

THE PROWLER

Quince Orchard High School — 15800 Quince Orchard Road, Gaithersburg, MD 20878 —   @qohs_prowler

Montgomery County lifts mask mandate... right?

By JAY MOTIWALA
Editor-in-Chief

On October 28, the mask mandate for Montgomery County was immediately suspended, causing a combination of joy and apprehension to ripple across the county. But just as quickly as the mask mandate news reached the public, other conflicting pieces of news were presented as well, putting the suspension in jeopardy.

The county mask mandate began on August 5 of this year, when the Delta variant began its spread all over the United States. Fear of a new lockdown caused local governments to enforce this mandate in order to limit the spread of the new variant. Businesses and public buildings had signs plastered on them echoing the sentiments of Montgomery County.

This mandate continued on as normal for a little more than two months, until something changed. In the month of August, the transmission level for the coronavirus throughout the county was at “substantial,” and changed to “high” during September. However, on October 21, the transmission level fell to “moderate,” signifying hope to the community. (For context, the scale for Covid-19

transmission for the county starts with very low, low, moderate, substantial, and then high.) When the level decreased, talks and rumors swirled, with some theorizing that Montgomery County would end the mask mandate because of the change. Soon enough, those talks were confirmed.

A week later on October 28, the mask mandate for Montgomery County was officially suspended. The county breathed a sigh of relief, as life seemed to be going back to normal, like it had been pre-pandemic.

Until it wasn't. On October 30, it was announced that the indoor mask mandate would be back in effect starting November 3.

Montgomery County released a statement saying that “the County returned to substantial transmission of COVID-19,” thus the reinstatement of the mandate. Following a sharp social media outcry from people who claim they were misled, though, the county

yet again shifted course.

After what NBC Washington called a “weekend of confusion,” another change was made by Montgomery County. On November 2, the Montgomery County Council, acting as the Board of Health, unanimously voted to say that the mask mandate would only return if the county saw seven consecutive days of substantial or high coronavirus spread. This vote amended the mask mandate



THE MOCO SHOW

beforehand. (Substantial transmission in this county is defined as 50 to 99.99 new cases per 100,000 people.)

On top of the amendment, the council voted that once the county reached an 85% full vaccination rate for the total population, the mask mandate would not be just suspended, but eliminated altogether. The current vaccination rate for the county, according to Montgomery County website, is at 68.5%.

The days for substantial

transmission that were being monitored by the CDC and the county were November 2 - November 9. If the coronavirus spread was at the substantial level throughout all of those seven days, then the mask mandate would return.

However, that wouldn't be the case. On November 4, it was reported that Montgomery County went back into moderate transmission for COVID-19, breaking the substantial transmission streak. With the moderate transmission back in place, the indoor mask mandate was officially suspended for Montgomery County.

On the official Montgomery County website, it says that face coverings/masks must still be worn in any individual business or organization that requires masks, those in MCPS school buildings, and whilst using public transportation. The website was updated on November 9 to reflect the updated mask policy. After a strict policy and then a bizarre series of events, characterized as unnecessary by some, the indoor mask recommendation is finally not a requirement for most places for citizens in Montgomery County.

Shakeup in Virginia gubernatorial election *Summary of the gubernatorial and mayoral elections along the East Coast*

By HAILEY BAKER
Staff Writer

Virginia has historically been a swing state, but it has recently leaned Democrat. In the 2020 presidential election, President Joe Biden won Virginia by 10.11% of the votes over former president Donald Trump. Despite having numerous Republican governors in the past, Virginia has had a Democratic governor since former governor Terry McAuliffe won in 2014 and held office until 2018, when Democratic Governor Ralph Northam won and took office, as (Virginia governors are unable to serve consecutive terms, which is why McAuliffe didn't run again in 2018.)

In this most recent Virginia gubernatorial election, McAuliffe ran against Republican candidate Glenn Youngkin, hoping for a second non-consecutive term, and consistently led in the polls. According to FiveThirtyEight polls, McAuliffe had a 2.9-point lead just one week before the election.

Nevertheless, Republican candidate Youngkin won the gubernatorial election on November 2, with a mere 2% lead over McAuliffe.

Youngkin ran on a campaign

platform of anti-Critical Race Theory, lower taxes, and rollbacks on vaccine and mask mandates. McAuliffe, on the other hand, ran on a campaign platform of criminal justice reform, raising the minimum wage, enforcing CDC-recommended mask mandates in school buildings, and a plan to boost vaccination rates.

So what allowed Trump-backed Youngkin to win the state that had voted in favor of Trump's opponent, Joe Biden, less than a year prior?

Virginia actually has a historical pattern in off-year elections of electing governors from the opposite party of the sitting president, which McAuliffe defied when he won his first term in 2013, a year after former president Barack Obama won reelection.

McAuliffe, hoping to continue his luck with breaking the pattern and win a second non-consecutive term, tried to win by tying Youngkin to Trump, who had publicly supported him. However, this strategy backfired, as it failed to bring in the Democratic voters he needed to outweigh Youngkin's momentum, and a high number of independent voters decided in the Republican candidate's favor.

“Biden voters actually gave Youngkin the win,” Teagen Goddard, a former policy advisor to multiple political leaders, said in the Political Wire. “On average, in these polls, Youngkin got more than 7% of Biden voters, while McAuliffe only got 2% of Trump voters. Biden voters, not Trump voters, were decisive.”

While election night in Virginia was a loss for Democrats, it was a win for diversity. Republican Winsome Sears ran for Lieutenant Governor and won. In the Virginia commonwealth's 400-year legislative history, Sears will be the first woman and person of color to hold office. Sears, who was born in Jamaica, was the first Black

Republican woman to be elected to the Virginia General Assembly, and she is a Marine veteran and a former vice president of the Virginia Board of Education.

Election night was also historical for Boston, Massachusetts, which elected its first woman and Asian-American mayor, Michelle Wu, and in New York City, which elected its second African-American mayor, Eric Adams.

That same night, there was also major tension in New Jersey, as voters

determined whether Democratic Governor Phil Murphy would win a second term, or if Republican candidate Jack Ciattarelli would take over. The results were too close to call on election night, although Murphy was later declared the winner with a slim 2.9% vote lead over Ciattarelli.

Next year, Maryland will go through this same process, voting on November 8, 2022, to determine who our next governor will be. With Hogan being ineligible to run again, Democratic voters will fight to flip the office in their favor, and Republican voters will fight to stay in power.



Glenn Youngkin declares victory, posting on social media to thank his supporters.

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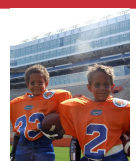
Get a look inside the college application process! **PAGES 6-7**



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Learn about the rise of the Barnes brothers **PAGE 9**



Kristin Barnes

What is the *quince* in Quince Orchard High School?

By **AVA GARZAN**
Staff Writer

Quince Orchard High School. Quince Orchard. Quince? Many long-time citizens of our community say this word numerous times as being part of our school name, though what truly is the meaning of the word quince? It is none other than the name of a fruit — hence the word “orchard.” This lumpy yellow cross between an apple and a pear, while relatively rare in our diets, has made its way into the name of our beloved high school.

Even though this may not be new information to many, this mysterious quince has seemingly remained questionable, the nature of it being quite arbitrary.

“I knew about the quince before, but I never thought about how it

relates to our school name,” said senior Erin Helgerman.

Even though the Gaithersburg area has been named Quince Orchard since 1885, according to The Baltimore Sun, it's a mystery whether this land used to actually be a quince farm.

