

THE PROWLER

Quince Orchard High School • 15800 Quince Orchard Rd, Gaithersburg, MD 20878

New year, new changes at Quince Orchard HS

By **ASHLEIGH GORDON**
Managing Editor

With the beginning of the school year tucked in the past, students of QO are diving into their school work, getting pumped for football games, and preparing for another great year at school. Without a doubt, there are a multitude of changes at Quince Orchard this year, including a new principal and a scheduling change.

One of the most noticeable changes in this school year is the new principal, Beth Thomas. Full of school spirit, Thomas loves leaving her office to “go see the magic in the classes.” She can usually be found wandering through the halls, peering into classrooms and talking with students. “I have loved learning about the traditions and culture in the school by connecting with kids, just being out and about, talking and having a clear lens on the students,” said Thomas.

She loves tweeting about the events going on around the school, as she believes communication is extremely important. “I tweet the great things going on here rather than having people wonder and make up stories,” she said. She also believes that increasing access to opportunities with support is extremely important for our school. “People are taking four or five AP classes and students are overwhelmed, so making sure they have the support that they need is one of my focuses,” Thomas added. Safety and security has been another one of her focuses this year so far. Drop-off locations in the mornings are stricter, and card readers have been placed

on the back doors near the portables.

Throughout the building, both students and teachers have become aware of the new changes this school year has brought. English and theatre teacher Nicholas Saadipour loves Thomas’ “spirit and dedication to the school. She loves to tweet about the students here at QO, which really shows how much she loves being a part of the community.” This school year is off to a spirited start, with only more to come.

Another major change includes the

new schedule every other Thursday. Students have become accustomed to walking into the building and hearing the administrators announce that it is an “advisory schedule.” However, this school year, students will no longer be attending advisory. In between second and third period, there is now QO U, the new and improved advisory. The “U” stands for many things, including universal lessons, useful topics, university-applicable, and you, as in the students. However, QO U still includes information on school

activities or other important information.

Moving QO U from the beginning of the day to the middle of the morning was a surprise to many students. Math teacher Joshua Davis, one of the sponsors of the SGA, feels that our school is heading in the right direction. “I feel like we’re moving towards where we should have been, which means changing a lot. There will obviously be a transition time, which we are in right now, where everyone is trying to figure out what the new normal is,” says Davis.

“I feel like we’re moving towards where we should have been, which means changing a lot. There will obviously be a transition time, which we are in right now, where everyone is trying to figure out what the new normal is.”

- Joshua Davis



PHOTO COURTESY OF MYMC MEDIA.ORG

Let’s talk about sex – usually transmitted infections

By **CINDY LIU**
Associate Editor

As students come back to school from summer break, they may find a new resource available to them in the nurse’s office: condoms. Though it has been a continuing nationwide problem, there has been a spike in STIs, or sexual transmitted infections, especially in Montgomery County. “The increase was particularly pronounced among adolescents and young adults aged 15 to 29, and STI rates in the region are at their highest level in 10 years,” reports BuzzFeed News.

Specifically, STIs such as chlamydia, gonorrhea, and syphilis—which are all transmitted by vaginal, anal, or oral sex—are on an upward trend. Data from 2017 shows a 17.5% increase in overall chlamydia cases in Montgomery County, compared to a 9% increase in Maryland; and a 29% increase in gonorrhea cases in Montgomery County, compared to a 15% increase in Maryland. As for

syphilis, there’s been a combined 136% increase in primary, secondary, and early syphilis, according to the Montgomery County government. Due to this alarming rate of sexually transmitted disease, in early August, Montgomery County declared a public health crisis.

As a response to this ongoing problem, officials proposed providing condoms for free to students in order to prevent both STIs and teen pregnancies at the same time. In late August, “school board member Jill Ortman-Fouse and councilman George Leventhal wrote a memorandum to colleagues and county health leaders recommending an expansion to a pilot project that is making condoms available at four county high schools this school year in Gaithersburg in Silver Spring areas: Gaithersburg, Watkins Mill, Wheaton, and Northwood,” according to FOX 5. The proposal was recently approved, which further inspired officials to push the call for access to condoms in all high schools across Montgomery.

However, not everyone is supportive of this program. Many parents are in an uproar over this decision, as they believe that having condoms in schools would encourage sexual activity among students. However, “condom availability programs in high schools are not new, and many were implemented in the 1990s in response to the AIDS epidemic,” reports BuzzFeed News. The District of Columbia had adopted the program when it was

“Students who would like condoms will have to come in and talk with us. We will interview them and determine if it’ll be appropriate to give them condoms.”

- Julie Koplan

first proposed decades ago. At the same time, Montgomery County rejected the program due to community resistance.

While local schools may start distributing protection, it is important to note that the school will not be actively “handing out” condoms to everyone. “Students who would like condoms will have to come in and talk with us,” said school nurse Julie Koplan. “We will interview them and determine if it’ll be appropriate to give them condoms.”

On September 25, Student Member of the Board (SMOB) Ananya Tadikonda sent an email to all MCPS students about the increasing rates of STIs. In the email, Tadikonda addressed the Board’s goals such as collaborating with the Department of Health and Human Services (DHHS) to strengthen the MCPS comprehensive health education curriculum, especially in the area of disease prevention and control, and develop an agreement with DHHS to make latex condoms and sexual health education available in all high school health rooms by October 1, 2018.

News

Get a recap of the new blockbuster, *Crazy Rich Asians*

Page 4

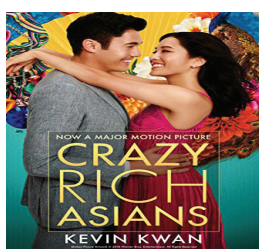


PHOTO COURTESY OF AMAZON

Features

Meet the new additions to the QO English Department

Page 8

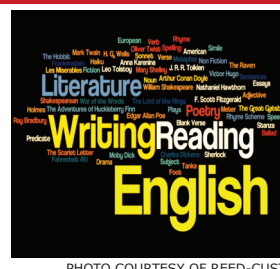


PHOTO COURTESY OF REED-CUSTER HIGH SCHOOL CHATTER

Sports

Learn why cross country runners loves running so much

Page 10

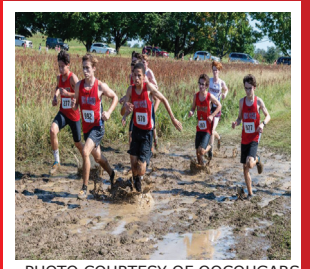


PHOTO COURTESY OF QOCOUGARS



PROWLER STAFF

Editors-in-Chief

Gabi Eyrich
Madison Mills
Kaitlyn Price
Aysha Shahzad

EIC Emeritus

Tori Berry

Associate Editors

Jantzen Focht
Cindy Liu
Jenna Shatzman
Claire Sullivan
Nicki Thomas

Managing Editors

Nikki Ahmadi
Zoe Bell
Ben Fleischer
Ashleigh Gordon
Faith Lane
Zach Levey
Jenna Levy

Staff Writers

Jacob Cheris
Ronnell Foreman
Lisette Geiling
Hannah Myers
Reid Ploshnick

CONTACT INFO

Quince Orchard
High School

15800 Quince Orchard Rd.
Gaithersburg, MD 20878

(301) 840-4686

qohsprowler@gmail.com

Twitter: @qohs_prowler

EDITORIAL POLICY

The Prowler gladly accepts comments, concerns, and letters to the editor. Letters may be emailed to qohsprowler@gmail.com, mailed c/o The Prowler to the school address above, or dropped off directly to Ms. Cooley-Klein in Room 241. Letters may be edited for space and clarity.

ABOUT

The Prowler is published six times a year by the students of Quince Orchard High School, and it has been continuously published since the 1988-89 school year. To become a staff member, students take Journalism A & B to qualify for the Advanced Publications class.



