

# PROWLER

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

## MoCo students affected in Naviance data breach

By JAY MOTIWALA  
Staff Writer

The personal information of around 6,000 Montgomery County Public Schools students has been breached by a student hacker, according to MCPS school officials.

In October, it was reported by Hobsons, Inc., the parent company of Naviance, that the personal data of exactly 1,344 student accounts had been exposed at Wheaton High School. The already large number of students affected has now skyrocketed to over four times as many students than originally discovered.

On November 25, MCPS released a letter to the public stating that this particular student hacker managed to gain access to a total of 5,962 Naviance accounts, with the breach being effective at six MCPS schools: Wheaton High School, Montgomery Blair High School, Julius West Middle School, Argyle Middle School, Parkland Middle School, and A. Mario Loiederman Middle School.

A forensic analysis of the breach by local police aided in the discovery of the hacked accounts, with the police also identifying the hacker. The hacker is a minor, so their identity hasn't been re-

vealed to the public. Their cellphone and laptop were taken into police possession, and the student is currently facing disciplinary charges, with police undecided on any criminal charges as of the publishing of this article.

And while the information leaked didn't include banking statements or social security numbers, the data leaked consisted of each student's name, date of birth, gender, address, phone num-

bers, nickname, unweighted and weighted GPA, email address, school counselor, grade level, student ID, SAT and PSAT scores, ACT scores and IB scores.

As a result of the data breach, MCPS forced a district-wide password reset for all Naviance student accounts; however, many Quince Orchard students do not remember resetting their passwords on the day they told everyone to do it, November 25. We've reached out to Montgom-

ery County Public Schools for comment on this matter, though they have yet to respond.

The "brute force attack"—which is the cyber equivalent of trying every single combination on a safe—has been kept under control, as police believe that the student hacker had not shared this confidential information with anyone else while he had possession of the data.

Meanwhile, Montgomery County Public Schools has shared recommendations to ensure the protection of students' identities. They say that parents should request a credit freeze for their children, as that will make it difficult for a perpetrator to use the student information to illegally open accounts. They also recommend checking to see if the parent's child has a credit report, as credit bureaus can send a copy of a child's credit report if they do have one.

The county has also requested parents read up on child identity theft from the Federal Trade Commission, in order to find more ways to improve online safety for minors.

For more information on this matter, you can go to Montgomery County's website for updates on this issue, although for now the issue has been resolved and the data has been secured.



PHOTO COURTESY OF WJLA.COM

## Red Army or Dead Army?

By MELANIE FRANK  
Staff Writer

Quince Orchard is widely known around the county and state not only for our highly acclaimed sports teams and state championship-winning players, but also our student cheering section, The Red Army. On Friday nights—in the fall, especially—the Red Army crowds the Cougar Dome ready to cheer on our student athletes on the field.

The Red Army has a tradition where hats are passed down each year to students who are then known as the Red Army Generals, three seniors who lead the cheers and get everyone hyped for whatever game they're watching.

The Generals this year were seniors Aliyar Agha-Khan, Kyle Balow, and Lily Stewart. (Editor's note: Stewart is also a staff member of The Prowler.) As all the years prior, the student section filled up under the Friday night lights every week this fall with the three Generals excited to get everyone as pumped as they were.

"The atmosphere at the games was filled with positive and spirited energy. Every game, students were excited to see our school rise above all the others," says Balow.

This season, the football team had a great season and went undefeated until the last game, causing students to not

stay hype and loud the whole game. This resulted in The Red Army getting titled "The Dead Army" by some. "Being called 'The Dead Army' was frustrating since all the students were just there to cheer on the team," said Balow. Agha-Khan and Stewart were beside Balow all night at the games working with him through "chants to get everyone hyped," said Balow.

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PHOTO COURTESY OF LIFETOUCHM1.IMAGEFLO.COM

## It's Academic—and it's covered in red tape

By MIA RESNICOW  
Staff Writer

"If you know it, buzz it," the club sponsor of It's Academic, social studies teacher Joshua Schuman, announced.

Schuman has sponsored the club for 13 years. "It's one of the more joyful parts of my job," he says.

Co-captains and juniors Vivian Cao and Davis Yewell stumbled upon the club in freshman year and, as Cao states, both agree "it's like a family."

On most weekends, the team attends Quiz Bowl competitions against other schools in the DMV. The questions asked are "longer, harder and based on deeper knowledge [than It's Academic]," Schuman says. It's Academic is a required competition for the team to participate in. It is a TV show intended to entertain, so the questions asked are simpler, in a Jeopardy-like style. (It's Academic wouldn't have an audience if they used the same long questions in Quiz Bowl because it doesn't interest everyone.) Schuman mentions "[Quiz Bowl] is a competitive outlet." But with new regulations, Cao says the club has had to compete "unaffiliated with the school" this

past year and pay their own way.

New field trip and competition procedures were put in place because of scandals happening in Montgomery County Public School sports teams. "For us to go to our competitions, requires all these extra restrictions," says Schuman, "but sports teams don't have these and we feel what we're doing is inherently less dangerous." So why should they have to jump through the hoops?

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PHOTO BY MIA RESNICOW

The co-captains of It's Academic are juniors Vivian Cao and Davis Yewell.

### News

A new documentary explores the benefits of going vegan.

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PHOTO COURTESY OF PINTEREST

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Do you think you have senioritis? See how many symptoms you have!

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PHOTO COURTESY OF MAVINLEARNING

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Read about the College Football Playoffs.

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**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.



# Should we yeet the meat and eat a beet?

## Netflix documentary explores benefits of veganism

By **JENNA LEVY**  
Senior Staff Writer

The popular assumption of what kind of food supplies energy for humans may not be the correct information at all; the new Netflix documentary, *The Game Changers*, produced by big-time Hollywood filmmakers James Cameron, Arnold Schwarzenegger, Jackie Chan, Lewis Hamilton and more, addresses these assumptions and proposes the importance of the idea of veganism.

*The Game Changers*, now the number one best-selling documentary of all time on iTunes, counters the common belief that one needs meat and/or dairy to gain muscle. James Wilks, previous winner of Spike TV's *The Ultimate Fighter: United States vs. United Kingdom*, narrates the whole documentary and shares in-depth pieces of advice to support his beliefs of dieting.

Wilks's parents introduced

karate training to him when he was young in order to channel his so called "liveliness" into physical activity. During a fight in 2003, Wilks tore several ligaments in both of his knees, preventing him from teaching or training for half a year.

During his recovery time, Wilks spent countless hours researching ways to speed up his healing. It was at this time that he came across a study on Roman gladiators. According to Forensic pathologist Dr. Fabian Kanz, after analyzing the bones recovered from the gladiators, he and other researchers "found...very high mineral density, which indicated intense training and high-quality diet to build up strong muscles and strong bones."

Kanz brings up the fact that carnivores have low strontium levels, while vegetarians have high strontium levels. According to Harvard Health Publishing, strontium "increases bone mineral density, improves bone microarchitecture (an indicator

of bone strength), and decreases the risk of fractures." The gladiators were found to have high levels of strontium in their bones, proving that they were indeed vegetarians.

A common stereotype is that only protein provides energy, but according to Dr. James Loomis, former team physician for the St. Louis Rams and Cardinals, "the actual energy for exercise comes mainly from carbohydrates in the form of glycogen that we store in our muscles. And when we sacrifice those carbohydrate calories for protein calories in our diet, what ends up happening is you will develop really chronic carbohydrate or glycogen depletion... it leads to chronic fatigue and loss of stamina."