Though this wouldn't be surprising, as in the United States, “quinces were common in the garden and in the kitchen from colonial days through the 19th century,” said Laura McCandlish from NPR. Nevertheless, their demand decreased as fruit that were easy to eat straight off the tree or bush became more widespread.

Although the quince is native to the Middle East, it is also popular with Korean and Spanish cuisines — its ability to thrive in different climates plays a role in that. Even now, they are relatively popular in the United States

as well, particularly the pineapple quince, which is grown predominantly in California.

Kimberly Baxter from Eat Delights, an informative organization for foods and diets, states, “[Quince] can be made into pies (both sweet and savory), jams, chutneys, compotes, etc, but they are typically used for baking

purposes.” It is edible raw, depending on the quince, but you can also indulge in some quince cheese.

The Great British Chefs emphasize that quince cheese “is a thick, sweet jelly made from quince.” Contrary to its name, the flavor of quince cheese is incredibly far from traditional cheese: it's rather sweet as it is “made from nothing but fruit and sugar.”

A multitude of people find it fascinating that our school is named after such a niche fruit, as that makes us more unique. Next time you find yourself at a Wegmans, the international market, or your local farmer's market, look around for a bizarrely shaped fruit smelling of pineapples and guava, to truly immerse yourself in the quince of Quince Orchard High School.



What to do with the tattoo: Europe's crackdown on color ink

By **MAX HANDELMAN**
Staff Writer

Whether it be with the bold look of black and gray realism or the colorful vibrancy of neo-traditional, more and more people are showing off unique tattoo styles as tattoos continue to become increasingly

popular among the general public—so popular that, in a survey conducted by Berlin-based think tank Dalia Research, about 38% of all worldwide respondents reported having at least one tattoo.

Tattoos have grown especially popular in Europe, with the same study finding that about half of all citizens living in Italy and Sweden have at least one tattoo. With tattoos becoming such a staple of today's pop culture, it's no surprise that the research into the effects of tattoos on skin has seen an increase as well; after several years of data collection, the European Union isn't pleased with what's been found.

Starting on January 4, 2022, the European Union will prohibit the use

of Pigment Green 7 and Pigment Blue 15:3, effectively banning any tattoo inks that contain them.

The decision came after a dossier known as Annex XV claimed that the potential health risks that come from being exposed to hazardous chemicals in inks used in tattoos weren't being “adequately controlled,” and therefore needed to be further addressed by the EU. Thus, until more research comes out surrounding the effects of pigments like Green 7 and Blue 15:3, the EU thought it best to remove them from use entirely. Needless to say, European color tattoo artists weren't partial to this decision.

“This is the work of an overzealous civil servant and will create chaos ... the people in charge don't know a

thing about tattooing, but are being influenced by all kinds of lobbyists when making their decisions,” said prestigious Dutch tattoo artist Henk Schiffmacher in an interview with DutchNews.nl.

Since these pigments make up 65% of all color inks available in Europe, the frustration felt by Schiffmacher and other European tattoo artists is warranted. But while the future of eye-catching color tattoos seems bleak, not all hope is lost for colorful skin art in Europe. The “Save The Pigments” movement has garnered international attention, and is a platform where tattoo artists and fans alike are protesting against the ban through social media activity and a petition to the EU.

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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 should take Journalism A & B with Ms. Cooley-Klein to qualify for the Newspaper Production class.

2021's climate summit

The deals and takeaways from the COP26

By **JAY MOTIWALA**
Editor-in-Chief

From October 31 through November 12, the COP26 took place in Glasgow, Scotland. COP (Conference of the Parties) was the 26th United Nations Climate Change Conference, meant for world leaders to come together and discuss how to limit the devastating effects of climate change.

The president of the climate summit, Britain's Alok Sharma, a cabinet minister, called the COP26 the Earth's “last best hope” to save the planet.

The almost-three-week event, filled with deliberation and discussion, created some legitimate compromises, while members also addressed shortcomings and created angst amongst delegates.

A near-unanimous consensus was reached that time was running out to prevent a rise in global temperatures, and emphasized the importance of taking action. The final agreement/package of the COP26 included many deals between individual countries. One big compromise was between the U.S and China.

The United States and China both

agreed to try to cut emissions during this decade, with China aiming to develop a plan to limit methane emissions. This brokerage was seen as surprising by other delegates, as the U.S and China are rivals.

Another big development was the emissions of methane in general, as more than 100 countries agreed to cut methane emissions by the end of the 2020's. This pledge was especially pushed by the Biden administration.

Delegates from over 100 countries, including the U.S, China, Russia and Brazil, vowed to end

the final agreement.

A decade ago, the world's wealthiest countries agreed to mobilize \$100 billion annually to poorer countries to assist with their climate change modifications; however, they've fallen short by billions of dollars. Smaller countries, including Indonesia and South Africa, claim they lack the economic resources to effectively limit climate change, and they are still calling on the richer countries to financially aid them.

A large setback in the final climate deal involved energy production by India and China. In earlier drafts, they pledged to initiate a “phase-out” plan for coal. However on the last day of negotiations, they changed their plan to “phase-down” their coal production, thus being seen by other countries as not doing enough to limit fossil fuel production.

Sharma issued an emotional apology, saying “I am deeply sorry” over the shortcomings of the final COP26 deal, although he did call the event “a successful COP26.”



deforestation by 2030.

These are just some of the important deals made throughout the COP26, yet there were some complications and disappointments of



VIEWPOINT

Chappelle's Netflix special hurts transgender people

By E. LEATH
Staff Writer

On Tuesday, October 5, Dave Chappelle released his comedy special, *Dave Chappelle: The Closer*, in which he talked about his past controversies and shared his thoughts on gender, sexuality, and race. During his special, Chappelle made homophobic and transphobic jokes and openly made fun of transgender women. Even after widespread backlash, Netflix said it would not take the special down. As a result, many employees participated in a virtual walkout on Wednesday, October 20 and wrote a letter of requests and suggestions to make Netflix a more inclusive company.

While Chappelle targeted several groups of people, a lot of the uproar over this special was about blatant transphobia. Chappelle told several stories about interactions he had with transgender women, whom he then proceeded to make fun of and misgender, and used their statements to defend his words.

When talking about his friend, Daphne Dorman, Chappelle said he accepted her because she didn't mention anything about pronouns or make him feel anxious about making mistakes. When a transphobic joke or question was thrown her way, Chappelle said Dorman replied back

with a witty response or a joke poking at her as a transgender woman. The comedian said that is how he thinks transgender people should approach his type of comedy. He said people should be less sensitive, even though the jokes are clearly built to hurt and target people.

Chappelle said he accepted Dorman because she was not offended by his jokes, but this attitude is not acceptable. Transgender people should not have to prove they can take a joke for their identities to be validated, and acceptance of who a person is should not be conditional to how they act.

Towards the end of his rant about gender, Chappelle talks about how J.K. Rowling was canceled for saying gender is a fact and how people called her a TERF (Trans-Exclusionary Radical Feminist).

TERF is not a slur, but their views are harmful nonetheless because they "deny the validity of transgender people and transgender identities," said Sarah McBride, national press secretary for the Human Rights Campaign. Saying gender is a 'fact' goes against the scientific research indicating that gender is not always tied to biology.

Almost inviting people to fight with him, Chappelle said, "I shouldn't speak on this because I am not a woman nor am I a trans, but as we've

established I am a feminist. I'm team TERF. I agree gender is a fact."

He claimed to not hate transgender people and then made comments like this, fully supporting the words and ideologies of well-known transphobes.