As new face of Nike, Kaepernick creates controversy

By JENNA LEVY
Managing Editor

A difference in opinion exists regarding whether Colin Kaepernick is the right person for Nike's 30th anniversary "Just Do It" campaign. While some of Kaepernick's fans supported Nike's decision, some fans - along with current NFL players do not. Kaepernick, former quarterback for the San Francisco 49ers, entangled himself into a web of controversy when he knelt during the national anthem in multiple games. Kaepernick says his refusal to stand was to defend "people who are oppressed," according to nfl.com. The former quarterback's intentions were

to raise awareness about racial inequality and police brutality.

However, Kaepernick expected backlash—and he got some. For example Victor Cruz, former New York Giants wide receiver, said, "Regardless of how you feel about the things that are going on in America today and the things that are going on across the world with gun violence and things of that nature, you've got to respect the flag. And you've got to stand up with your teammates. It's bigger than just you, in my opinion."

The new Nike ad instigated razzge from some who believe his protest during the anthem was disrespectful. People went as far as posting pictures of them burning their Nike shoes and cutting their Nike socks. On Twitter,

#BoycottNike started trending.

Varsity football player and junior Nick Johnson believes that Kaepernick's kneeling should have waited for a more appropriate time. However, Johnson says he has "always liked Nike and [his] opinion [of Nike] didn't change after their campaign." Johnson's perception of Kaepernick is that his name has a good reputation, but he just "chose a different path and did what he thought was right."

Junior Naomi Zarembka agrees with Johnson. "I didn't have a problem with Kaepernick kneeling during the National Anthem," Zarembka said, "because he discussed how to have a respectful and peaceful protest during the anthem with a US Veteran,

who said it was more respectful to take a knee rather than sit."

Despite all the controversy, Nike's sales still skyrocketed. The brand sold out of 61% more products since the ad began, according to *Fortune* magazine. The sportswear company's sales increased to a new high. "[Nike's] new 'Just Do It' ad campaign with Colin Kaepernick was a stroke of genius. This premeditated move was another subtle but significant sign of Nike's strength and confidence in its position in the marketplace," said Camilo Lyon, an analyst with financial services company Canaccord Genuity, in *The Huffington Post*.

Nike's bold move to have Kaepernick as the new face for their company was well worth the risk.

Students explore their interests at Club Fair

By AYESHA SHAHZAD
Editor-in-Chief

The start of a new school year signifies a new beginning. Many Cougars perceive this as an opportunity to reinvent themselves, or maybe to become the best version of themselves. In order to do so, one must be self-aware and have a clear perception of their identity, and the first step in doing so is realizing one's passions. Quince Orchard gives its students the perfect opportunity to do just that.

The annual Clubs Fair allows students to showcase their clubs and recruit new members. The fair is always held at the beginning of the school year in the courtyard. This

year, it was stretched over two lunch periods, granting students maximal time to discover their interests and sign up for the clubs that appealed to them.

Approximately 60 clubs were represented at the fair this past month. The plethora of clubs to choose from can be overwhelming. There are academic clubs, clubs surrounding certain identities, some that are solely for fun, and some that are a mixture. Chess Club is one of our more popular clubs meant for amusement; they meet every Wednesday at lunch. Club president and senior Sera Smith is very enthusiastic about its purpose. "We market ourselves as a safe community. We have people from all over, different friend

groups and grades... We just have a common appreciation for chess," says Smith.

Model UN is one of the more popular academic clubs as QO, as well as throughout the world. Every year, Model UN conferences for high school students take place at the international, national, and local levels. Senior Stephanie Park has been an active participant in Model UN for much of her high school career. "We get a lot of opportunities to simulate situations that might occur in the United Nations," says Park. "It helped me a lot with my public speaking skills and my knowledge of international affairs."

The importance of the Clubs Fair is evident: students are given a chance to explore new passions

and really get to know themselves. One of Quince Orchard's greatest assets is the diversity of its student body and the many different strengths and interests of the Cougars.

Teen coach and mentor Todd Kestin wrote an article for *The Huffington Post* titled "The Passion Myth." He claims that teenagers

"can no longer wait for passion to arrive; it won't knock you on the head as you sit patiently whiling away the hours. You must start experiencing all that life has to offer, paying attention to the clues you find while you're busy living." The Club Fair was a great place to start!



PHOTO BY AYESHA SHAHZAD

NEWS FLASHES

A new lunch option



PHOTO COURTESY OF THEFOODIEPATOOTIE.COM

By CINDY LIU
Managing Editor

On September 21, two food trucks parked themselves in front of the main entrance, a first for Quince Orchard. The collaboration between the school and food trucks Maso Kitchen and Spunkie's Soul Food was made possible by the Booster Club. The menu included Mexican cuisine at Maso Kitchen and Southern deep-fried food at Spunkie's Soul Food. If everything goes well, food trucks could become a permanent lunch option at QO. While their first visit was not publicly announced to the students to control the traffic flow, a considerable number of them showed up during lunch. The food trucks could be a popular alternative to school-bought and home-brought lunches, and will be made accessible to all students.

Shootings across the nation



PHOTO COURTESY OF NJ.COM

By HANNAH MYERS
Staff Writer

On Thursday, September 20, Snochia Moseley, 26, opened fire at a Rite Aid distribution center in Aberdeen, Maryland. She killed three of her employees before fatally shooting herself. Moseley showed up at the facility, where she was temporarily employed, at her usual time on Thursday morning. She first opened fire outside the building and on the warehouse floor before heading inside to commit the aforementioned killings. Troi Coley, a high school friend of Moseley, talked to *The Baltimore Sun*. "I just believe this was emotional distress. If she did this, it was her last straw," said Coley. A day earlier, two other shootings made national news. In an office complex in Middleton, Wisconsin, an office worker opened fire and injured three people. Later that day, another shooter wounded four people in Masontown, Pennsylvania.



VIEWPOINT

Williams's U.S. Open loss sparks controversy

By THE EDITORIAL BOARD

During the 2018 US Open women's final, Naomi Osaka defeated her lifelong tennis idol, securing her first-ever Grand Slam Title for herself as well as the first player from Japan to win a major singles tennis title.

However, the match did not run smoothly. According to *The Telegraph*, during the award ceremony at the Arthur Ashe Stadium, the largest stadium in tennis, Osaka's trophy was "met with a chorus of boos from Williams' home US Open crowd, who had been unhappy at her treatment during the match."

During the final, Chair Umpire Carlos Ramos had accused Williams of a coaching violation in which Williams reacted severely, calling the chair umpire a "liar" and a

"thief." Williams then smashed her racket out of anger and a point was deducted as a result.

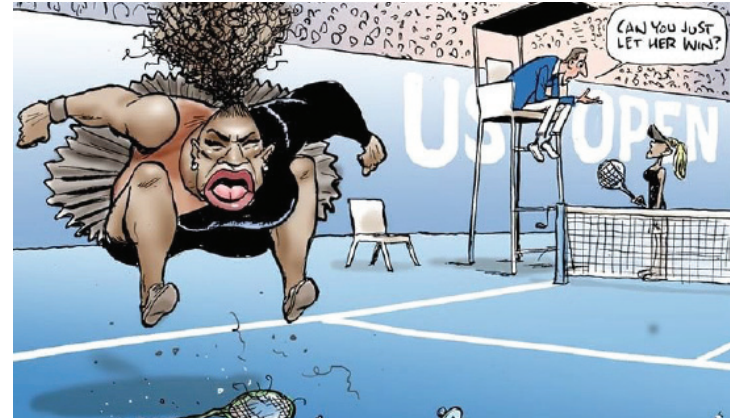
Williams was interviewed about the situation afterwards. How she handled the whole match is interesting. In a moment of frustration, people can react in a number of ways. Whether that reaction be a violent one or to walk away, there is a way to go about handling things. In our opinion, Williams did not handle the moment as well as she could have. We understand that she, and other athletes, work incredibly hard during a match in order to reach their goal, and when something gets in the way of that it can be frustrating. However, we found that her reaction to throw and break her racket was extremely unprofessional.