Justus von Liebig, the founder of organic chemistry, introduced the concept of gaining energy from meat in the 1800s and even said that "vegetarians were theoretically incapable of prolonged exercise." However,

science disproves his theory. Many Olympic athletes, including Murray Rose, a four-time Olympic gold medalist, stuck to a plant-based diet all the way back in the early 1900s.

Protein from the animals we consume comes from the plants that they consume, which is a concept that many either do not know or simply have not thought about. Wilks comments in the documentary, "I was surprised to learn that all protein originates in plants."

In fact, Journal of the Academy of Nutrition and Dietetics discovered evidence that shows 70% more protein than needed comes from a plant-based diet, and only half the amount needed comes from purely eating meat.

*The Game Changers* is a documentary full of details and evidence on vegan diets compared to meat-eating diets, but you will have to watch the documentary for yourself to decide if that is enough to change your eating habits.

# JUNTOS dancing their way to the top!

By **ASHLEIGH GORDON**  
Editor-in-Chief

The word "juntos" translated from Spanish to English means "together." And together at Quince Orchard, one group of students spends multiple hours a week practicing and perfecting dance skills in preparation for the MCPS Latin Dance Competition.

This school year, JUNTOS, QO's Latin dance team, took home awards for first place for Best in Show Group Dance, first place for Salsa Couples Dance & Jack and Jill Dance, second place for Bachata Couples Dance & Student/Parent Dance, and third place for ChaCha Couples Dance.

Senior captain Jesly Torres has been a part of the team since her freshman year. "We are taught choreography, which we then spend many practices teaching and perfecting," she says. Torres takes her skills to collaborate with her co-captain, senior Asa Morrison, to prepare the team for competition.

Morrison loves performing with the team each year. "It's really fun to show off what we've been working on since the beginning of the school year," he says. Morrison loves to be challenged and kept busy by participating in JUNTOS.

Senior Viola Clune has loved growing closer to her teammates while dancing on the team all four years. "The best part of

JUNTOS is the people you grow up with. From the people you have known all four years to the brand new people, we have a kind of family."

Torres felt that "winning was amazing, because this team has existed for seven years without ever winning first place." The whole team was ecstatic by their wins, with every dance but one placing.

Clune thought it was "pretty cool to win for her senior year" after devoting endless hours to the team. The entire team worked really hard to do as well as they did, and their hard work has clearly paid off.

This year, winning first in show means that JUNTOS will be traveling to Puerto Rico in March

to compete at a Salsa Congress, where they will take classes from professionals. In Puerto Rico, the team will also be performing and spending time at socials with other teams.

JUNTOS has become a student favorite at Quince Orchard, with the crowd roaring every time they perform. Their most recent performance in school was at the Hispanic Heritage Month Assembly, as well as at QO's Got Talent. They performed their group dance, which highlighted the entire team, and went on to use that same dance to win best in show.

JUNTOS knows how to perform for a crowd, and they can't wait to bring their talents to Puerto Rico.

# The Red Army

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Overall, Agha-Khan agreed that "being a general was an exciting experience and lived up to [their] expectations, and it was a big responsibility but overall a success for the football season".

Aside from the generals, seniors filled the floor and up to four rows at games in the front with the other grades crowded behind them, getting pumped for games. Additionally, parents and family members of students and players would fill the bleachers, where at the semi-final game 2,500 fans in red were ready.

Even though the football season has come to an end for this year, there are still winter and spring sports bleachers and seats waiting to be filled with The Red Army. The generals and the rest of the student cheering section are disappointed we won't be cheering on Friday nights for the football boys but

are excited to cheer for the other sports teams with their seasons coming up.



PHOTO COURTESY OF LIFETOUCH.MJ.IMAGEFLO.COM

# It's Academic

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Unlike a sports team, the regulations treat each weekend competition as an overnight school field trip; in other words, each trip requires paperwork, six weeks' advance notice, and out-of-pocket spending for volunteer parents. "[Schuman] isn't even allowed to come with us," says Yewell.

The club is more likely to have a competition on a weekend and need to travel more than fifty miles away than the school's sports teams. "We are a team, we go to other schools to compete," says Schuman, so they are trying to change these new requirements.

For now, Schuman and Quince Orchard's administration are working diligently to change the regulations made by the county. They have reached out

to MCPS's central office and the MCPS law offices in hopes of finding a simple process to fix the problem, and Schuman plans on speaking to the Board of Education in February.

Despite their bureaucratic challenges, the team has started winning competitions more and more this past year and is always looking for new members. Schuman says the team showcases "some of the hardest working kids that don't get a lot of recognition." He adds, "Our team went through a rebuilding phase, [but] we've been improving rapidly because of the kids' hard work."

If you're interested in joining It's Academic, talk to Schuman in room 329 or go to a meet, held on Mondays and Thursdays at lunch.



# OK BOOMER

## An offensive term or harmless joke?

By **MADDY FREEDMAN**  
Staff Writer

Over the past couple of months, the saying "Ok Boomer" has become a phrase used in cross-generational dialogue between millennials and baby boomers. However, as this phrase has become more and more popular, its meaning has changed.

Millennials, and especially Generation Z, have started using this term as a rallying call to older generations who just don't seem to get the way young people live these days. The term is meant to be cutting and dismissive, and suggests the younger generations are over the older generations' condescending tone about constantly being on devices and using social media. Junior Sydney Katzman said "I actually use this saying quite a lot when I fight with my mom, I think it helps get the point across that our generation is dif-

ferent." Teens these days feel judged about everything from political views to financial choices and gender expression.

The irony of it all is that this phrase picked up due to a parent posting a vid-

eo on an extremely popular social media app known as TikTok. In the video, a white-haired man dressed very vintage declared that "the millennials and Generation Z have the Peter Pan syndrome,

they don't ever want to grow up." After receiving millions of views and hundreds of thousands of comments on this video, kids started to make their own videos retaliating at this man by simply saying the phrase "Ok Boomer." Health teacher Susan Soule, who is actually part of the Boomer generations said "I don't take offense to this saying or the videos about it because I'm proud of having grown up in the generation I did, I am a wise boomer!" This phrase has now snowballed into normal kid 'slang' as a comeback for almost anything, and as Katzman said, "hopefully it will decrease the bad stigma around our generation."



COURTESY OF SPASTIC BASTARD

**"I am a wise boomer!"**  
- Susan Soule

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## VIEWPOINT

# Now you know your ABCs... but will the future generations?

## *How the smallest shift can hinder a child's learning*

By **SARA KLEMOW**  
Staff Writer

"They changed the ABC song to clarify the LMNOP part, and it is life ruining," said comedian Noah Garfinkel.

This was just one reaction to a 2012 remix of the infamous alphabet song on the YouTube account Dream English Kids, which broke the internet these last few months when the song was featured on the show Ellen.

"They supposedly change it because kids couldn't understand the L, M, N, O, P put together," said Ellen Degeneres. "The old song was fine. It's not like people don't eventually learn the letters."

Along with her, multiple people are enraged about the new tune's sudden popularity.

However, some schools actually prefer using this tune instead of the original. This is because it can help kids with special needs recognize each individual letter, which is totally reasonable.

The real problem is when other children are taught this tune. The more classrooms that use this version of the ABC song, the more it will contribute to the diminishing of a child's intellectual growth.