"Trans people have expressed outrage at both Chappelle and Netflix for amplifying overly transphobic and anti-scientific views about gender and trans identity," wrote Aja Romano, a culture staff writer for Vox.

In the original statement made by Netflix in response to the scrutiny around *The Closure*, co-CEO Ted Sarandos said that "as with our other talent, we work hard to support their creative freedom — even though this means there will always be content on Netflix some believe is harmful."

Netflix employees staged a walkout in response to this message, and trans activist Ashlee Marie Preston hosted a rally in solidarity with the Netflix workers. A group of employees that were part of the walkout formed The Trans Employee Resource Group and wrote a letter to Netflix listing things they want to be changed and how they want Netflix to remedy their grievances. They said Netflix should add a disclaimer before transphobic titles that specifically flag transphobic language, misogyny, homophobia, and hate speech.

When faced with criticism, Netflix

chose to stand behind Chappelle, and in doing so, Romano said they spread "dangerous rhetoric" that's been shown to directly impact the levels of anti-trans violence and societal prejudice.

While hearing multiple opinions and sides to arguments is important for people to learn and grow, there is a difference between simply having another opinion and being hateful. When someone who has a platform in the media puts out messages of hate towards a segment of the population, it makes others think it is acceptable. Letting this special air adds to the abuse and mistreatment of transgender people because it encourages people to act on their transphobic ideologies. In the future, Netflix should try to be aware of how their specials and other programs can impact different communities of people so something like this is not repeated.



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QO's after-school snack program canceled ... until it wasn't

By XAVIER SUGGS
Staff Writer

For years, QO has provided afterschool snacks to students who have extracurricular activities and to those who need them. These snacks were served in the lunchroom and were usually the same foods given to students during lunch. But from October 13 to November 1, the after-school snacks were temporarily discontinued.

The cancellation of afterschool snacks raised questions around the QO student athlete community, as afterschool snacks were very popular among them.

Senior Christian Woobay, a member of the varsity soccer team, spoke about the change.

"I don't know why they stopped it. I thought it was a good idea," Woobay said.

QO athletes relied on those snacks before practice. "They would look forward to going there and getting you know a quick snack and coming back," said Woobay.

After the snacks stopped being distributed, a lot of athletes had to change their pre-practice routine to compensate for the change. Woobay said he would "usually go across the street, try and get a little bit of snack [or] candy for a boost of energy."

Reasons for the cancellation have been floating around the school by students. Some students believe the disappearance of after-school snacks was due to the increase in school cafeteria-lunch participation. During lunch, it's common to see lunch lines extend to the foot of the green hallway. This is likely due to the fact that lunch for all students is free to compensate for some of the effects of COVID-19 on the economy. The



QO students clammer to get free lunch inside the cafeteria during 5th period.

school also reversed course on allowing all students off campus during lunch to only upperclassmen. The change was made due to a series of off-campus incidents. All of these changes have made school lunch a more attractive option for students.

Another possibility for the cancellation of after-school snacks is the hope to get students off campus sooner. This year there has been a huge emphasis placed on physical distancing. The aforementioned rule to permit all students being able to travel off campus is one example of the administration trying to distance students. The importance of getting students off campus is another

reaction to the COVID-19 crisis and the school trying to abide by social distancing requirements. The school may have wanted to give students without extracurricular activities less incentive to stay on campus.

Principal Beth Thomas explained the change in an interview with *The Prowler*. She said that the suspension of the after-school snack program wasn't due to a food shortage or lack of participation, but because of a staff shortage.

"We stopped it for a while because we were short-staffed," Thomas said. The decision was made due to a staffing crisis. "We had a staff member fall out, and... we had to get

central office support here," she added. The school was able to get a part-time employee to help out with the short staffing, but that was only temporary. "It's been continued now because we're fully staffed again," Thomas said.

On November 1, the school reversed course and continued the after-school snack program, which answered the questions students raised during the temporary cancellation. The change was never meant to be permanent and it seems like the after-school snack program is back to normal.

VIEWPOINT

Is Cougars Connect a strain or gain?

By MIA KAUFFMAN
Staff Writer

Every Thursday, the bell rings at 10:01 AM and students leave their third period classroom and crowd into the hall to make their way to their next class. Instead of heading to their fourth period, however, they make their way to their homeroom class for Cougars Connect.

Introduced during the depths of e-learning, Cougars Connect is a designated time where teachers present slideshows on topics such as mental health, racism, and healthy coping techniques.

While all of the topics are valid and important, we have to look at the full picture. Is a slideshow presentation an effective way to get these important messages across to students, or is there a better use of those valuable 35 minutes?

Cougars Connect in its current form was created with the intention of alleviating students' stress. Last year, slideshows were shown over Zoom in homeroom classes that were arranged to educate students on healthy coping skills in regards to mental health.

When everyone came back to the building this year, Cougars Connect continued in person. Assuming a normal schedule, every Thursday between third and fourth period, 35 minutes are allocated for teachers to present the slideshows created by the Cougars Connect committee. However, I personally feel its impact may be doing the opposite of its intended purpose.

Like many students, junior Zachary Weil believes that "Cougars Connect should be used as a study hall," and that students could "use that time to catch up on their work." Students would be given the opportunity to meet with teachers, work on homework, and catch up on assignments rather than watching their teachers present a slideshow that isn't necessarily beneficial or includes new information.

Weil notes that "if it's used as a study hall, people will be less stressed." In the long run, a study hall in replacement of a Cougars Connect period would have the same intended purpose. If administration gives students a free period every week to take a breath and get up to date on work, students' stress levels will most

likely decrease.

At Thomas Wootton High School, there is an advisory period incorporated in the schedule every day. "I get a lot more work done when in a school environment," Wootton junior Danielle Land explains, going further that "the time makes a big difference." Land is able to complete a lot of her work during advisory so she has a lot "more free time after school." While this is not exactly what I'm proposing, it is apparent that a study hall is beneficial to students.

This idea has become more visibly necessary, especially as the quarter came to an end. Between balancing extracurriculars, classwork, homework, and studying, it seems like there is never enough time to get everything done. Lunch may seem long, but it is only a mere 40 minutes. Realistically, you can only visit one teacher during lunch; two if you're extra lucky. And then when do you eat lunch?

While Cougars Connect is only once a week, junior Tess Isaacson believes that "it would make a difference."

"Cougars connect teaches us how to cope with stress," Isaacson says,

"giving us time to do our work would actually reduce stress."

The study hall could also act as another time for students to visit their teachers. So instead of only being able to go to one teacher a day for extra help during lunch, you could go for an additional one after being marked as present in your homeroom class.

In conclusion, the student population of QO has made it abundantly clear that they would rather use the time in Cougars Connect to do work. Yes, the messages within the presentations are extremely important to note, but at the same time, there has to be a better way to communicate these messages to students while providing students with a study hall each week.

"If it's used as a study hall, people will be less stressed."

-Zach Weil



“Rumour Has It” that Adele drops her new album 30 today

By MADISON SHERMAN
Staff Writer

Grammy Award-winner Adele is making a comeback by releasing her first new track since her album 25, which debuted six years ago.

The real question is, how has Adele spent the past six years? Adele opted for a

quiet life and has barely been seen out and about. However, she has had several spotlight moments. In January 2020, the singer celebrated the New Year in the Caribbean with Harry Styles and James Corden. In May 2020 for her 32nd birthday, she displayed her significant weight loss. And on October 20, 2020, Adele hosted Saturday Night Live and claimed that her album would be dropped closer to 2021, implying fans would have to wait.