Regardless of how we feel about the professionalism of

the situation, we believe that she was able to bring to light an important subject. Since the incident, people have been looking into the underlying issue: the sexism and racism involved in sports. It isn't a secret that both people of color and women in sports have been looked down upon and face more criticism than other athletes. The percentage of women that compete in professional sports isn't nearly as high as men. The same statistic applies to female coaches. As an African-American woman, Williams has faced this type of discrimination throughout her entire athletic career as well as her life. Williams is a world-renowned athlete with incredible skill, yet has been judged and criticized for her "manish" physique. Women are judged for their physical appearance regardless,

though. Critics will always find an issue or something to pick at. A woman is either too skinny and lacking curves, too fat and lacking a toned body, too fit and not seeming feminine enough. Overall, women are

more harshly judged in the sport world and are under scrutiny for their behavior and mannerisms. Williams wasn't able to defend herself after the event without being scrutinized because of who she is.



CARTOON BY MARK KNIGHT

Serena Williams (left) is illustrated having a temper tantrum during the match. The cartoon quickly became very controversial because of the accusations of racism and whitewashing of Osaka implied by the artist.

THE PROWLER THANKS OUR PATRONS FOR THEIR GENEROUS SUPPORT!

PHOTO COURTESY OF AOL.COM

LIFETIME PATRONS

PATRONS

- Faith and Jeff Adler
- Pradeep & Neera Agarwal
- Dr. & Mrs. David Austein
- The Belblidia Family
- The Benton Family
- Ms. Barbara Blum
- Uncle Charlie's Backyard BBQ
- A. Benedict
- Liam Brown
- The Burton Family
- The Burnham Family
- Harry & Susan Chan
- The Chehreghani Family
- The Chu Family
- Janice Long Coe
- Terri & Ira Cohen
- Joseph Conte
- Michelle & Scott Cornblatt
- Noel Danto
- The D'Cruz Family
- Philip Derfler & Linda Tollefson
- Julie Dintamin
- The Dyball Family
- Diane & Dave Faulkner
- ElePress, Christine

- Wilson, & Lauren DeVito
- The Fawley Family
- The Feingold Family
- The Fierstein Family
- Fran & Ken Finkelstein
- Jamie & Barry Freedman
- Donna & Chris Furnas
- Bryn Gaertner
- Gallant Financial Planning, LLC
- Nanette & David Gilles
- The Golan Family
- The Goldstein Family
- The Goorevich Family
- Terri & Fred Gordon
- Anne Graber
- Randy & Becky Hall
- The Hapil Family
- Robin Hieder
- The Horan Family
- The Humphreys Family
- The Hwang Family
- In Honor of the New York Yankees
- Gerry and Sheila Jackson
- *The Kaczmarek Family*
- Susan Katz
- Tara & Jerry Kavadias

- John and Nancy Kelly
- Carol Kempner
- The Kennedy Family
- The Kim Family
- Heather Kramer
- Kate Kronthal
- Tim & Kathy Kurkjian
- The Lake Family
- Laurie & Jim Lewandowski
- Karen Lindstrom
- Loeb Family
- Karen Loggia
- The Manners Family
- The Mancuso Family
- Edward & Elaine McArdle
- John McArdle
- The McKamy Family
- The Mehra Family
- Evelyn & Gary Michel
- The Mills Family
- The Milwit Family
- The Mnatzakanian Family
- Mr. Brian Monk
- Mrs. Janice Monk
- Mr. & Mrs. Steven Monk
- MTUTRT Family

- Foundation
- Elisa Niemtzow
- The Nyland Family
- Alex Okun
- The Parker Family
- Nina Paul
- Dieter & Janet Poetzschke
- *Charlie & Jeanne Polcsa*
- The Purdy Family
- *Anne & Bob Quinn*
- Laura Rister
- Jamie Rosenthal
- The Rudnic Family
- The Schneibolk Family
- Mindy Stoler
- The Strimple Family
- Patricia Shaffer
- Nancy & Mike Shank
- Diane & John Schmid
- The Schruerfer Family
- Carla Tevault
- The Veckman Family
- The Weinstein Family
- The Wilson Family
- Mark & Donna Williams
- Sue & Jay Wingate
- Carole Working

- The Fleischer Family
- Jeff and Lisa Frank
- The Hozempa Family
- Mark and Christine Jacobs
- The Lane Family
- Tami Barshay Levey
- The Lumsden Family
- Nataliya Moubray
- The Ploshnick Family

*DENOTES MULTIPLE LIFETIME PATRON DONORS

BECOME A PATRON FOR THE AWARD-WINNING PAPER TODAY!

PATRON'S NAME (FOR MAILING DISTRIBUTION) _____

PATRON'S NAME (AS YOU WOULD LIKE IT TO APPEAR IN PAPER) _____

STREET ADDRESS _____ CITY, STATE, ZIP _____

TELEPHONE _____ DONATION \$40 _____ OTHER \$ _____ LIFETIME PATRON \$150 _____

PLEASE MAKE CHECKS PAYABLE TO QUINCE ORCHARD HIGH SCHOOL

SIGNATURE _____ DATE _____



Drugs in the entertainment business and their effects

By NIKKI AHMADI
Managing Editor

Entertainers have been known for their heavy use of drugs. Musicians, celebrities, and others in the business have made their use of addictive substances clear. More recently, the implications that come with

An artist who has openly shared her history of substance abuse is Demi Lovato. She has shared in interviews that she struggled with drug addiction for years. Lovato told Access Hollywood that she “couldn’t go without 30 minutes to an hour without cocaine and [she] would bring it on airplanes.” According to Glamour, she was first introduced to the drug at age 17 while working on set at Disney. Her mother had made her aware of the effects of the substance, but she continued despite her mother’s warnings. Immediately she was hooked. After that point she was introduced to other narcotics and alcohol. She entered her first rehab facility in 2010 at merely 18 years old, and for years continued to struggle with her addiction until she entered her second rehab facility. Following this, she was able to remain sober from 2013 to 2017.



PHOTO COURTESY OF TELLTALESONLINE.COM

Demi Lovato performs a song at one of her recent concerts, making her infamous singing face.

Unfortunately, her sobriety did not last. In July, news broke that Lovato was rushed to the hospital as a result of a drug overdose. The particular narcotics she used that evening were not disclosed. On November 17, 2017,

rapper Gustav Elijah Ahr, more popularly known as Lil Peep, passed away of a drug overdose. He was in Austin, Texas at the time to hold a concert in support of his album *Come Over When You’re Sober (Part One)*.

His overdose was labeled a result of fentanyl, Xanax, and a number of other drugs including marijuana, cocaine, oxycodone and oxymorphone were found in his system. His death was displayed online through a graphic video posted

by a friend. The Instagram story video shows the young rapper sat on the tour bus just after having overdosed. The clip was immediately removed, but not before it left an impression on their audience.

Athletes also walk down a destructive path that comes with drug use. Back in 2015, NBA star Lamar Odom was hospitalized after a night of partying. The people he had spent time with the night before found him in his room unconscious, bleeding and foaming from the mouth. Traces of alcohol, cocaine, and sex-enhancing medication were found in his system upon arriving to the hospital. He reportedly fell into a coma in his first few days being hospitalized and suffered numerous strokes in the night. Months after his release from the hospital, he was still recovering and faced issues with memory loss.

Drugs and their destructive power have been broadcasted to the public for years, yet there hasn’t been a decrease in their use. If anything, drugs seem to be glamorized in the media, encouraging young audiences to follow in the footsteps of their idols.