Now that might seem like a huge jump from changing the tune of a song to hindering a

child's potential to develop an understanding of complex ideas, but this isn't the first time it has happened. Remember the switch to Common Core?

Common Core is a set of educational standards established in 2009 for teaching and testing English and mathematics between kindergarten and 12th grade. Be that as it may, some argue it does not teach children to process large, complex concepts. "The Common Core skips this essential first stage of learning and takes the learning process itself and slices it into hundreds of tiny fragments that in and of themselves have little to entice young minds," according to Thomas Armstrong, the executive director of the American Institute for Learning and Human Development.

As a direct effect, middle and high schools now use organizers in English class to split up each sentence, such as the TEXT paragraphs we all know and love (not really).

Others also critique the way Common Core curriculum has shifted the framework of curricula towards specific skills rather than broad concepts. "The main shift for English Language Arts (ELA) has been to transform us into a skills-based curriculum - the skills being reading, writing, listening and speaking. Under

Common Core, literature goes from being the content to the tool to impart the skills students are expected to learn," says David Hicock, a high school English teacher in Massachusetts.

This explains why I only read the first few chapters of *To Kill A Mockingbird* in my English class freshman year. The book was used to teach different skills, not to develop my intellectual capacity of understanding concepts from the entirety of the

book, or even to enjoy the book in the first place.

Common Core is just one of the changes to the education system over the years which I argue has halted our intellectual growth. Specifically at Quince Orchard, and some other MCPS schools such as Churchill, the selection of English classes also delays the intellectual blossoming of individuals by only having honors and AP classes. (Wootton and Northwest, by contrast, of-

fer English classes at the following levels: regular, honors, and AP.)

Since Quince Orchard and Churchill do not offer regular English classes, honor students and regular students are put in the same class. This does not allow individual students to grow intellectually because the class must follow a simple curriculum that everyone can follow. This does not challenge honors students because it is too easy for them, and it does not challenge non-honors students because they do not treat it as an actual honors class.

This system is merely used to boost the statistics of the school because they can claim all students take at least one honors class.

It's all a chain of events, a domino effect. It all starts with the youngest; as they grow older, education systems have to continue to simplify to meet the needs of all learners, thus not allowing for individual students to advance their intellectual abilities.

In fact, if you have been a victim of this system, you're probably struggling to read this article unless I define every word and put a summary of everything at the end.

And just to think... it all starts when you learn your ABCs.

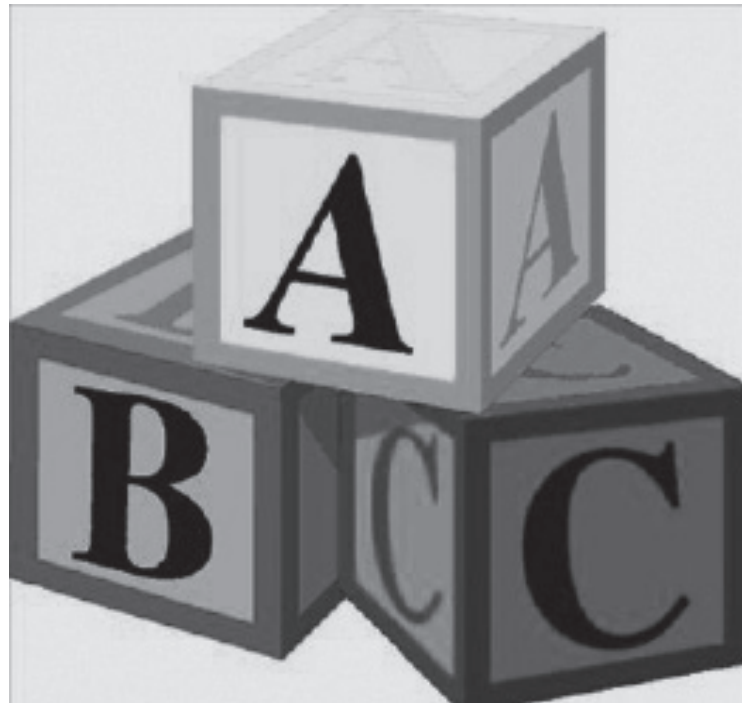


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## SGA News: Get involved in these upcoming events

By **KATE FARAONE**  
Student Body President

WHAT'S UP, COUGARS! This is a must-read from YOUR Student Government Association!

We just wrapped up an awesome QO's Got Talent on Thursday, December 5. We had a great turnout and a fantastic lineup of performers. You also might have noticed the lights hanging in the front lobby. Yep, that was us! We thought it would be fun to give you all a little holiday spirit, and we've got some more fun coming your way. Take a look at our upcoming events! And if

you are interested in getting involved, we'd love all the help we can get. Shoot us an email at [sgaqohs@gmail.com](mailto:sgaqohs@gmail.com) or check out our Instagram and Twitter pages @sgaqohs.

Here are some other important events coming up soon:

**MINI-THON:** We will also be hosting Quince Orchard's first ever MINI-THON, a series of fundraisers that raise money for pediatric cancer. We are planning on hosting events such as restaurant nights, a student vs. faculty basketball tournament, a spring Powder Puff, and more. These fundraisers will take place

throughout the rest of the year, and will end with a dance in late spring to celebrate the amount of money we raised! MINI-THON is a fantastic way to unite our student body in order to help put an end to such a horrible disease. We need all of your help in making the MINI-THON possible, and we strongly encourage you to get involved in planning and participating. If you have new ideas, or would like to be a part of the planning committee, send an email to [kate.faraone5@gmail.com](mailto:kate.faraone5@gmail.com). We will also be opening up a donor drive that allows you to raise money on your own.

The students who raise the most money for MINI-THON will be crowned THON Royalty at the dance! Let's do it for the kids! #FTK

**VOTER REGISTRATION DRIVE:** From January 21 through January 23, students who are 16 years and older will be able to register to vote for all Maryland general elections. The voter registration drive will occur during lunch in the auditorium. It's a great resource, and it makes the registration process a piece of cake. More information on how to sign up can be found on the SGA Instagram and Twitter accounts.

**OTHER EVENTS TO COME:** Mr. and Ms. QO, spring blood drive, Prom, and more!

The SGA is here to serve YOU, and to unite the unique and talented students that make up our student body. School can get exhausting and stressful, but let's remember to have fun while we're working hard. We decided to take on the MINI-THON this year to not only help children suffering from cancer, but to remind everyone of what truly matters in life. We hope that you'll help us in supporting such a great cause, along with all the other events we have coming up.

## 10 years of giving for the Giving Tree

By **LYLA KIM**  
Staff Writer

It's that time of the year. The snow falls, holidays are celebrated, families are gathered, and presents are gifted. Unfortunately, not everyone has the luxury of getting presents. Thankfully, QO has set up a way to make sure everyone's holiday can be full of some presents and cheer.

This year, Quince Orchard High School is celebrating the ten-year anniversary of the giving tree. Computer science teacher Colleen Adams, the leader of this program, has been in charge of the program for six

years. She previously attended QO and had a teacher who started the program years ago, and then passed it down to her. Adams says that the beauty of the program is giving back to the peers you pass every day.

Every year, there's a tree in the front lobby with cards hanging on it. Each card contains information about an individual such as their size, age, hobbies they may have, or ideas about what gifts they would like. This way you can buy a personalized gift for the person you selected.