At long last, the wait is over. The album 30 will be released today, November 19, and despite her brief absence in the music industry, fans are thrilled to have her back and see her creating music.

More recently, Adele has come out of the shadows to release her new single “Easy on Me” on October 15, which is the first song on the album.

Many QO students have listened to the song already and hold mixed feelings. Junior Brennan Smith claims the song is “very Adele.” He went further to explain that “very Adele”

meant the song was “simple, easy, and clean. She hits every note, and it’s easy to study and listen to.”

Other QO students seem to think otherwise. Although senior Katie Dunda thinks “Easy On Me” “isn’t her best song,” she believes that “it’s a good gateway to her album.” Regardless, Dunda is “very excited for it [the album]” and exclaims she has “high hopes.”

In the mid-2010s, countless students grew up listening to Adele. Songs such as “Someone Like You” (2011) and “Rolling in the Deep” (2011), both found in the album 21, remain classic songs to sing to in the car, shower, or wherever you are. Junior Grace Oristan’s favorite Adele songs are other classics like “All I Ask” (2015) and “Make You Feel My Love” (2018).

Several QO students share a special bond to Adele’s songs and their childhood. Junior Chase Pantezzi is eager for the album’s release, as Adele was one of his “favorite artists” when he was a child. Pantezzi explains that the experience of relating Adele’s previous songs to her new album feels “nostalgic.”

Each of Adele’s albums are named after the age she was when she wrote them. Meaning, in this album, Adele was 30 when she wrote these songs. Nevertheless, age wasn’t the only factor in significance. Adele told British Vogue “when I was 30, my entire life fell apart and I had no warning of it.”

Not only has Adele’s music connected with people emotionally, but her music also portrays real-life struggles that a vast array of audience members can empathize with. According to Adele, her new album possesses a deeper, more sentimental meaning regarding her divorce from Simon Konecki and her relationship with her 9-year-old son, Angelo. Almost three years after her divorce in 2019, Adele now has the courage to share her side of the story. Adele informs fans that this new album is a way to communicate with Angelo about the struggles in their family.

Therefore, fans believe the wait for another album release was worthwhile because while Adele has

found herself as an artist, her fans are rooting for her and know her journey to true happiness is just as important to them as it is to her.

“If the new album is a divorce album, it’s a different kind of divorce album.”

-Adele Adkins



WIKIMEDIA COMMONS

Return of the Red Army Generals

A look back on past and present female leaders

By MADILYN RUBERY
Editor-in-Chief

After almost two years of quarantine and online learning, Quince Orchard has finally opened its doors not only for classes, but for fall sports as well, marking the return of the school’s Red Army Generals.

Known for their immense school spirit and painted faces, their presence alone is a definition for school spirit. But for the past few decades, it was typical for the generals to be composed of primarily white male students. This changed during the 2018-2019 school year.

With the arrival of Principal Beth Thomas back in 2018, the tradition of ‘passing down’ the helmets was finally broken. All students were now given the chance to pursue the role by way of application. Despite these newly implemented opportunities, former senior Caroline Gilligan ‘19 initially had no intention of running for general, stating, “They asked if I wanted to be a general, [and] even though I said I didn’t want to before, I thought to myself, ‘Why not?’”

Before she even obtained the position, Gilligan received backlash, primarily from her male peers. “There was a lot of talk surrounding it, like, that you must be extremely loud and only males could be loud enough.” A girl General was a foreign concept to many at the time. After officially being elected as a general, Gilligan took on the position fully.

Gilligan also described the string

of threats she had gotten due to her taking upon the position, saying she was “scared, of course, but [happy] I had enough confidence and support to ignore them and do what was right, because all I wanted to do was to cheer on all the Cougar teams and bring the QO community together.”

It didn’t take long for Gilligan to prove that you don’t have to be a boy in order to declare your school spirit. Lily Stewart ‘20 became the second ever girl General; unfortunately, her year was cut short due to extraneous factors.

Current senior and Red Army General Rachel Swartz credits Caroline Gilligan for inspiring her to become a general, stating that she has “always been a big supporter of school spirit and [thought] it would be a fun experience.”

The difference in experiences between Gilligan and Swartz can only be described as immense given the mere three years separating the two. “Nobody criticized me for being a Red Army General, and I’m grateful for the inclusiveness the male generals have offered.” Swartz stated.

Committing to the position of General is a huge time consumer, taking hours from weekdays and weekends. Despite the backlash and negativity, Gilligan was still able to provide her support and be there as much as humanly possible for her school. “I was dancing 30-40 hours a week at the time. There wasn’t enough time in the week to do everything I wanted to, but Jose and Carlos, who were also Red Army Generals, helped

me follow through with my ideas by going to the other sporting events in our school that I couldn’t attend.”

Even after COVID-19 disrupted our ability to congregate at our favorite events, having representatives who truly care about their school and all its peers is vital. This image is strikingly portrayed through both Gilligan and Swartz, both persevering through hardship while maintaining the persona needed.

Reflecting back on her final year at QO, Gilligan adds, “A Red Army General should try to be a good, all-around, uplifting example for everyone in the community, not a mean-spirited person who excluded those they didn’t want. QO is a fun, diverse place.”

“Whoever gets the crowd excited for sports games should be able to be a Red Army general.”

- Rachel Swartz



COURTESY OF RACHEL SWARTZ

Get Accepted, Not Rejected

Tips and tools on how to navigate the college process

By REESE OWENS
Staff Writer

It's our favorite time of the year, college app season! The stress of Naviance, college applications, deadlines, ACTs, writing a unique essay, and so much more can be very overwhelming for seniors.

Being part of the largest county in Maryland can be intimidating for some, but the amount of useful resources our schools have provided will help ease the stress of the college process.

According to *GoingIvy*, some experts recommend looking at colleges starting around the 6th grade, but in reality the majority of high school seniors still don't know what they want to do or where they want to go.

This should be your first step in the process: what you plan on studying and where you would want to go. This will help narrow down your choices. Would you want to stay close to home? About 64% of UMD students are state residents. Do you want to major in English or STEM? All of these decisions can have us students feeling irresolute, but a vital tool in discovering your interests is Naviance.

Naviance is a college and career readiness program that counselors, staff members, and students use here at Quince Orchard. Naviance includes unique tools such as "college compare," "acceptance history," "supermatch college search," and a program of scatterplots to see where you fall within acceptance of specific colleges based on your stats. Using these resources can give you a more realistic idea of your safety, target and reach schools.

Once you identify those, it's time to apply! Over 900 college institutions request their students submit their applications on CommonApp and over 5.6 million students have done so in the past 5 years.

Syncing basic information about you, your family, your grades, etc. is simple; the stress comes with the CommonApp and supplemental essays some colleges ask for. Speaking with a college counselor, a teacher, counselor or parent can aid you in your writing process. It is essential you make your writing about you and your contributions; what does the rest of your application not tell the admissions counselor that your essay will?

Another aspect of your application is your test scores. Now that many colleges are test-optional, some stress has been alleviated from anxious students. While, if your scores are proficient enough, they can make your application more competitive, if you aren't confident in your score, don't feel the pressure to submit them. Plus, every school is different. If you get a 28 on the ACT and the average at Towson is 20-25, you should submit your scores. However, if you're looking at UNC and the average is a 33, your scores will not boost your application. This is not something to be discouraged by, as standardized testing is becoming less and less relevant as a representative measure of a student's intelligence.