Crazy Rich Asians and lack of representation in Hollywood

By AYESHA SHAHZAD
Editor-in-Chief

Representation, and the apparent lack of it, has always been a hot topic in Hollywood. It is evident that minorities such as people of color, women, members of the LGBTQ+ community, and other demographics are greatly underrepresented in mainstream movies. Many actors and actresses have been vocal about this issue, including actress Constance Wu, the star of *Crazy Rich Asians*. Wu believes that minorities, people of color especially, should look for opportunities in roles to tell their stories. “Hopefully, we’re writing our own history, instead of trying to be accepted by the white American framework history. Because by

trying to be accepted by that framework, we’re already putting them at a higher level than us – and they’re not... it’s just a different story. So let’s start telling our stories,” says Wu.

The issue of fair representation in the entertainment business seems more prevalent today than ever before. In February, the Ralph J. Bunche Center for African American Studies at UCLA issued a report on representation in the entertainment industry, focusing on Hollywood films. At one point, the report noted that “there is a myth promoted by Hollywood decision makers that foreign audiences will automatically reject films centered around people of color. Indeed, the conventional ‘wisdom’ in the film industry has been that ‘black films don’t travel,’ and this notion has posed a



PHOTO COURTESY OF VANITYFAIR.COM

Constance Wu dazzles as Rachel Chu during the climax of *Crazy Rich Asians*, when Chu arrives at the highly anticipated wedding.

longstanding obstacle to advancing diversity in Hollywood, particularly among film leads and directors.”

A short while after the study was conducted, the highest-grossing movie of the year, and one of the all-time highest-grossing films, was released: *Black Panther*, Marvel’s first film with an all-black cast. The film grossed over \$700 million, and had a lot of people questioning the “myth” that movies starring people of color don’t sell well with foreign audiences.

More recently, *Crazy Rich Asians* caused people to do the same. Based on the novel by Kevin Kwan, the film follows the story of Rachel Chu, a young Asian-American professor, and her boyfriend Nick Young, who happens to come from old money in Singapore, as they travel east for Nick’s best friend’s wedding. It is the

first Hollywood film with an all-Asian cast since *Joy Luck Club* came out in 1993. The film grossed over \$150 million, and is the highest-grossing romantic comedy of the year so far.

Senior Meimei Lu, vice president of QO’s Asian Culture Club, really enjoyed the film. She found its impact to be palpable. “That’s all we ask for, [for movies] to normalize minorities, the people and the culture,” says Lu.

Sophomore Shajia Jafri has similar convictions. Some people may find that minority characters are not relatable to the majority; Jafri disagrees. “I’ve related to characters that are white before...even if you do not directly relate to the character, you can still enjoy the movie,” she says. “And when a minority is being represented, the entire community is going to show up for it.”



PHOTO BY AYESHA SHAHZAD

REPRESENTATION AT THE CLUB FAIR: Seniors Ken-Ichi Shay, Meimei Lu, and Bridget Lam (left to right) manage the table for the newly formed Asian Culture Club at the Club Fair in the courtyard.



A look into the Extensions Program



A group photo of last year's Extensions Program students and teachers.

PHOTO BY NICKI THOMAS

By **NICKI THOMAS**
Associate Editor

Many, if not all of you, have seen students in the hallways that look just like you, and may even like the same things you do. What you probably don't know is that their school day is spent as a part of the Extensions Program.

The Extensions Program is a behavioral program designed for students with developmental differences that can prohibit them from learning efficiently in a mainstream classroom setting. Some students also demonstrate aggressive or disruptive behaviors that could distract from the learning of other students. Montgomery County funds the program in 6 schools; the

program allows students to earn a certificate and expand their knowledge.

The Quince Orchard Extensions Program includes 15 students and 3 teachers divided into three classes. The majority of the students are on the autism spectrum; however, others have Down Syndrome or a traumatic brain injury. These students range from ages 14 to 21.

Igor Goncharuk, or Mr. Igor, has been teaching with the Extensions Program for seven years. "The students in the Extensions Program are taught the basic common core curriculum that is modified for their needs," said Goncharuk. "The students are also taught social skills and job skills."

While the students in the Extensions Program come to learn educational skills,

the program also involves community-based learning. Several days a week includes both the common core classes and going out into the community to gain real-world experience. "[The students] go to job sites, restaurants, hotels, and do custodial work," said Goncharuk. This experience allows the students to mimic real-world experience and prepare for their future.

The Extensions Program teachers ask for all students to be aware of the program and the students involved. If you see a student in the hallway, be conscious that they are there. However, you do not want to stigmatize them. Each student comes to school with the same goal of learning like everyone else, even if it seems to stray from what your typical school day is like.

Fall show preview

By **FAITH LANE**
Managing Editor

It is a little under a month till the first show of the school year: *Clue*. Lines have to be learned, the set has to be created, costumes made, and so much more.

In charge of all this is English and drama teacher Nicholas Saadipour. "I am excited for this show," said Saadipour. "We have great potential amongst our cast: we just need to reach that potential through practice and hard work." He predicts that the audience will really enjoy this opportunity to experience a murder mystery, and for the first time, QO Theatre will be hosting a dinner theatre option with reserved seats for the dinner guests.

"This play is definitely a comedy and very interesting to watch"

- Alex Roth

Junior Alex Roth has decided to step back from the stage this season due to other commitments and, instead of being a lead, like he was in *Footloose* in 2016, Roth has decided to take on the position of student director. "The script is very similar to the movie," said Roth. "This play is definitely a comedy and very interesting to watch." Overall, the play seems to be coming along well. If you are interested in seeing the play, it is on November 3 and 10 at 2 and 7 PM.

Get to know your class SGA

By **KAITLYN PRICE**
Editor-in-Chief

'Tis the season of pep rallies, spirit weeks, class corners, and homecoming. Along with all of these lively, fall events right around the corner comes months, weeks, and hours of preparation. Staff and administrators work hard to put on these events, but right alongside them are the students of QO's SGA. Each grade is led by their own President, Vice Presidents, Secretary, Treasurer, Historian, and ESOL Ambassador.

QO's freshman class of 2022 held their elections just last month; get to know all of the new (and old) class representatives down below!

9th Grade	10th Grade	11th Grade	12th Grade
President: Alisha Ong	President: Kylie Parker	President: Kate Faraone	President: Annie Coulson
Q: Why did you want to be class president?	Q: What do you want to try and accomplish?	Q: What is the best part about your role?	Q: What are you looking forward to most?
A: "I wanted to see how running for class would be and get suggestions on how to make freshman year better."	A: "To hear what [sophomores] have to say and make sure everyone's opinions are heard and accounted for."	A: "As class president, I love meeting great, new people and unifying my grade."	A: "I am excited for Senior Gotcha. It's just kinda an end of year, seniors rock [thing]."
1st VP: Kenny Wormald	1st VP: Clare Lilyestrom	1st VP: Lyla Kim	1st VP: Jenna Shatzman
2nd VP: N/A	2nd VP: Paul Beltran	2nd VP: Lindsey Brick	2nd VP: Jack Dacy
3rd VP: N/A	3rd VP: N/A	3rd VP: Faith Lane	3rd VP: Adam Shatzman
Treasurer: Bella Neal	Treasurer: Shrestha Makar	Treasurer: Monica Soni	Treasurer: Kevin Bae
Secretary: Abigail Rivera	Secretary: Phoebe Portnay	Secretary: Maddie Pomrink	Secretary: Bradley Pasekoff
Historian: Evelyn Greenberg	Historian: Kendall Lumsden	Historian: Josie Juhring	Historian: Sera Smith
ESOL Ambassador: N/A	ESOL Ambassador: Jecolia Koffi	ESOL Ambassador: Coco Chia	ESOL Ambassador: N/A
Sponsor: Summer Paglianete	Sponsor: Andrew Kozlowsky	Sponsor: Jessica Burdette	Sponsor: Deborah Reese



PHOTO COURTESY OF LIFETOUCH PHOTOS

Class of 2019 SGA (not all pictured)



PHOTO COURTESY OF LIFETOUCH PHOTOS

Class of 2020 SGA (not all pictured)



Where did your fellow Cougars

Senior Carlos Guerrero visited California, and something he enjoyed was going snorkeling.