There are people of all ages to choose from for your gift. Generally, families as a whole are picked so no one is left out.

You can pick a card for infants, elementary-aged kids, teenagers, and adults. The range is extremely wide.

If you are able to participate, this is a great way to get into the season of giving, because everyone deserves to enjoy their holidays.

"You may never realize who is struggling and might need a little help," says Adams. "It's a great way to give back anonymously." She thinks it's important to appreciate what we have and give back when we can. "My favorite part [of the program] is seeing all the happy people," added Adams. "The counselors whose offices are full

of gifts, the students who wrap them, and the people who get them."

If you aren't able to give with gifts, you can also give with your time. Many people are in need, especially with the harsh winter weather coming up. So if you aren't able to buy gifts for someone else, just volunteer!

This year's annual Giving Tree at QO has already passed. However, if you are eager to help someone out, you don't have to wait. You can help people any time of the year: it doesn't need to be the holidays. You can donate your old belongings, buy new things for others, give your time, or simply just

hold the door open for someone else.



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## New Year's Resolutions: New Year, New Cougars

By MADDIE POMRINK and FAITH LANE  
*Staff Writer and Senior Staff Writer*

# Baby, It's

Designed by ANNA SOYKAN and  
*Staff Writers*

Teachers and Students	Do you have any New Year's Resolutions this year?	What will you do to keep this resolution?	Have you been successful with resolutions in the past?
Eric Fiero (Music Teacher)	To make some important life decisions with my wife.	Make pros and cons lists about all of our options.	Yes. After grad school I was at my biggest weight and I figured it out and lost 45 pounds.
Sydney Toole (12)	To use my phone less and drink more water.	I have a new water bottle to encourage me to drink more water, and I have set a time limit on my phone usage.	No.
Elizabeth Gomez (11)	No.	N/A	Yes. My family and I had a resolution to get closer and we did.
Jake Friedman (10)	Working out more and eating healthier.	Go to the gym and eating healthy food.	No, but my inspiration this year is Jenna Levy.
Josh Weitzman (9)	To be a good kid.	Not do anything bad and get good grades.	No, I tried to be nice to my sister, but it didn't work.

# Cold Outside

and KAILY PAULINO



## S(no)w school? S(no)w problem!

By NATALIE PRICE and STACY SHIN  
*Staff Writers*

Nothing exceeds the excitement a teenager gets as they stumble sleepily over to the window only to be amazed as white flurries fall from the sky covering the cold ground in a soft blanket of snow. If we're lucky, this happens often during the winter months of December, January, and February.

With snow days often comes no school and alongside that: a whole day's schedule cleared! This leaves endless opportunities of activities to take part in from playing board games inside with friends, to going sledding and making snowmen.

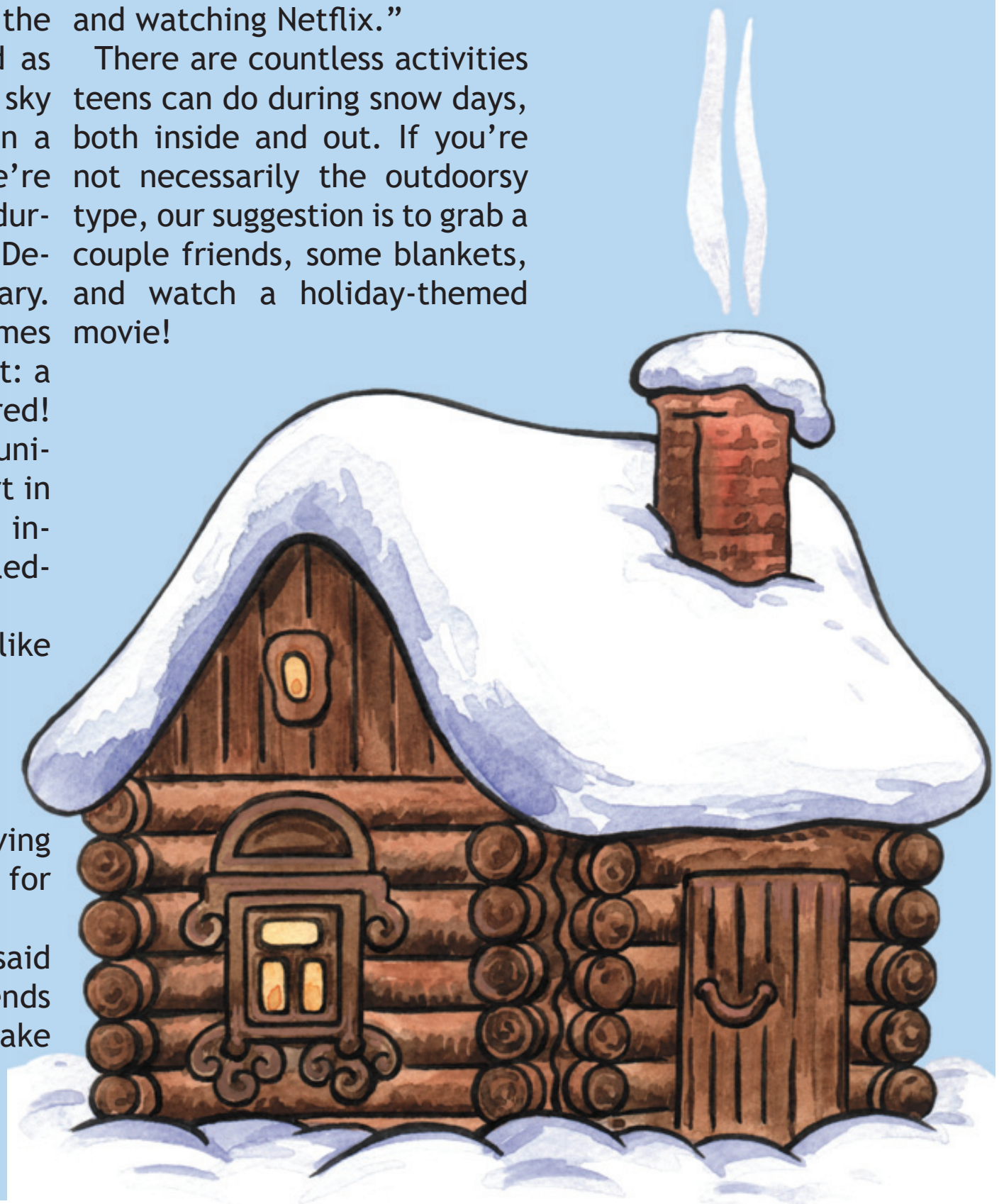
So, what do QO students like to do during snow days?

Senior Sara Renzi said that she loves "going skiing with friends on days off." Renzi really enjoys driving up to Liberty or Whitetail for the day to hit the slopes.

Sophomore Jake Revzan said he always goes "out with friends and shovel driveways to make money."

Junior Jack Lalos greatly enjoys "drinking hot chocolate and watching Netflix."

There are countless activities teens can do during snow days, both inside and out. If you're not necessarily the outdoorsy type, our suggestion is to grab a couple friends, some blankets, and watch a holiday-themed movie!



# The chaos of lunch time

Read, draw and discuss comics with the Comic Club, which is always looking for more passionate writers and members to join! The club meets every Wednesday after school from 2:30-3:30 in room 234.