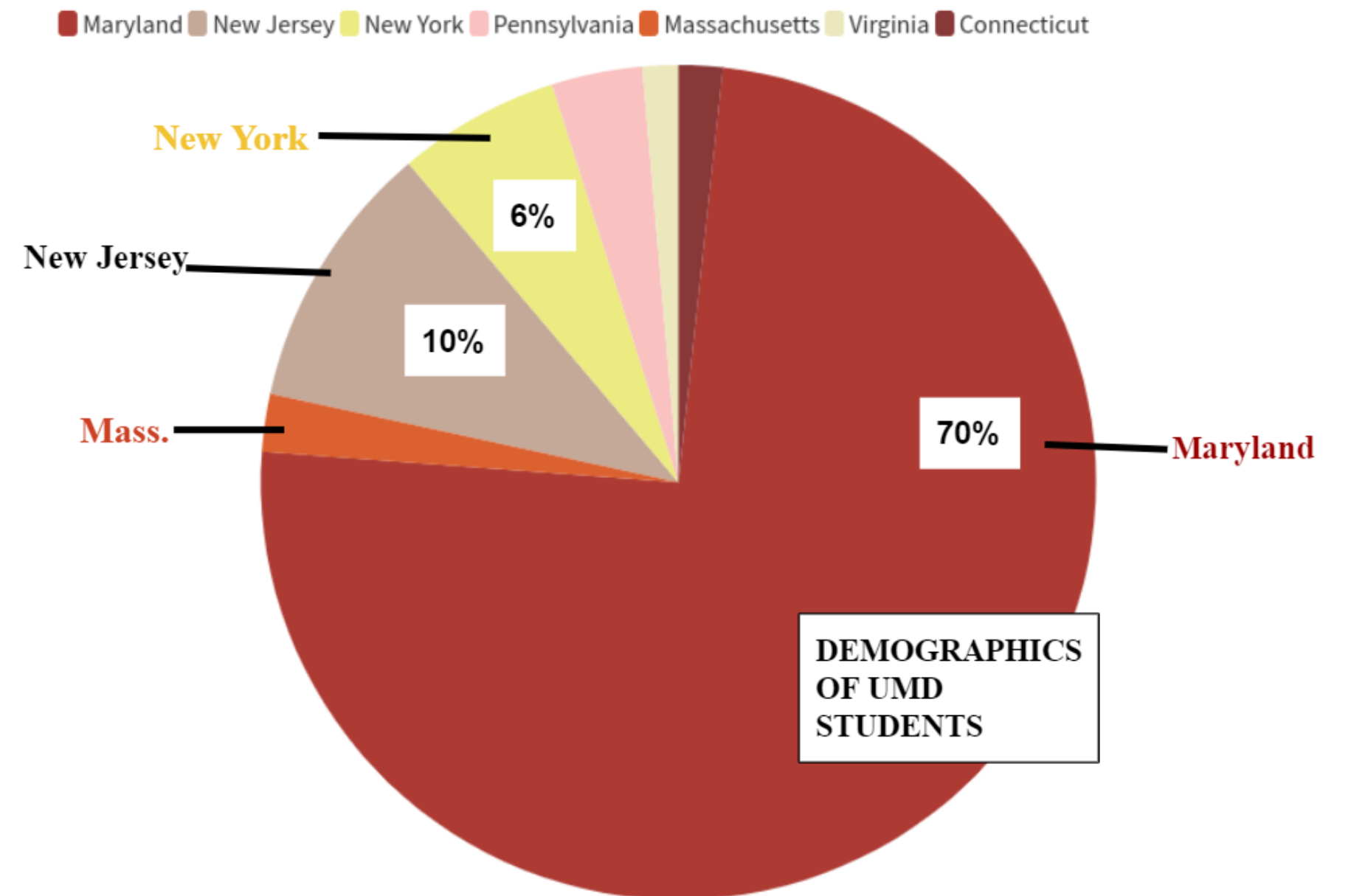
With lots of application deadlines steadily rolling by, here are some definitions of the types of application deadlines.

Early decision is a binding agreement, meaning you can apply to only one school under this admission plan; applicants who go early decision know for certain that this is their top choice because you must enroll if you are accepted. Most of these deadlines tend to be much earlier in the year.

Early action is different from early decision in the sense that early action is non-binding; it allows students to gain admission to one or more schools earlier than regular decision applicants.

Lastly, regular decision applicants (the most common among students), would receive an admissions decision no later than April, with until May 1 to make a decision.

Although the college process can be taxing on students' mental health, there are approximately 4 million other students going through the same thing. Reach out to your counselor for help!



Common App in Maryland

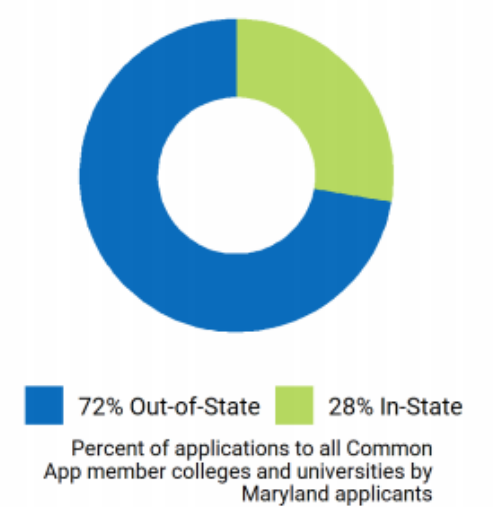
2020-2021

203,229 Applications submitted

33,010 Unique applicants

876 Unique colleges and universities applied to (out of 919)

Destination of Applications



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My Favorites

COLLEGES
I'm thinking about

COLLEGES
I'm applying to

COURSES
I'm thinking about

CAREERS AND CLUSTERS
I'm thinking about



Minority Scholars Program lifts POC student voices

By SAM SMITH
Staff Writer

The students all around Montgomery County come from all corners of the world, making it one of the most diverse counties in the state. A county with such diversity needs a safe space for these students because even though there is a lot of diversity in Montgomery County. This is where the Minority Scholars Program comes in, meant to be a safe place for students of color to share their true feelings about their experiences on a daily basis.

The Minority Scholars Program was founded at Walter Johnson High School in Montgomery County, Maryland in order to address the lack of minority representation in challenging classes.

However, the Minority Scholars Program has transformed itself into so much more than that over the timespan it has been around. The Minority Scholars Program (also known as MSP) has branched out to over 22 high schools and 25 middle schools, which is profound growth from its 2005 starting point.

However, I have not chosen to talk about the broad aspect of MSP, but rather hone in on its local branch, here at Quince Orchard High School.

I had the pleasure of interviewing the President of the Minority Scholars Program, Senior Amina Cedeno, to see what she envisions MSP to be.

"I want MSP to not only be a safe space for students of color at Quince Orchard, but also a distinctive, reputable program that is here to

uplift our community," Cedeno passionately said.

It is clear to see that the Minority Scholars Program welcomes all to join to create a stronger community focused on building up one another. Inclusivity seems to be a major talking point when it comes to the Minority Scholars Program.

Some may think it is exclusive to minorities only; however, according to the words of QO's chapter president, the Minority Scholars Program is made to build up the entire community, not just certain sections.

Another message MSP reiterates is equality and the necessity for all students to start off on equal ground. The education system over generations has been known to hold back and oppress students of color; however, over recent times MSP has focused on reversing this historical oppression.

The original purpose of the Minority Scholars program was to get more students of color into more advanced classes, thus creating new opportunities. Opportunity has never been an idea thrust upon minority communities, but Cedeno wishes to change this generalization for Quince Orchard students.