Mr. Goshime visited Ethiopia. "My favorite part of the trip was visiting relatives and seeing the goats and

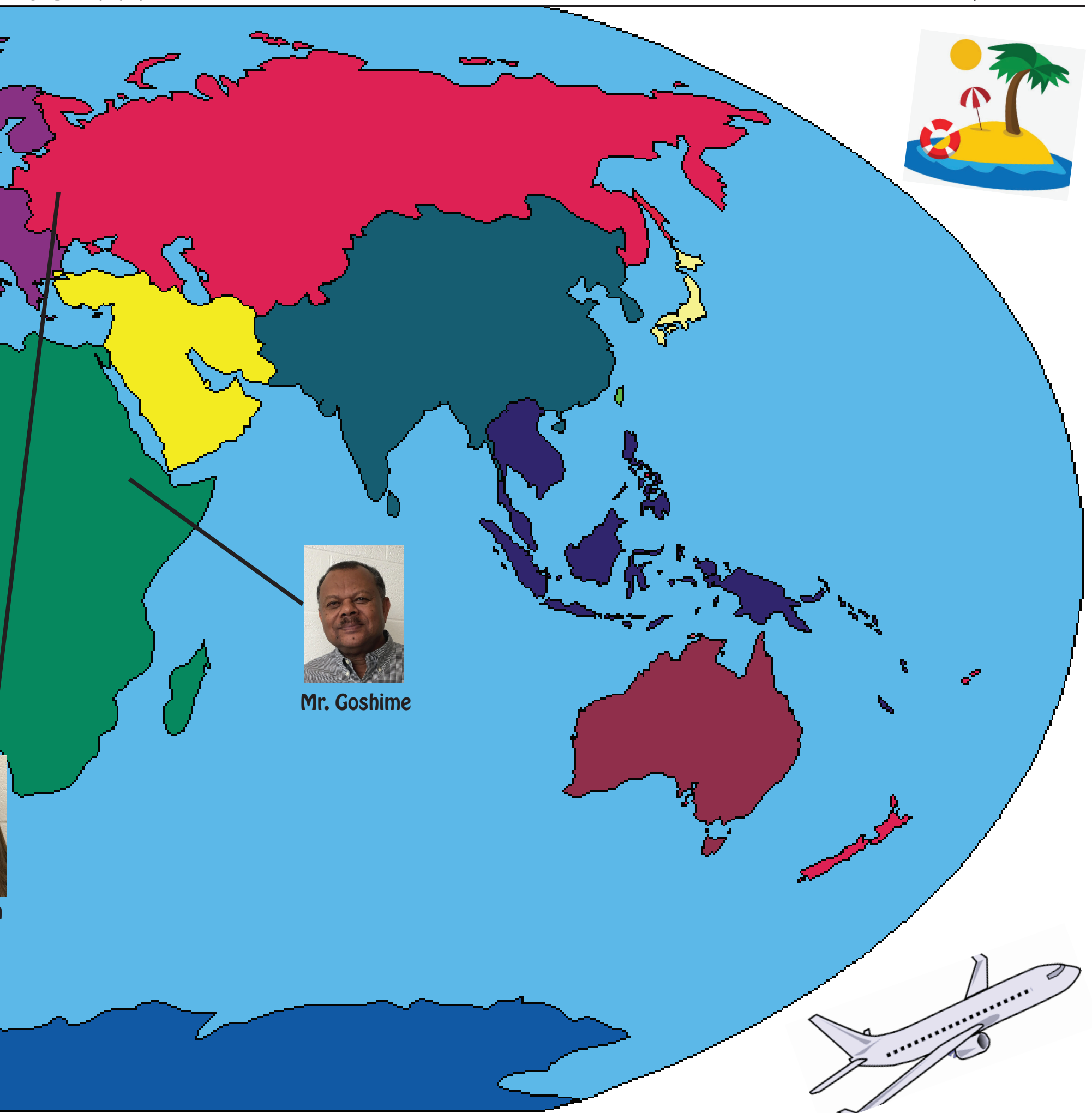
Senior Diego Morales went to Buffalo, New York, and enjoyed the culture in the city.

Senior Nick Politis visited Tennessee and said he "went backstage with Kenny Chesney and rode on a s

Senior Mica Miller went to Ocean City, New Jersey, and had fun surfing.

Ms. Combs went on vacation in Panama and Costa Rica. She says she saw many exotic animals, tried m

Senior Sera Smith visited Moscow, Russia and loved the unique types of architecture.



Mr. Goshime

and teachers go on vacation this summer?

and donkeys!”

egway.”

ew foods, saw volcanoes, and had many other memorable experiences.



QO welcomes six new English teachers

By **ZOE BELL**
Managing Editor

As students and staff are adjusting to the new school year, there are some new teachers that are also finding their way around Quince Orchard High School for the first time. Six out of 21 of these new staff members are in the English department. While most of them are not new to teaching, QO is completely new territory.

New English teacher Krystal Chambers Lazio taught for seven years in North Carolina. She chose to work at QO for our excellent Eng-

lish department and focus on the arts. “[QO] has a big emphasis on writing, which is something I love about our school,” Chambers said. “We have an awesome writing center and the students have a lot of resources to help improve their writing.”

New English teacher Katie Keel has taught in Montgomery County for over fifteen years. She observed that students at QO excel at focusing and getting classwork done. Our sense of school pride and “participation in spirit days” sets us apart from the rest, according to Keel.

New English teacher Rosie

Justilien loves the diversity of our student body and our motivation. “There are kids who actually want to learn,” Justilien said. “They want to be challenged.”

Like students, new teachers have to make a few adjustments as they begin the school year. New English teacher Sherie Forbes has taught for nine years. However, this is her first year at a high school.

The grade levels, from freshmen to seniors, are unfamiliar to a former middle school teacher. Forbes is getting acclimated to the policies and procedures of QO, which differ from

the school rules in Florida, where she previously taught.

Likewise, new English teacher Eupil Muhn is also adjusting to the new school, but for different reasons: this is his first time living in the community where he teaches. After teaching for a decade, why did he decide to work at QO? “It just feels like fate,” Muhn said. “It’s a long story. A lot of things came together at the same time.”

Jordana Kafka, another new English teacher, previously taught in Chicago, Illinois. She observed that many more QO students take AP Language as a junior, compared

to Chicago, where a smaller percentage of students are enrolled in AP courses. When interviewed, Kafka was optimistic about the school year and the wide variety of students she educates. “It’s fun to get to know students,” Kafka said. “I most look forward to getting to know the community.” Unfortunately, Kafka has resigned from her position.

The new English teachers at QO seem especially enthusiastic for this school year. Between teaching multiple courses and remembering the names of one hundred students, these teachers will not be bored anytime soon.



Krystal Chambers-Lazio previously taught in North Carolina.



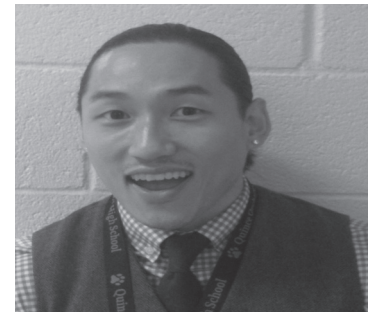
Katie Keel has taught in MoCo for over 15 years.



Rosie Justilien enjoys seeing students with a passion for learning.



Sherie Forbes previously taught in Florida for nine years.