COMIC BY JAKE STEIN

# The history of the Cougar Dome

By ANNA SOYKAN  
Staff Writer

Best known as the home of the Red Army, the Cougar Dome was built along with the school in 1988. Quince Orchard is currently known as a powerhouse in sports; however, it hasn't always been like this. When the doors opened at Quince Orchard High School, there wasn't even a senior class. This gave the school a disadvantage when it came to sports, and the football team ended its first season with a 1-8 record.

But fast forward three years to 1991, competing with a senior class, they finished with a state championship! Larry Hurd, Jr., the quarterback for the 1991 team, claims that the football team won every home game in the first couple of years in the Dome. According to the 1992 yearbook and mocofootball.com they finished with a 12-1 record.

Ernie Ceccato, the head coach for the team at the time, believed the field had "Cougar magic," and before the team left for state championships at

Byrd Stadium in College Park, they walked onto the field and picked blades of grass to put in their shoes. As a result, the players stated that they won the state championship on "Cougar Dome grass."

There are many rumors about how the Dome got its name, such as the false claim that it has a retractable roof. However, the true origin of the name is just as unexpected. In the original stadium, there was only one snack bar. A couple of years later, a second snack bar was added with a grill, but there was no top on the grill, making it impossible to control the smoke. "This smoke would often cover the field as if it were in the shape of a dome top," said Hurd.

Ceccato joked that the 'dome' gave the team an advantage and started calling it the Cougar Dome, and the name just stuck. In the past 31 years since the Dome was built, the football team has won three state titles and won over 250 games, keeping the Cougar magic alive.



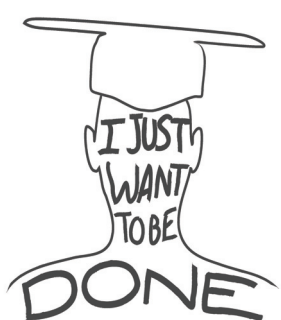
PHOTO COURTESY OF JEFF SULLIVAN

HOME OF THE COUGARS: The Dome holds generations of history.

# Have you caught a case of senioritis?

By CLAIRE SULLIVAN  
Editor-in-Chief

Senior year hits hard. Not only can students visualize the end of their high school careers, but the thrilling feeling of independence and a new start causes seniors to be blinded by reality: they still have their high school responsibilities. According to a recent survey of 45 QO seniors, senioritis, the label used for seniors slacking off as they reach the end, applies to a majority of the senior population.



GRAPHIC COURTESY OF LOS ANGELES TIMES

## Check your symptoms!

Mark boxes below that apply to you and realize how lazy you truly are.

- Forgetting homework
- Hitting snooze and being late
- Taking a day off three times a week
- Full-time procrastinator
- Sweats and hoodies every day
- Lazy is a personality trait
- "Being a senior" is your excuse
- Hibernating until summer
- Just wanting to be done





# A new streaming service arises to the competition

By **MATTHEW MINTON**  
Staff Writer

Netflix, Hulu, Amazon Prime, HBO—the list of streaming services can seem endless in our modern age of digital media consumption, and it can be difficult to know where to even begin. And now Disney+, launched on November 12, has joined the game. Just one day after its inception, Disney+ already had more than 10 million subscribers. For the past few years, Netflix has seemed like the go-to streaming service, with over 150 million members globally. However, with the introduction of Disney+, how will the nature of the streaming market change?

Disney+ costs \$6.99 per month, a significantly lower price than Netflix's plan, which can be as much as \$16 per month. Consumers can get a bundle of Hulu, Disney+ and ESPN+ for \$12.99 per month, which may give people a greater incentive to sign up for Disney+. Nonetheless, Disney+ has had some hurdles to overcome; according to The Washington Post, thousands of accounts were hacked and sold online. Furthermore, Disney+ currently has significantly less content than Netflix's catalogue. The Disney brand seems to be enough to compensate, however, given that Disney+ offers content from Pixar, Star Wars, Marvel, and National Geographic.

Even with the new emerging competition brought along by Disney+, Netflix is not backing down. With all the Disney content being pulled from the streaming site, Netflix has formed a deal with Nickelodeon. According to PEOPLE, "the coming attractions to Netflix's library will include a variety of well-established Nickelodeon characters while also adding new intellectual property."

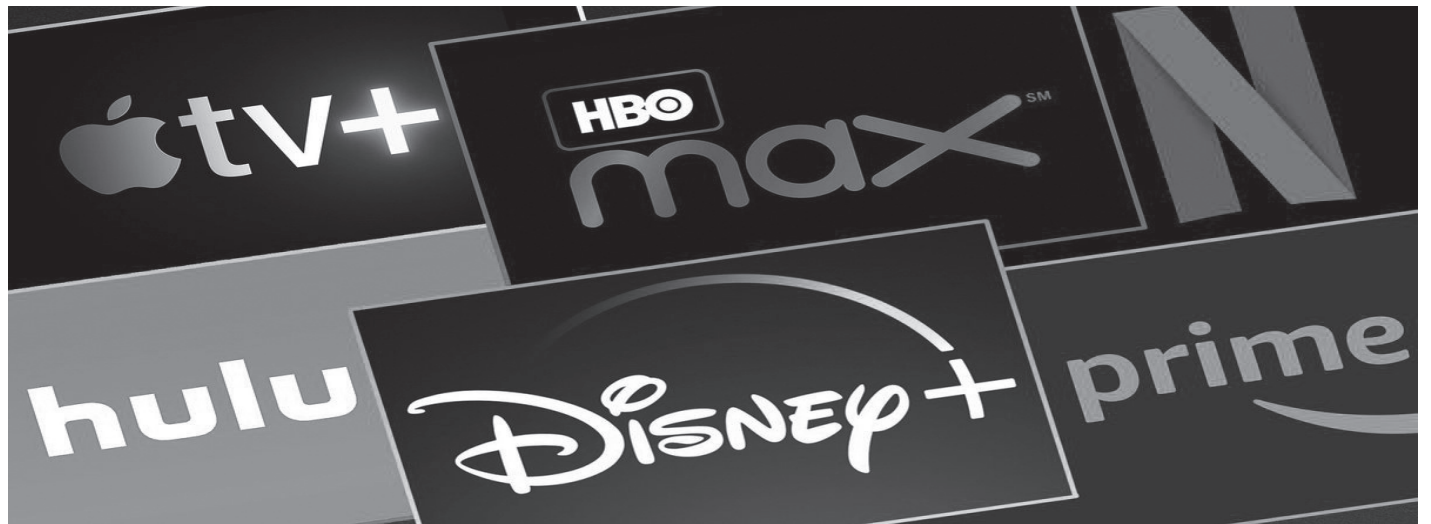


PHOTO COURTESY OF POLYGON.COM

Another area in which Netflix is stepping up their game is awards season. Last year, Netflix received its first Best Picture nomination at the Academy Awards with *Roma*. The film received 10 nominations total, tied for most of the night with *The Favourite*, and won for Best Foreign Film, Best Director and Best Cinematography. Many believed the film would win Best Picture, and when it lost in an upset to *Green Book*, it was speculated that Oscar voters went against *Roma* simply for it being a streaming film; after all, *Roma* was a much better-reviewed film than *Green Book*. Clearly, streaming movies still have a long way to go at the Oscars.

Despite the Best Picture miss, *Roma* still proved to be an extremely successful awards season player, and Netflix is betting big once again this year bringing two large contenders in Martin Scorsese's *The Irishman* and Noah Baumbach's *Marriage Story*. In fact, *Marriage Story* received six Golden Globe nominations

while *The Irishman* received five, the two most nominated films at the upcoming ceremony; both films received Best Picture nominations as well as accolade for the performances and screenplays.