"We are seeing more and more students of color challenging themselves in advanced classes, not letting their socio-economic status define their abilities, and a variety of other accomplishments," she said.

There are clear implications that the Minority Scholars Program has aided in minority students taking AP

courses showing how Minority Scholars have possibly contributed to the mindsets of these young men and women.

Overall, students of color have used the Minority Scholars Program as a self-esteem boost to go do whatever they set their minds to, whether it be trying out for a sports team or succeeding in a challenging course.

It has also proved to be a place where minority students can express their thoughts on the current education system while holding meaningful discussion on how to improve it to match the needs of students of color. However the most important part of MSP is how it has become a home for everybody and it is continuously growing as days go by.



COURTESY OF @MSPSCHOLARS

An inside look at Cougar Minds Matter

By FIONA FEINGOLD
Senior Staff Writer

Last Wednesday, students and faculty alike made their way outside during lunch to greet a welcome distraction from the end-of-quarter craziness that had accompanied the week before: therapy dogs. Dogs of all shapes and sizes gathered around the front of school, eagerly awaiting students.

The dogs arrived courtesy of Cougar Minds Matter (CMM). CMM is QO's chapter of Our Minds Matter (OMM), a non-profit that promotes mental health awareness and teenage suicide prevention. OMM is primarily based in the DC metro area and partners with MCPS as well as FCPS to emphasize the importance of student mental health. Although the majority of OMM chapters are located in the DMV, there are 97 chapters all over the country.

The primary mission of CMM is to end the stigma surrounding mental health. "The stigma is a barrier for why people don't get support...If they were getting that support, they could feel better quicker rather than sitting there and suffering in silence," school psychologist and CMM co-sponsor Jeanne McCormack said.

CMM is a relatively new addition to QO's list of student organizations. In 2019, MCPS started partnering with OMM and piloted the program at QO due to

QO's previous success with a mental health awareness club. This made CMM the first OMM chapter located in MCPS. Even though the chapter is only two years old, CMM has a strong presence at QO and was featured on Great Day Washington earlier this year.

Junior Chase Pantezzi, CMM's president, joined the chapter at its founding. "[My friend] and I went to the first Cougar Minds Matter meeting and...I really liked the environment," Pantezzi said. "At first, I wasn't sure about it, so I can understand why people would be apprehensive...[but] once I started going to more and more meetings, I really realized how much it was helping me and other people."

Despite the chapter only being a year old at the start of the 2020 school year, CMM easily transitioned to a virtual format. The chapter held Zoom meetings every other week while school was online.

Junior Arabella Parello, one of

"Once I started going to more and more meetings, I really realized how much it was helping me and other people."

- Chase Pantezzi

CMM's vice-presidents, explained that the online meetings allowed many students to feel more comfortable talking about their mental health. "It was definitely easier...as a member to share your feelings over Zoom," Parello said.

So, what do meetings look like now that school is back in person? They begin with an opening connection activity, which is "like a mental health warmup," according to Pantezzi. Chapter officers then present a slideshow related to the meeting's topic and lead a student discussion. Past meeting topics have included coping skills, ways to practice self-care, and maintaining healthy body image.

Although CMM meetings often involve students being vulnerable about their mental health, the chapter wants prospective members to understand that they are not equipped to handle serious mental health issues or crises. Students dealing with more complex mental health struggles should consult trusted adults.

"It's great to have a social network like your friends and talking to them about how you're feeling, but also identifying adults who you can talk to. And maybe it's a teacher, or



Freshman Delaney Parker (left) and senior Rachel Swartz seeing the therapy dogs at lunch.

maybe it's a parent...or a coach, or your counselor, or religious leader," McCormack said.

Students interested in joining CMM should follow CMM on Instagram (@cougar.minds.matter) and text @cougarmm22 to 81010 to join the Remind.



Transphobia on Broadway is a Jagged Little Pill to swallow

By HAYLEY ASAI & HAILEY BAKER
Staff Writers

Jagged Little Pill is a jukebox musical with all of the music by Alanis Morissette, inspired by her 1995 album of the same name. The musical, covering a vast number of issues from opioid addiction and trauma to racial identity, is viewed by the New York Times as “the most woke musical since *Hair*.”

“I’m proud of the ‘woke’ designation,” said the writer of the show, Diablo Cody. “I would rather have that than ‘the most tone-deaf, stuffy musical.’ When people say, ‘Wow, there are a lot of issues in the show,’ I say, ‘Thank you. Yes, there are. There are also a lot of issues in our lives.’”

Still, the musical might not be as “woke” as people perceive.

When *Jagged Little Pill* was announced for an off-Broadway run, it received a flood of positive remarks from fans of both Broadway and Alanis Morissette. The initial social media post was full of fans calling it a “must-see” and revealing their excitement. One review by the *New York Stage Review* even called it “*Next to Normal* meets *American Idiot*.”

The show opened at the Loeb Drama Center within the American Respiratory Theater in Cambridge, Massachusetts, and ran from May to July 2018, before coming to Broadway

in January 2019. Actress Lauren Patten originated the role of Jo Taylor in Cambridge, and is still currently playing the role on Broadway. Originally, in the Cambridge run of the show, Jo was a non-binary character, which was largely celebrated by audiences. This changed, though, when the show came to Broadway, and references to the character being non-binary vanished.

Patten, a cisgender actress, shifted from referring to Jo on social media with “they/them” pronouns to “she/her” pronouns, and when discussing the show, the producers insisted that the character had never been written or developed to be non-binary in the first place.

The show was moved to Broadway, initially slated to open during late spring of 2020. Then, on March 12, 2020, the lights of *Jagged Little Pill* and Broadway were shut down indefinitely due to the pandemic.

The pandemic brought an increased social awareness of injustice to many, including Broadway. On April 22, 2021, hundreds of people gathered in New York City for a march on Broadway, demanding greater industry inclusion and diversity. Many shows were criticized for their problematic elements, and *Jagged Little Pill* was no exception.

About a week prior to the march on Broadway, the showrunners of *Jagged Little Pill* issued the first

statement regarding the status of Jo’s character and her origins as non-binary. The statement was posted on the show’s Instagram and cited a podcast about responsible storytelling in theatre. *Jagged Little Pill* encouraged viewers to watch their “discussion about the intricate workings of the creative process of working with experts to bring Jo’s gender expression journey to the stage.”

However, the most notable part of the statement read: “Jo wasn’t written as non-binary.” This caused outrage among fans as they accused the show of gaslighting and blowing smoke.

In the following September, the show released a second statement. The statement says that instead of denying the fact that Jo was written to be non-binary, they should have focused on “an open discussion about nuance and gender spectrum.” The statement closed with a list of actions to remedy their issues including hiring a new team which included more trans people, focusing on hiring trans actors, training sessions on transphobia, and partnerships with the Trevor Project and Trans Lifeline.

Back in October 2020, the Tony Awards announced their nominations. Patten was nominated along with two of her fellow cast members. At the time, there was little debate about whether or not she deserved of the nomination, since the issues about trans and non-binary representation had not yet come to the public’s

attention. And the Tony Awards ceremony continued to be delayed as the cloud of COVID uncertainty hung over the theatre industry.

In late August, the Tony Awards were announced for September 26, 2021. By then, the issue of Jo’s gender had come to light, and as the days led up to the Tony Awards, conflict surrounding Patten’s nomination only grew, with some speculating that they had erased Jo’s non-binary identity so that the role would be eligible for one of the awards based on binary gender categories.

