have four or five guys that can

consistently hit in the thirties which has never happened before," Christensen later added. These improved scores will help the team compete at the highest level possible towards the end of the season in order to prove themselves as tough competition against top schools such as Walter Johnson and Churchill. The team is looking to avenge a disappointing end to the season last year by having a good showing this year on both the boys side and girls side, which is led by senior Claudia Edell. Based on the performance by the team at the county championships, four players have qualified for the state golf tournament that will take place on October 27<sup>th</sup>, 2014 at the University of Maryland golf course. Seniors Colton Christensen, Jared Swick, Jared Goldstein, and sophomore Jordan Swick, will be representing the Cougars at the state match. The boys are looking to capitalize on all of their hard work throughout the off-season and season with one last strong showing at UMD College Park.

## JV Corner

**Football: 1-2**

**Boys soccer: 3-1-2**

**Girls soccer: 5-1**

**Field hockey: 3-1**

**Girls volleyball: 3-2**

**Good luck to all our JV sports for the remainder of the fall season!**