In addition, Netflix's *The Two Popes* and the Eddie Murphy-led comedy *Dolemite Is My Name* managed to snag some nominations as well. In total, Netflix received 17 nominations for films at the Golden Globes, and an additional 17 for its TV shows.

Nevertheless, the competition is more complicated than simply Netflix versus Disney+. Other streaming services, like HBO, are leaving their mark. HBO is

currently streaming various critically-acclaimed shows that have gone on to win numerous Emmys such as *Game of Thrones*, *Barry*, and *Succession*. Amazon Prime also offers some critically-acclaimed TV shows such as *The Marvelous Mrs. Maisel* and *Fleabag*. And of course, one can't forget that Netflix still has much beloved shows such as *Stranger Things* and *Black Mirror*.

And now, Disney+ has successfully stepped their foot into the TV game with *The Mandalorian*, which currently holds a 93% approval rating on Rotten Tomatoes. The show seems to have satisfied most Star Wars fans and has been a huge draw for people to join Disney+ in the first place; who doesn't love Baby Yoda?

All in all, it can prove difficult to keep up with all the latest TV shows and movies if one doesn't have at least one or two of these streaming services. The streaming market is filled with many options and unknown variables, and only time can truly tell how things will shake out.

It can be difficult to know where to even begin.

## "The party don't stop" with popular social media app TikTok

By **ZOE BELL** and **JAY MOTIWALA**  
Editor-in-Chief and Staff Writer

Teens left and right are staring at their phones, dancing, and lip-syncing to a few seconds of popular songs. Why? The app TikTok has captured the attention of over 800 million people all over the world. This app has become such a large-scale trend that some high school students can hardly think of anything else.

The app, formerly known as the popular social media platform Musical.ly, has increased tremendously in popularity over the past few months. Originally launched by Chinese developer ByteDance in 2017, TikTok became the most downloaded app in the United States the following year.

"I started making [TikToks] as a joke," said senior Grace Dear. "People will [say] 'Oh, let's make a TikTok,' and I downloaded it to see what it's about."

Many TikTok accounts began by downloading the app as a joke, only to become hooked and struggle to exit out of it. The reason TikTok draws in so many users may be because, similar to Vine, which had a time limit of six seconds, the videos created are 60 seconds or less, which keeps the app fresh and new, and captures the viewer's attention.

"It's so addicting," added Dear, who admits to spending three hours on TikTok some days. "You can be on it and you think you're on it for ten minutes, but you're on it for two hours. You can get trapped."

Others are also influenced

by their peers, which was the case for sophomore Salma Zaki.

"Everybody just hopped on the wagon and started making them," Zaki said. "TikTok is very entertaining and everybody loves to be on it."

Some TikTok content creators have gotten the chance to become "TikTok famous," amassing hundreds of thousands or even millions of followers. Getting "the hype" is when the majority of the app's users obsess over one particular creator, with teenagers Charli D'Amelio and Alex French being examples, as they gained millions of followers in the span of days.

"People make money if [they are] famous and their videos get a lot of likes," Zaki added.

Fifteen-year-old D'Amelio has sponsored many companies in her videos, including lip balm company eos, and has also

danced on stage with pop star Bebe Rexha.

However, not all teens are following this trend and some believe that TikTok is meaningless.

"It's stupid," said sophomore Melani Soto. "[TikTok] doesn't make anything good."

And while TikTok is mostly harmless video-making, the app has come under fire for many serious issues, such as censorship of political conflicts occurring in China. Many users were shocked when TikTok took down a video of a teenager addressing the Muslim detainment camps located in China, for example.

No matter what opinion you may have about TikTok, it's undeniable to say that this app has captivated millions of users all around the world. As Ke\$ha once said, "tick-tock on the clock, but the party don't stop, no."



PHOTO COURTESY OF PINTEREST

"...you think you're on it for ten minutes, but you're on it for two hours. You can get trapped."

- Grace Dear

### REVIEW

*Dark Waters:* uncovering the harsh truth

By **BERI ALLEN**  
Staff Writer

In this day and age, activism is as strong as ever, especially in the arts industry. *Dark Waters* is a new political thriller directed by Todd Haynes. Rob Bilott, who is played by Mark Ruffalo, is an attorney who defends chemical companies, but he is in the dark about what those chemicals actually do.

He eventually sues as a result of a farmer of his hometown bringing a dire issue to light: Parkersburg, West Virginia's water is being poisoned by the chemical company DuPont. Ruffalo brings a refreshing passion to the screen as he battles his way through the media and courtrooms in an effort to bring more justice to this issue.

Scoring a 94 percent rating on Rotten Tomatoes, this new drama-filled thriller reminds the viewer of the impacts we make as a society and has them leaving the theater with a flurry of emotions.



PHOTO COURTESY OF IMDB



# QO's undefeated season ends in semifinal loss to NW

By **BEN STROBER**  
Staff Writer

November 29, 2019. The clock hit triple zeros. It was over. The undefeated Quince Orchard Cougars football team had taken its first loss in 23 games. The students of the Red Army could not believe it. How did Northwest come into the Cougar Dome and emerge victorious? The truth of the matter is that things did not go according to game plan for QO.

This season seemed like a dream ride as the Cougars completed their first undefeated regular season since 2011 (when they then lost to Old Mill in the state finals). In October, they were ranked third in the entire metropolitan area, according to The Washington Post. Many believed this Quince Orchard team to be one of the best teams to ever play in the Cougar Dome stadium. They even knocked off a Damascus team with the number one ranked player in the country that they hadn't beaten since 2013. They were averaging over 50 points per game when only giving up 6.

"This is a team of destiny," said Quince Orchard parent Stewart Nickel. QO was living up to all their expectations. Nobody believed there was a chance this team wasn't going to complete its quest to become back-to-back state champions for the first time in school history. What could have gone wrong?

Northwest came in to this state semifinal playoff game with the perfect game plan in mind for how they were going to pull off this upset. They had one

thing on their mind: if they were going to lose once again to QO, it was not going to be to Marquez Cooper. Northwest threw as many guys in the box as possible in order to prevent Cooper from doing what he did to them in the first game of the season—and the game last year, where he scored six touchdowns.

In short, Northwest was able to shut Cooper down. After a long first half of Cooper continuously being swarmed by four Northwest defenders on every play, QO still choose to run the ball for the majority of the second half.

"I think what led to our downfall was that we were too dependent on one player and we didn't eat as a team," said junior linebacker Jeremiah White. White also added how the team will bounce back from this "humbling loss" and be ready for next year. "Our goal is already set," he said. "We are going to work harder than ever in this offseason to make sure we emerge as the state champions in 2020."

Multiple players at QO believed the play calling could have been better in the last game, as they scored their season low of 13 points. Senior linebacker Charles Bell added his thoughts. "I feel like I could have been used in so many different ways offensively this season," he said. "I could have been used on jet sweeps, deep fade passes, and running plays. I think the offensive coordinator could have done a better job in our last game."

Could QO's season have been extended if the calling of offensive plays were different? QO's offensive coordinator Ty-

ler Changuris explains, "You always have to have a plan B."

"Our plan A was to do what Quince Orchard does best, which is run the football and set up the pass," Changuris added. "I'd say Northwest took away some of the things we do best and we weren't able to adapt in the ways we needed to."