Patten ended up winning her award. During her acceptance speech, Patten, thanked her “trans and non-binary friends and colleagues.” However, many considered her speech to be performative or a publicity stunt to make the show look better.

Following the Tony Awards, many loyal fans withdrew their support from the show, the second statement and Patten’s acceptance speech serving as the last straw.

While Patten still holds her role on Broadway, *Jagged Little Pill* has announced an actor that uses they/them pronouns for the role of Jo in the upcoming Australia production.

Whether or not *Jagged Little Pill* is sincere about implementing the changes they committed to remains to be seen. Still, fans of Broadway and *Jagged Little Pill* remain hopeful that the show will choose to follow through and take a step in the right direction.

REVIEW

Should you watch *You*?

If you like suburban parents pretending to be righteous, then this show is for you! (spoilers)

By GRACE GNAMO
Staff Writer

“But real evil has to be dealt with, and you don’t do that by letting it live to take good people down,” a thought that Joe Goldberg constantly used to justify his terrible actions.

The third season of the popular American thriller series, *You*, takes place in a made-up suburban city called Madre Linda in California. We see how main characters, Joe Goldberg and Love Quinn-Goldberg, struggle as first-time parents with their newborn son Henry.

Towards the middle of the first episode, Joe starts to create a relationship with his neighbor and city realtor, Natalie Engler, and ends up kissing her. Love, Joe’s wife, finds out about their relationship and murders Natalie in the basement of the bakery Natalie had just sold to her.

Throughout the first five episodes, the couple struggle to hide Natalie’s murder and the other crimes Love commits impulsively. Joe starts a new job at the local library and starts to obsess over his boss, Marianne Bellamy. As Joe begins to fall more in love with Marianne and sees Love’s true nature, he begins to fall out of

love with Love.

As always, Joe shows his love for his new obsession by hurting, sometimes murdering, those he finds unnecessary in Marianne’s life. At the end of the season, Love lures Marianne in, preparing to murder her, when Marianne’s daughter unintentionally saves her mother. The last couple minutes end with many surprises, as the couple use their tactics to end each other.

After watching all three seasons, I would definitely say that season three was the best. I really enjoyed watching the flashbacks and understanding how and why Joe was constantly trying to save the women in his life. In the past two seasons, I saw a couple flashbacks and found out that his mother was in an abusive relationship. In this season, it was revealed that Joe had been abandoned by his mother, causing me to sympathize with him and understand where his erratic behaviors were coming from.

His lovely wife, Love, had this redemption arc in the second season where it was shown how she had a

toxic relationship with her parents and was forced to be a mother to her now-deceased twin brother, Forty Quinn. Due to this, it was really apparent that all she wanted was to have a family she never had in the first place. Ironically, she didn’t stay true to her vows, as she was also cheating on her husband with the boy next door.

I will say, I found Love to be extremely irritating and found it very difficult to support her numerous killings. The writers did an excellent job by incorporating obnoxious and fake social media influencers as well. We were introduced to characters such as Sherry Conway, her husband Cary Conway, and the people in their friend group. In

addition, the show included topics such as anti-vaccination and living in the world post COVID-19.

While I don’t have many negative comments, I will say I am a little worried for the next season. The narrative where Joe falls in love with some woman and does anything for her is starting to become a little

repetitive. I will give credit to the writers and say I am glad they had the couple get married and have their child. Before the season came out, many were excited and questioning how the child would be incorporated into the show.

I also despised Love’s mother, Dottie Quinn. She was recently divorced from Love’s father and still mourning her son’s death. Right in the first couple minutes in the first episode, she is calling her daughter’s son “Forty.” I felt like her story was really unnecessary and brought nothing to the show. All I saw was a divorcee trying to fill a void by using her grandson to create the same weird relationship she had with her son. While she did expose her daughter’s intentions to Joe, it all could’ve been done over the phone. Dottie Quinn was not necessary in seven out of ten episodes.

Overall, I give this show a 8/10. I really loved the aesthetics. The decor and all the small details put into the houses really made it homey. I enjoyed the fashion as well. Love’s and Marianne’s outfits were my favorite as they really represented the characters and their personalities. If you would like to watch season three of *You*, it is only available on Netflix.





The Las Vegas Raiders

Where everything has gone wrong yet the team is still winning

By ADAM GOTKIN
Editor-in-Chief

For an NFL team with 53 active roster players, 16 practice squad players, and 19 coaches, you'd expect some small football-related scandals to pop up throughout a season. But no one could expect what the Las Vegas Raiders have had to deal with over the past month.

It all started last month, on October 8 at 8:09 pm, when Andrew Beaton, a writer for the Wall Street Journal, published an article titled "Jon Gruden Used Racial Trope to Describe NFLPA Chief DeMaurice Smith in 2011 Email." This article led to an NFL statement saying the email was "appalling, abhorrent, and wholly contrary to the NFL's values."

This initial email, though, was just the start. While it did lead to minor outrage and some calls for Gruden to resign, there wasn't enough to cause change. So Gruden led his team into Sunday, where the Raiders would play and lose to the Chicago Bears, one of the worst teams in the league.

After the loss, Gruden issued a statement: "All I can say is that I'm not a racist," Gruden said. "I apologize for the insensitive remarks. I had no racial intentions with those remarks at all..."

I'm not like that at all. I apologize but I don't want to keep addressing it."

Gruden had no choice the next day, however, after a New York Times article was released which included more emails of Gruden using misogynistic, homophobic and racist language. These emails, sent over several years to Bruce Allen, the former team president of the then-Washington Redskins, left no other option for Gruden than to address the media with a statement of resignation.

The Jon Gruden emails shocked the NFL world as Gruden became just the fifth NFL coach to resign mid-season, leaving Special Teams Coordinator Rich Bisaccia in charge. Bisaccia, an NFL veteran in his 20th year of coaching, would have to heal a fractured locker room while adjusting to becoming a head coach for the first time in his life.

Raiders fans hoped that with Gruden gone and replaced by Bisaccia—a man known for his relationships with players as interim head coach—the team could focus on football and potentially fight for a playoff berth in one of the best divisions in the league. But the Gruden story was just the start.

A few weeks later, after two wins

in Basaccia's first two games, news started to break that the team's star receiver and 2020 first-round pick Henry Ruggs was involved in a serious car accident. Ruggs, while driving his green 2020 Chevrolet Corvette at 3:39 AM, struck another car at 156 MPH and killed a 23-year-old woman, Tina O. Tinter, and her dog.

Ruggs was driving with a blood-alcohol level of 0.161%, twice the legal limit in the state of Nevada. Las Vegas Justice of the Peace Joe M. Bonaventure mentioned in his initial review that he had never heard of a crash with a vehicle traveling this fast in his 16 years on the bench.

This tragedy resulted in the Raiders releasing Ruggs later that night. The NFL Players Association has contracted with rideshare services since 2013 to prevent tragedies like this. Yet Ruggs decided to drive, a decision that ended his career.

So, in the span of less than a month, the Raiders had lost their head coach and number one receiver. That had to be all, right? Sadly, it wasn't.

Over the weekend of November 6-7, the team's other 2020 first-round pick, Cornerback Damon Arnette, was the subject of a leaked video in which he brandished a gun and threatened to kill someone. Arnette was then

released from the team the following Monday.

Raiders General Manager Mike Mayock commented on the Arnette situation: "We spent significant time, effort and resources trying to help him in all aspects of his life... We cannot stand for the video of Damon with a gun, threatening to take a life." With all of this — the loss of a Head Coach, number one receiver, then one of the team's highest potential cornerbacks — the Raiders have somehow continued to win. The team sits at 5-4, with a true chance to make the playoffs or even win their division.