Eupil Muhn has taught for 10 years, previously at A. Mario Loiederman Middle School.

New year, new clubs

By **CLAIRE SULLIVAN**
Associate Editor

From hard classes, to homework, to waking up before it is light outside, school makes us miss summer more than anything. Putting aside all of the negatives, it is also the season of clubs!

This year, even if you are a newbie freshman or a graduating senior, it is always a good time to get involved to either boost your college resume or get excited about something you are interested in.

The possibilities of finding a club you are interested in are endless, as shown by more than 30 clubs represented at the Club Fair last month.

The courtyard was buzzing with talkative students, and it was hard not to sign up for more extracurriculars than you could handle. Each unique club had its own table, convincing passing students to get involved in their organization.

To sway the students into approaching their tables, the members offered candy, baked treats, or stickers, and the Engineering Club even showed off their 3D printer.

In addition to all the clubs that have been at QO forever, there are also new clubs looking for members to get involved. From saving bees and creating tasty treats, to supporting mental health awareness, there is no reason not to find a club you would enjoy dedicating time to. “It feels good to spend energy on something you are interested in,” said junior Chris Barron.

Although the process of joining a club may seem stress-

ful, talking to those with similar interests will enable you to feel more comfortable in meeting new people. Mentioning your interests to club officers, staff, or teachers can steer you towards the right path to success.

Exposing yourself to more people and taking every opportunity given will allow you to find individuals who share complementary characteristics as you.

“It feels good to spend energy on something you are interested in.”
-Chris Barron

“It makes school a more enjoyable experience,” said junior Clare Gallagher, co-president of Save the Bees club. Gallagher has teamed up with her

friend, junior Hailey Carino, in order to get the word out about why bees are endangered and why it’s important to protect them. This club is ready for excited students to get involved in a relaxed club that generates ideas on how to help the bees.

Another rising club is the Mental Health Awareness club. Their focus is on discussing topics that typically would not be brought up in school and helping to bring active, engaged students together.

“I believe the school doesn’t do a well enough job addressing mental health and teaching students how to deal with it,” said senior Jenna Williams, club co-president.

Whatever your interests may be, there is always a right club fit for you. It is never too late to get involved, and make sure to never judge a club before giving it a shot. You never know how fun getting involved and lending a helping hand could really be.



PHOTO COURTESY OF MADISON MILLS

SPREAD THE WORD: *The Mental Health Awareness club made ribbons to support mental health awareness week.*

VIEWPOINT

Bring back the U-turn

By **MADISON MILLS**
Editor-in-Chief

If you live near Jones Lane and drive to school, consider yourself lucky. Every other driver had to deal with the U-turn.

QO student drivers have been complaining about the U-turn since we started driving, and then, to make matters worse, they took it away. Our only efficient way of getting into the school parking lot is gone. Now, we have to turn left into the adjacent neighborhood and make a right out of it.

Lately, police have been stationed around the U-turn spot to catch drivers that attempt to break the rules.

During the first week of school, senior Tristan Forester got pulled over after performing the U-turn, unaware that an officer was watching. Forester mentioned that the officer asked if he had

“seen the huge electric sign” that read ‘NO U-TURNS’ with about six exclamation marks. Before Forester made the U-turn, “[he] saw someone do a U-turn before [him] so [he] decided to go for it,” but ended up getting pulled over.

The new no U-turn installation has also been making us close to being late to school. Forester remarked that he has been getting to school on time, but only because he leaves his house “a little earlier” than last year due to the buildup with all the cars at the new sign. Now, Forester has said that he is not going to “attempt it anymore due to the fact that it is illegal.”

I think the U-turn was taken away from us because of irresponsible driving. Drivers would do the U-turn without thinking about incoming cars and it became a safety hazard. However, even though the neighborhood turn is safer for everyone, we miss the old U-turn days.



PHOTO COURTESY OF FREEIMAGES.COM



Rap fans heartbroken, Mac Miller passes at 26

Mac Miller Tribute

By **RONNELL FOREMAN**
Staff Writer

Rap music is a platform that has propelled various artists to huge pop culture stardom. Unfortunately, Malcolm McCormick, also known as Mac Miller, was found dead in his home of an apparent drug overdose. Although his death was shocking to both family and fans, his music often focused on his drug addiction.

Senior Aaron Klemow was unruffled by Mac Miller's death. "If you take drugs, you have to know the situation you're putting your body in," he said.

Another senior, Joseph Spratley, had an entirely different mindset on the position. "It was a really sad situation," said Spratley. "Sometimes you hear them voice their drug problems through their music, but you never expect them to actually die because of it."

Mac Miller was born in Pittsburgh, Pennsylvania and used to rap in high school before taking it seriously. He had gone through different stage names such as Larry Fisherman and Delusional Thomas before deciding on Mac Miller.

Rostrum Records noticed Miller and signed him to their record label. His debut album *Blue Slide Park* (2011) was essential in his road to stardom. He named his debut album based off of the park he would frequently hang out at with friends during high school.

Then, his hit single "Donald Trump" went platinum, resulting in his album being a huge success. Mac was the first artist to have a platinum album without



Miller singing to his fans audience in a live performance.

PHOTO COURTESY OF COMPLEX.COM

a major label. He continued his success with the releases of "Watching Movies with the Sound Off" and "Divine Feminine."

Mac often spoke in detail about his drug habit in interviews and in his own songs. Because of all this, he decided to take a break to focus on his health and personal life after a rumored relapse back in May of this year.

Miller then returned releasing three singles for his upcoming 2018 album, on May 30th *Swimming*. Many of his support-

ers thought he had a healthy mindset when he announced he was planning a tour following the release of his album. Unfortunately, the tour never happened.

Mac Miller will continue to be remembered by his passionate fans, for his experimental sound, various vocal tones, and atmospheric beats. Miller, while young, has plenty of material for his fans to remember.

His music will live on as classic gems in the rap world forever. May he rest in peace.

"Sometimes you hear them voice their drug problems through their music, but you never expect them to actually die because of it."

- Joseph Spratley

Album Review: *Sweetener* by Ariana Grande

By **JENNA SHATZMAN**
Managing Editor

On August 17, Ariana Grande released her highly anticipated fourth studio album, *Sweetener*. Some may argue that this was her most anticipated album to date, as it was her official artistic response to the event in Manchester back in May of 2017. Leading up to the album, Grande's manager Scooter Braun described this album as the one that would "define her."

"She has such an extraordinary voice and it's time for her to sing the songs that define her. Whitney, Mariah, Adele, when they sing, that's their song. Ariana has big vocal moments; it's time for her song," Scooter said. In ways Grande delivered, but to me, *Sweetener* fell short.

Grande co-produced the

album alongside hit-maker Pharrell Williams, whose influence is evident in every song he worked on, and not necessarily in a positive way. "Blazed", "Successful", "The Light Is Coming", and "Sweetener", to name a few, are all saturated by rap-like verses that put the runs and melodies that Grande is known for aside. "Borderline", featuring rapper Missy Elliot, is yet another collaboration that fell short for me.

These aforementioned songs are the ones that make this album different than Grande's previous albums, and different than what anyone expected this one to sound like. Based upon this performance from Grande, Taylor Swift's *Reputation*, and Justin Timberlake's song "Filthy," it seems as though it has become a trend for artists to make music that is shocking and overproduced, instead of sticking to

the basics and creating good, heartfelt music.

Aside from the songs on the album that lacked the "big vocal moments" that were anticipated on this album, there is a handful of songs that did stand out as impressive.

"Breathin," a song that Ariana wrote to help fans, quite literally, breathe through periods of anxiety, immediately skyrocketed to the top of the charts—despite not being a single. The song has everything one could expect from Grande: a funky beat that makes it a quintessential pop song and vocals that make the song one that only Grande could pull off. "Better off" is a slow, R&B influenced ballad that delves into Ariana's feelings on getting out of a recent relationship.