QO had a gameplan in mind to run the ball down Northwest's throat. However, QO was shut down and key injuries to two receivers, seniors Ryan Luke and Ryan Swigart, limited junior Brian Plummer's options when he dropped back to pass in the second half. Some players and fans question that maybe if QO would have changed their offensive scheme earlier in the game, they would have had a better chance to win.

Although Quince Orchard lost, they

produced many players who will be playing at the collegiate level next fall. Only Cooper is committed (to Kent State University) as of writing, but there are other players in the program who have attracted interest from multiple colleges to play at the next level. So much interest has built up that legendary Alabama Crimson Tide football coach Nick Saban paid a visit to head coach John Kelley this past December.

QO is now graduating a stellar senior class that provided the Cougars with many great plays and moments and, most importantly, last year's 4A state title. Even though the season is over and Quince Orchard football fell short of their high expectations, they will look to rebound this offseason to be ready to compete at its highest level again next season.



PHOTO COURTESY OF PHIL FABRIZIO

## Run, Cougars, Run!

By **BEN FLEISCHER**  
Senior Staff Writer

As the temperature gets colder, the runners get faster. The winter season is the season of running for many athletes, and the indoor track team is ready to stay moving.

The team tries to stay as warm as possible as they go out on runs every day to train for their meets at the Prince George's Sports & Learning Complex. Each meet includes many teams from around the county and state competing in the same events at the same time. Whether they are running against Northwest or Whitman, the athletes are always trying their hardest to beat their times and beat those running right next to them.

Senior Jonny Fontek is specifically trying to beat QO alumnus Chris Thoms's

times in both the 1600 meter (1 mile) run and the 800 meter (½ mile) run this season. "If I can get that mile time, I can hopefully go to the states meet this year," said Fontek.

Additionally, senior Kyra Lyles is trying to defend her school records and win the state title in the 300 meter and 500 meter races.

These two seniors have been on the team all four years and they both say that this year is going to be the best team. Lyles says that they "are trying to be more of a team this year and be better teammates for each other."

Fontek thinks that "if done right, QO will be one of the best teams in the county in every event this year."

This team needs to work together more than ever if they want to achieve their goals and make it as far as they can. Keep running and stay warm, Cougars.



PHOTO COURTESY OF WONGHAN

Senior Kyra Lyles embraces Coach Pelkey after a hard-fought race.

## A solution to FOMO

By **KENDALL LUMSDEN**  
Staff Writer

Suppose this Friday is the biggest basketball game of the year. Tensions are high and you are planning to go with your friends. If QO wins, it would be one of the biggest wins in the school's history. You're so excited about it until your parents inform you that you have to stay home to babysit your younger sister. What are you going to do now? How are you going to keep up with the game?

One new solution is to tune in to the QO Sports Network, a club founded by sophomore Adam Gotkin. Gotkin found the inspiration to start the club from his friend who started a broadcasting program at his own school. "[It was] very successful so I wanted to start the same thing at QO," said Gotkin.

Juniors Aden Charles, Sam Salem, and Jack Taliano have also become members of the club and have already been able to run many successful broadcasts. Salem was able to assist Gotkin in broadcasting the regular season QO vs. Northwest game, helping him "point out who

got the tackles," said Salem.

So far, the network has covered "every fall sport multiple times and has accumulated 4,381 total listeners," according to Gotkin.

Although Gotkin's system seems like smooth sailing on the outside, a lot of preparation goes into a typical broadcast. Gotkin explains how he spends "hours getting stats, putting the roster together and doing research on the teams" to ensure that the broadcast goes smoothly and can give listeners the information they want and more.

"We really take pride in the content that we put out," Gotkin added. The network wants to make the broadcasts "completely professional, just like anything you would hear on the actual radio of a professional game," he said.

Now you have a solution to your dilemma, so take advantage of the QO Sports Network. And if you want to help others solve their own, you can direct message @qosportsnet on Twitter or Instagram.

"If you want to go into broadcasting and radio stuff in the future, you should join it, definitely," said Charles.



PHOTO COURTESY OF MAC KENNEDY/THE TOWN COURIER



# A season for the books: College football playoffs are here

## *LSU, OSU, OU, and Clemson look to win it all this year*

By **LILY STEWART**  
Staff Writer

College football: two words that can have over a million different meanings. Triumph, defeat, heartache, and perseverance, just to name a few. Those words describe many of the team's seasons this year.

Baylor, LSU, Minnesota, and Alabama left the college football world stunned. To the committee's surprise, Baylor ended their season 11-1 with their only loss, by three points, coming by way of Oklahoma. Their next game will be the Big Twelve Conference championship, where they plan on getting revenge on the Sooners. If Baylor wins, their chances of getting the fourth spot in the playoffs are very likely.

LSU, led by Heisman winner Joe Burrow, has been a standout team from week one. They had to play the toughest schedule, which included Alabama, Florida, and Auburn, undoubtedly three of the toughest SEC teams. After going undefeated, they have bounced back and forth between the first and second seed, so you could say that LSU's Death Valley is where teams' hopes go to die.

Minnesota stunned the Big Ten Conference when they beat the top ten Penn State. The next week they lost to Iowa, ending their undefeated streak, but they still looked like a threat until they lost to Wisconsin, ending their playoff hopes during Rivalry Week.

Another team's play-

off hopes died during that week: the dynasty known as Alabama.

Alabama started off strong, going 9-0 until the stand out quarterback Tua Tagovailoa had to undergo two surgeries. One to his left ankle and one to his hip. His ankle injury happened during the Tennessee game. After he had safely recovered, two Mississippi linebackers chased him down and he injured his hip in the tackle. Alabama then had to play LSU two weeks after Tua's injury. LSU ended Alabama's winning streak, making their playoff story fuzzy. Then, in Rivalry Weekend, Alabama traveled to Jordan Hare Stadium to face their rival Auburn, who beat them when the Alabama kicker missed a field goal to tie the game and send it into overtime, crushing their playoff hopes. This is the first time Alabama will miss the playoffs since the playoff was created in 2014.

This season was the start for a new Ohio State coach, Ryan Day, who worked under Urban Myer as his offensive coordinator. Day lived up to the Ohio State standard by leading the team to their first undefeated season since 2012.

Playoff bracket this year includes four of the strongest teams

With the regular season coming to an end, it is now time to get ready for the playoff games. The teams this year were so strong that the committee really had to split hairs to figure out who would fall into what seed. It became less about a team's offensive and defensive rankings and more about their strength

of schedule and the eye test. The schools had to make sure that they looked good during games proving that they passed the eye test. In the end, though, LSU, Ohio State, Clemson, and Oklahoma will be playing for the championship.

LSU, the #1 seed, will be facing Oklahoma, the #4 seed, in the Peach Bowl. This year, the Peach Bowl will be held in New Orleans and LSU has never lost a game there. However, Oklahoma has an advantage with Jalen Hurts, who has played LSU three times while he was Alabama's quarterback and he won all three. He has also been to the playoffs and championship game multiple times. He knows what the environment is like and pressure to perform well.

However, I don't know if Hurts is quite ready for this LSU team and the environment their fans bring. LSU fans are crazy and they travel very well, meaning that they will fill out their side of the stands and scream till they can no more. LSU also has Burrow. He is a threat to any defense due to his throwing and running abilities. Oklahoma's defense has also been up and down this season, but they've showed up when it mattered most. I believe that LSU will win this game, but Oklahoma will keep it tight until after halftime.