Last but not least, "No Tears Left To Cry," the lead single off the album, remains a stand-out song that can get

you to dance while also containing the meaningful lyrics that many expected from this album.

"Get Well Soon" is the song everyone waited for, referring to Manchester. However, one might not get this after just one listen. The song is five minutes and 22 seconds, with the last 40 seconds being silent, to reference the date of the attack. The lyrics themselves feature Grande telling herself to "come back down" after periods of anxiety and begging her fans to "take care of [their] [bodies]."

Overall, *Sweetener* cannot be compared to Grande's previous albums—due to both the vast difference in style and the general lack of Grande putting her signature vocals on display. While certain songs make the album one that I keep going back to, the songs will likely become tired with age. Unfortunately, *Sweetener* fell short from sweet to me.



PHOTO COURTESY OF EN.WIKIPEDIA.ORG



PHOTO COURTESY OF PTS.WIKIPEDIA.ORG



PHOTO COURTESY OF MIX1051UTAH.COM



Cross Country runs its way to states

XC has a hot start and plans to keeps running ahead

By **BEN FLEISCHER**
Managing Editor

Cross Country is a sport that many overlook. Several people ask, "Why do you run just for fun?" The answer is different depending on who you ask.

Senior Margaret Lilyestrom, the #1 girl on the team, says "it is a great way to stay active and meet people you wouldn't normally talk to in class," and junior Colby Sisco, the #3 boy on the team, says, "I enjoy the challenge of completing something and the challenge of going a bit harder every day to get better."

Sisco was on the brink of reaching boys varsity last year, and now that he has trained more, he has gotten up to #3. "This year I consider myself more of a leader because I have been on this team for more than one year and can make better leadership decisions," he says. Coming into his third year, Sisco has grown as a person and a runner because of this team. Sisco also says that he and the team has the mindset of running as packs and rac-

ing to win, not for personal time. Now you may be asking yourself, "How do these people just run and run and run?" Sisco says it's a team effort. "We do a good job of keeping [each other] accountable and make sure we all do everything with 100% effort," he says.

"We do a good job of keeping [each other] accountable and make sure we all do everything with 100% effort."

- Colby Sisco

On the other side of the team, Lilyestrom is now the top competitor and the face of the girls after being close to the top for three years before. "I want to try to lead the team as best as I can, especially to

guide the newer runners," she says. She also wants to gain a personal best time and make it to states. Lilyestrom wants to lead by example and pave the way for her younger teammates to succeed. "Being the number one girl and a main leader isn't really something that is passed down," Lilyestrom says, adding, "One or more of the girls will have to step up and decide that they want to be the main leader

and one of the top runners themselves."

Sisco and Lilyestrom have their goals clear to themselves and to their teammates. They and the rest of the cross country team need the Red Army's support every race in order to reach those goals. The team tells the Red Army to be there, be loud, be proud, and be red: every person in attendance at their races helps.



PHOTOS COURTESY OF COLBY SISCO AND MARGARET LILYESTROM

XC RUNS THROUGH EVERYTHING: Left: Colby Sisco runs through the mud in a tough race. Right: Margaret Lilyestrom paces herself at the front of the pack, helping the team as much as she can.

QO fockey has their minds set on States

Cougars' fockey start season off on the right foot

By **ZACH LEVEY**
Managing Editor

The Quince Orchard field hockey team started their season early with workouts beginning the first weekend of summer. However, the main focus of their off-season was to work as a team through learning how to trust their teammates. "I think our

team chemistry is great," says junior Jenna Bauer. "We're working together as a team more this year than in past years."

This year's team is led by captains Zene Howard (junior), Jordyn Mensh (senior), Jenna Mensh (senior), and Lauren Ransing (senior).

The girls are coming back hungrier than ever after a devastating loss to Clarks-

burg High School in the state quarterfinals of playoffs last year. Fortunately, the first game of the season is often a good indicator of how the rest of the season will go, and the girls put on a show, beating BCC with the final score of 6-0. The team's offseason workouts and team building were essential to this win: they were able to outrun BCC and pick them apart through

quick passes. The girls started their season off on the right note, so hopefully it can only get better from here.

Coming off of the 6-0 dub, Springbrook was up next for the girls. The game started off early with three quick goals in the first half. "We just continued to play our game and not let the score change our game plan," said Howard. The girls did just that and finished off the game with three more goals in the second half, finishing with yet another 6-0 win.

After two easy wins for the girls, they were ready for some more competition against Damascus. However, Damascus was no match for the Cougars as they continue their undefeated and no goals

allowed streak as they move onto 3-0.

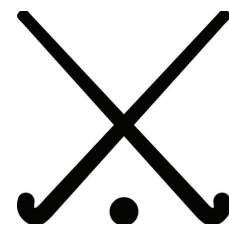
Next on the QO fockey hit list were our rivals, the Northwest Jaguars. Yet again, the game plan did not change despite the ongoing rivalry. Throughout the entire first half, the score stayed 0-0; both teams were attacking hard and defending even harder. A halftime speech from the captains brought the Cougars to their feet as they scored 2 goals and kept their win streak alive with a 2-0 win.

Although the field hockey season has just begun, things are looking up for the girls as they look to carry on their undefeated streak and have their mindset ready for the State Championship title.



PHOTO COURTESY OF ZENE HOWARD

FOCKEY TAKES THE FIELD: The team huddles together before their first game of the season.



"We're working together as a team more this year than in past years."

- Jenna Bauer



Capitals confident for back-to-back Stanley Cups

By JACOB CHERIS
Staff Writer

After an offseason filled with drinking, swimming in fountains, constantly singing “We are the Champions,” and doing keg stands out of the Stanley Cup, the Washington Capitals are confident they can go back-to-back.

Last season, the Capitals became the first of DC’s major sports teams to win a championship since 1992 when the Redskins won the Super Bowl. According to General Manager Brian MacLellan in an interview with the Washington Post, “Our young guys are growing. Our older guys are experienced with how to handle the pressure... I see no reason why we can’t keep going.”

As the parties died down, MacLellan got back to business. The biggest question he had to address was resigning head coach Barry Trotz. Despite an automatic two year extension and a \$300,000 bonus for winning the Stanley Cup, Trotz was getting paid only \$1.5 million per season with the Caps. Un-



OUR SEASON: *The Capitals utilized their lethal offense in a 7-0 win over Boston* PHOTO COURTESY OF Patrick Smith

fortunately for Caps fans, he signed with the New York Islanders on a five year deal worth \$20 million. Todd Reirden, former defensive coach, is now the head coach. “I thought [Reirden] was crucial for my career and just changed kind of a few things how I looked at the game, changed a few things with the [defense] that I

think really benefited everyone on D,” said defenseman John Carlson in an interview with the Washington Post. Carlson re-signed with the Caps on an eight year, \$64 million contract and led the NHL with 68 points among defensemen. Carlson’s linemate Michal Kempny also re-signed with the Caps for four years for \$10 million and

has become a reliable top four defenseman for the Caps.

Forward Tom Wilson signed for 6 years after having a career high of 35 points last season (14 goals, 21 assists), while also having a physical presence on the first line. Forward Devante Smith-Pelly (DSP), who had seven goals in the playoffs, signed a one year deal with the Caps. DSP was in the right place at the right time in the playoffs.

However, there were a few changes: the Caps traded defenseman Brooks Orpik and goaltender Philipp Grubauer to the Colorado Avalanche to free up salary space. The Avalanche bought out Orpik’s contract and luckily returned to the Caps on a lower term: one year for \$500,000. Grubauer, however, signed for three years with the Avalanche. Forward Jay Beagle, on the other hand, signed a four year \$12 million contract with the Vancouver Canucks. Beagle was known for his hard work and faceoff expertise. He was tenth in the NHL in faceoff win percentage (58.5%).

CONT. ON PAGE 12

ATHLETE OF THE MONTH QUESTIONNAIRE

FIELD HOCKEY



Jordyn Mensh '19

Captain Jordyn Mensh inspires the team to always work hard and play hard. Mensh is a critical player in each game, and is a necessity towards the team’s success.

FOOTBALL



Marquez Cooper '20

Junior Marquez Cooper is a force to be reckoned with when he hits the field every Friday Night. Cooper is an aggressive player whose speed is a threat to the opposing team.

GIRLS SOCCER



Mica Miller '19

Senior Mica Miller is known for her hard work, determination, and positivity during every game. This outside midfielder can do it all and is a strong asset to the team. Miller is a strong team player and can always be depended on.

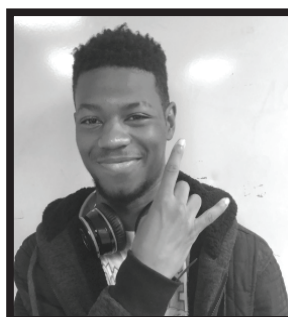
GOLF



Ryan Soler '20

Soler’s accuracy and precision on the golf course is impeccable. He is a hard worker and the team can always count on him.

CROSS COUNTRY



Jordan Gaskins '19

Runner Jordan Gaskins’s stamina and speed is as fast as a cheetah, being one of the fastest on the entire cross country team. Gaskins is a humble runner, yet is successful at out-running many during every race.

BOYS SOCCER



Danny Pomerance '19

This wise center-defense player leads the team for the entire season, always ready to attack any task at hand. Pomerance is known for his “can-do” attitude and always spreads good vibes throughout the team.

We asked these athletes the following questions...

	Jordyn Mensh	Marquez Cooper	Mica Miller	Ryan Soler	Jordan Gaskins	Danny Pomerance
Favorite Teacher?	Coach V	Mrs. Strauss	Peggy	Changuris	Saadipour	“Cotsh” Kevin
What is your Halloween costume?	Cat	Football Player	Sexy Cop	Nothing ;)	Joker	Myself
Least favorite part about school?	Homework	Length of Classes	Homework	Teachers	Teacher	Waking up early
Favorite Halloween candy?	100 Grand	Skittles	Twix (Left)	Krabby Patties	Candy Corn	Kit Kat
Spirit Animal?	Sheep	Lion	Shark	Kangaroo	Snake	Monkey
Favorite Celebrity?	Harry Styles	Maurice Jones	Justin Bieber	Hannah Montana	Tom Cruz	Ryan Sevilla



CONT FROM PAGE 11

The Caps kept the majority of their Stanley Cup winning roster, but there are still spots to fill.

Ilya Samsonov and Phoenix Copley will both be fighting to become the backup goalie. Samsonov signed a three year entry-level contract with the Caps; he played 26 games in the KHL last season.

Copley played very well in the preseason, with a shutout against the St. Louis Blues. To replace Beagle, the Caps have two options: Nic Dowd, who is excellent at faceoffs and a strong penalty killer, or Travis Boyd, who appeared in one playoff game last season. Boyd has more

offensive upside to his game.

A possible concern this season is backup goaltending. Braden Holtby can't play all 82 games, so can Samsonov or Copley be a good enough to back him up? Another question is the changes that Reirden will make. He's planning on having Kuznetsov on the penalty kill. MacLellan said in an interview with NBC Sports Washington, "I think he can penalty kill, I think he can get better on faceoffs, defending in his own end, playing against top players." The re-signings of Carlson, Orpik, and Kempny maintain the cup-winning defense, and the signing of Dowd will keep the strong center depth that the Caps had the last four seasons.

"I see no reason why we can't keep going."

-Brian MacLellan

QO Soccer strives to meet expectations

By **JANTZEN FOCHT**
Associate Editor

Both the boys and the girls soccer teams are getting off to fast starts after suffering heartbreaking losses in last year's playoffs.

This is especially true for the girls squad, as they have gotten off to a solid 7-1 start to the season as of October 8. The team, led by senior captains Jenna Williams and Mary Wari, and junior captain Kate Faraone, has a perfect mix of veteran leadership and young talent.

Williams, as a team captain, understands her role on the team: she must be the example-setter for the younger players. "Over the course of the season, [we] have to do such things as keeping the underclassmen focused in practice, and setting the standard of how to act on and off the field," she said.

Junior Kate Faraone also attributes this blazing start to "our grit and hustle on the pitch." However, not every team is perfect, as Faraone explains that one area this group can improve in is their pressure against the

opposing teams. "If we can do that, this solid group of players can become even better," she said.

The boys haven't gotten off to as hot of a start, but they still have plenty of time to get things going.

Senior Aidan Kirk feels that this team has improved from last year, "This team seems much more focused," Kirk said. "Our strengths are mostly everywhere, but we also are always going all out, giving it our maximum effort."

In addition, junior Larry Agyei says that the team is really good at keeping the ball and avoiding unnecessary turnovers. "We have a very fit team and we have very good attackers this year," he said.

The squad, Kirk describes, has also molded very quickly, to the point that even the underclassmen and the older players all get along. Agyei suggests that he can help the underclassmen by "making sure they don't feel intimidated by the older guys." Agyei also says one of the team's jobs is to try and set the underclassmen up for future generations after this one.

One of Agyei's personal goals, he explains, is "to get at least 10 goals this year." However, he was adamant in putting the team's goals first, saying he, "[hopes] to achieve our goals of making a good run in the playoffs and growing into more of a family as the season goes on."

"We also are always going all out, giving it our maximum effort."

-Aidan Kirk

Both teams have an immense amount of potential, to the point that expectations have been set high for both squads. However, with the right mix of veterans and younger players, the proper mental mindsets, and the perfect amount of hard work, it would seem as if QO soccer is heading in the right direction. As Kirk describes, QO soccer has to stay locked in on their goal: "Going to states!"



Special Mortgage financing for school employees

Purchase

- \$2,500 in closing credits¹
- 3% down²

Refinance

- No closing costs¹
- Close in 30 days or less

Here to help

Visit esfcu.org/MortgageSpecials.

¹ This credit applies to first mortgages only. Purchase transactions will receive up to a maximum \$2,500 in closing cost credits, restrictions apply. Refinance transactions will receive closing cost credit for a zero point rate and term refinance, restrictions apply. Members must apply online between now and December 31, 2018 and enter "2018 Savings" in the comments box at the end of the application to be eligible for the closing cost credit. The credit will be applied at the time of closing. This promotion cannot be combined with other offers and is not valid on existing Educational Systems FCU loans. Additional exceptions may apply. Loans are subject to credit qualifications and approval. All applicants must meet membership eligibility requirements, visit esfcu.org for details.

² Financing is available with 3% down of your home's appraised value. Expected monthly principal and interest payment for a 30-year fixed conventional mortgage of \$200,000 at an interest rate of 4.375% with one point (which is an equivalent APR of 4.904%) and a payment of \$1,085.24. Total payment is \$375,588.16. APR as low as 4.904% for a 30-year fixed conventional mortgage. Rates are subject to change without notice.



Federally insured by NCUA



Educational Systems Federal Credit Union
esfcu.org ■ 301.779.8500

A NEW moon, a NEW year,
all NEW Markoffs, all NEW FEAR!

Markoff's
HAUNTED FOREST
POOLESVILLE • MD

OPENING DATES 2018
OCT Fri 5, Sat 6, Fri 12, Sat 13, Thur 18, Fri 19, Sat 20,
Sun 21, Thur 25, Fri 26, Sat 27, Sun 28 & Wed 31 Halloween

25% OFF TICKET PRICE
*Promotional CODE: MHF-QQHS
*25, 26, 27, 28 & 31 are exempt from the 25% discount

markoffshauntedforest.com