Ohio State, the #2 seed, will have to take on Clemson, the #3 seed, in the Fiesta Bowl. Ohio State has been flawless this year under Coach Day. The only reason they didn't get the #1 slot was that their strength of

schedule wasn't as strong as LSU's.

However, this Clemson team is a real threat to Ohio State. Clemson's roster has playoff experience and they are ready to fight. Many people, including myself, have doubted Clemson's abilities this season. Quarterback Trevor Lawrence's total interceptions through the first three weeks of this season were the same for all of last year. People believed that Clemson's defense would remain strong since they didn't lose that many starters. But the UNC game highlighted Clemson's weak spots. This led many people to believe that Clemson wouldn't be back in the playoffs. Due to this amount of disrespect, I think Clemson is going to come out of the gate roaring and ready to take down Ohio State.

This season has been very eventful with many new teams making a playoff run. New hires, starters, and some surprising losses have kept fans on their heels.

**This is the first time Alabama will miss the playoffs since the playoffs were created in 2014.**

## ESSAY

# NFL 100 reminds us of what makes football the very best

By **JANTZEN FOCHT**  
Editor-in-Chief

In the history of America, there have been many things that have divided us over our storied history. Politics, religion, and other societal factors often come to mind when one thinks about what leads to infighting among Americans. Especially in today's day and age, where everyone seems to be constantly at odds with one another, it gets really old hearing about what is wrong in the world. However, there is one part of our amazing country that shows us what is right about the world we live in. In the past 100 years, one huge part of this amazing country has brought us together time after time. It's made us live for the thrill of victory, and hate the feeling of defeat. The greatest thing about this component of our nation? For about half the year, we get to watch this silly game, played on a 100-yard field with the greatest athletes in the world, every single Sunday. This is the hundredth anniversary of the NFL.

Prior to his death in 2005, Hunter S. Thompson, a historian of the past 50 years in America, said this about the National Football League: "We must have football. What would this country be without football in October?" To be honest, Thompson does have a point here; when was the last time football wasn't an integral part of our nation's history? Through times of war, peace, and everything in between, we as Americans have been so lucky to look forward to a new year of professional football every year, and for many Americans, including me, football represents much more than the game itself. It symbolizes the genera-

tions of families who pass down their love of their favorite team from parent to child, grandparent to parent, and so on.

For me, my love and obsession with the New York Giants was passed down from my great-grandfather to my dad, where they formed a great bond over the Giants, just like my dad did with me when I was growing up. And it's not just me: everyone has a story about how their love of their team came to fruition. Whether it be from generation to generation, or from a new interest in a team, the NFL is a common bonding activity between family members. It represents the tradition of rooting on your beloved squad every time the leaves start to turn.

The hundredth year of the NFL also represents the feeling of hope that comes along every year. For many fans, the NFL sparks this feeling that maybe one day, their team will be at the top of the mountain again, that their fanbase will be able to rejoice in triumph when their squad hoists the Lombardi trophy for the first time, or once again. Just like the Eagles, who after so long finally claimed the title of World Champions two years ago, or the Patriots, who seem to win it every year, the idea of being the best in the world is one that often provides a sense of optimism that is difficult to duplicate.

As a fan who has felt the feeling of victory when witnessing Super Bowl winning teams, and the crushing depression when my team is absolutely abysmal (like they are currently), next year will again provide a time of hope, where I can dream of a day when my team reaches the promised land again.

Lastly, the hundredth anniversary of the NFL reminds us of the great history of the game, and the players and people who

helped make this league the powerhouse it is today: players like Jerry Rice, Lawrence Taylor, Jim Brown, Walter Payton, and 'Broadway' Joe Namath, who all with their feats of greatness left their marks on the game that will never be forgotten. It's also the coaches like Lombardi, Landry, Walsh, and Belichick, who revolutionized the game of football with their strategic thinking and coaching, who are ever the more reason to cherish the great past and future of the NFL. In addition,

the biggest day of the year for the NFL, the Super Bowl, is essentially a national holiday on its own at this point, and every year reminds us of champions past.

Even with the controversies that surround the game today, such as questionable officiating and the issue of concussions, football will continue to be a part of American families' lives, and the history of this nation. It will continue to bond us together as friends, families, and, at its core, Americans.



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# ATHLETE OF THE MONTH QUESTIONNAIRE

By KENDALL LUMSDEN & BEN STROBER  
Staff Writers

## Boys Basketball



**Cole Allemong '21**  
Junior Cole Allemong has been working extra hard on his jump shot this offseason. As team captain, he plays hard at both ends of the court. He is a great example of a relentless athlete.

## Girls Basketball



**Olivia Martin '22**  
Sophomore Olivia Martin is not only a great and supportive teammate, she is also a 4.0 student. She is expected to have an outstanding varsity season.

## Boys Track



**Jaylon Bennett '20**  
Senior Jaylon Bennett has shown great growth and leadership throughout the first part of the season. He's shown the ability to be the top boy sprinter in the 55 meter dash.

## Girls Track



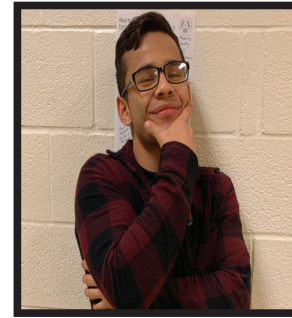
**Vaishnavi Iyer '21**  
Junior Vaishnavi Iyer has worked very hard in the off-season to improve her fitness. So far, she looks to be leaps and bounds ahead of where she was at this point last year.

## Swim and Dive



**Josh Rubin '20**  
As dive captain, senior Josh Rubin goes above and beyond to help everyone on the team. From barely being able to do a simple dive freshman year, Rubin has improved greatly throughout his four years.

## Wrestling



**Rodrigo Cornejo '20**  
Senior Rodrigo Cornejo is a straight-A senior co-captain looking to add to his 65 wins. He worked extremely hard in the off-season with the goal of being one of the top wrestlers across the state in his weight class.

### We asked these athletes the following questions...

	<b>Cole Allemong</b>	<b>Vaishnavi Iyer</b>	<b>Olivia Martin</b>	<b>Jaylon Bennett</b>	<b>Josh Rubin</b>	<b>Rodrigo Cornejo</b>
Who will win the Super Bowl this year?	<i>Steelers</i>	<i>Ravens</i>	<i>Eagles</i>	<i>Eagles</i>	<i>Patriots</i>	<i>Redskins...Lol</i>
What is your favorite cartoon of the 2000's?	<i>Spongebob</i>	<i>Ben 10</i>	<i>Tom And Jerry</i>	<i>Teen Titans</i>	<i>Dexter's Lab</i>	<i>Big Mouth</i>
Chick-fil-A or Popeyes' chicken sandwich?	<i>Chic-Fil-A because of the sauce</i>	<i>Chic-Fil-A</i>	<i>Chic-Fil-A</i>	<i>Chic-Fil-A</i>	<i>Chic-Fil-A</i>	<i>Chic-Fil-A without a doubt</i>
What are your goals for the new decade?	<i>Graduate high school and win a state championship</i>	<i>Get into college</i>	<i>Get good grades and do well in sports</i>	<i>Pass all my classes</i>	<i>Eat a vegetable</i>	<i>Win states</i>

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See Ms. Cooley-Klein in room 241 for more info