"Things happen in y'all's lives, and y'all still professional and do a great job. Same thing with us. We can't let that affect us, no matter what it is."
- Hunter Renfrow

The Barnes Brothers: Football and Family

By SAMMY KRIMSTEIN
Staff Writer

Brothers Ryan and Bryce Barnes hadn't even entered kindergarten when they stepped onto the football field for the first time. Now, the Barnes brothers are both football phenoms.

Ryan, a 2021 QO graduate, is a college freshman, playing Division-I football at the University of Notre Dame. Bryce, who's just 15 months younger than Ryan, is a senior at QO, and a star defensive back for this year's Quince Orchard football team, with multiple offers to play Division-I football himself.

Although Bryce is slightly younger than Ryan, he would usually play up in age on Ryan's teams when they were younger. With Ryan and Bryce on the field, the rest of the family also found a way to become involved in games. Their father, Dennis, and older brother, Christopher, would help coach their teams. Their mom, Kristin, would take pictures on the sidelines, with their younger sister Jalynn (now a freshman volleyball player for QO) also encouraging them from the sidelines as a mini-cheerleader.

Looking back, Kristin cherishes the close bonds the family developed through football.

"To watch your kids have relationships with each other and create memories within themselves," she said. "That's pretty special."

Dennis made highlight tapes of some of the best plays from Ryan and Bryce's early football years, providing priceless memories for the two of them.

"Every year, there would be one play where we both were in on the same tackle," Ryan remembers. "It was just us two, and we'd always called it the 'Barnes Bros Crunch,' which I always thought was funny."

Playing together as kids, healthy



Ryan Barnes now, at the University of Notre Dame



Bryce Barnes now, at the Cougar Dome for a QO game

competition became a huge key to the success of the Barnes brothers. Outperforming each other would always be an incentive to improve their game.

"I would always want to be lifting more weights than him or doing better on the field," Bryce said. "It was always like a good motivation and competition thing."

Through the years, a constant for Ryan and Bryce has been the love and support from their parents.

"They both support us no matter what, it really doesn't matter what we're doing," Ryan said, "whether that's through school, extracurricular activities, sports, learning how to do new things, they're always there to support us."

As football became a priority in their lives, Dennis and Kristin always wanted to ensure that their kids were grounded.

"Football is what you do," she told them. "It's not who you are."

The Barnes parents have also helped both Ryan and Bryce navigate the intricacies of the college recruiting process. By the end of his junior year of high school, and within a span of five months, Ryan had received more than thirty D-I offers, ultimately committing to play at Notre Dame.

me grow as a person individually."

Although they're not in the same household anymore, the football support system that Ryan and Bryce built over the years is still very much alive. They still talk on the phone frequently, and Ryan watches Bryce's highlights when he has time. From the time they were just kids, their commitment to each other as brothers, and to the game of football has helped them succeed.

"When you commit to something, you commit to it fully," Kristin said. "That's what you do...If you have a goal, go for it, just go. Like you have a dream, go for it."

And that's exactly what Ryan and Bryce did. Like many high school and collegiate football players, they have long had the goal of competing at the highest level. When asked where he wants to be in five years, Ryan had a very clear goal in mind.

"I see myself playing in one of the greatest sports the world has ever seen," he said.

Only time will tell if the Barnes brothers achieve their goal of reaching the NFL, but many of the goals they have worked for are already being realized. A few months ago, Ryan had his first home game at Notre Dame, a moment he had long awaited. Leaving right after Bryce's QO game (where he had the game-saving tackle) the Barnes family drove through the night, arriving at the game just in time to see Ryan run out of the tunnel at Notre Dame for the first time.

"I'm not gonna lie, I cried when Ryan came out on that field," Kristin said. "I was like, 'Oh my gosh, this is happening.'"

Seeing Ryan at Notre Dame, got Bryce thinking about his own future as a D-I player, wherever it may be.

"It was cool seeing his dreams coming true," he said. "And it also showed me this could be me next year."



Braves shock the world, win it all in 2021

By Jake Zaiderman
Senior Staff Writer

"Swanson to first, and the Braves are World Champions!" With that, the 2021 MLB came to an end, with the Atlanta Braves at the top of the mountain.

The Braves won their fourth world championship overall and their first since 1995. Their win means that every team in the National League East division, excluding the New York Mets, has won the World Series the new millennium.

Atlanta had a rocky road of a season, to say the least. They were projected to finish second in the division behind the Mets before the season started, according to MLB.com. But the Braves didn't have a winning record until August 6, and lost their best player Ronald Acuña Jr. to a torn ACL on July 10.

Braves ownership, along with General Manager Alex Anthopoulos, didn't see this as a sign to wave the white flag. They rebuilt their whole outfield at the trade deadline with the acquisitions of Jorge Soler, Adam Duvall, Eddie Rosario, and Joc Pederson.

The Braves went on a rampage over the second half of the season, finishing with 88-73 overall, which was good for first in the NL East after the Mets' abysmal collapse.

NLDS

Atlanta was matched up with the NL Central champions Milwaukee Brewers in a best-of-5 National League Division Series. The Brewers took the first game by the score 2-1, but then it was all Atlanta. They won the next 3 games, 2 of them via shutout, with a combined score of 11-4. Freddie Freeman had the signature moment of the series, in the bottom of the eighth inning in game four, with a home run off of

All-Star closer Josh Hader to send the Braves to the NLCS.

NLCS

The Braves were up against the Los Angeles Dodgers in the National League Championship Series. The Dodgers were a formidable opponent, coming off a franchise record 106-win season and defeated the division-winning, 107-win San Francisco Giants in the NLDS in five games. The Dodgers went all in at the trade deadline, getting starting pitcher and future hall-of-famer Max Scherzer and All-Star shortstop Trea Turner from the Washington Nationals to round out their all-star lineup.

The Braves took the first two games, 3-2 and 5-4 respectively. The two split games 3 and 4, leaving Atlanta with a commanding 3-1 lead to replicate last year's NLCS, the only question being: can they finish the job this time?

Game 5 gave us a matchup of the Braves' young ace Max Fried and a bullpen game for the Dodgers, starting with Joe Kelly. Atlanta jumped on Kelly early with a 2-run homer off the bat of Freddie Freeman before Kelly exited early from injury. However, after that, the Braves would only manage three more hits over eight innings. The Dodgers bats broke out of their slump by putting up a 11-run, 17-hit performance behind Chris Taylor and AJ Pollock, combining for 5 home runs and 10 RBI's. Fried was tagged with eight hits and five runs over 4.2 innings of work.

Atlanta fans could feel a repeat of last year happening again, but knew they could end the series at home with a win.

The Dodgers gambled by starting Walker Buehler on short rest while Atlanta turned to young star Ian Anderson, who has a sub 2.00 playoff ERA.

The Braves struck first with back-to-back doubles from Ozzie

Albies and Austin Riley to take a 1-0 lead. In the top of the fourth inning, Cody Bellinger was up with runners on first and second and two outs. Bellinger hit a dribbler that beat the shift to the left side of the infield that scored Trea Turner and advanced Will Smith to third.

The Dodgers jumped out of the dugout with momentum on their side. But that would change quickly with Eddie Rosario coming up to the plate. Rosario had been the hottest hitter on the planet during the series, batting over .550, 2 homers, and 6 RBI's. With 2 on, Eddie hit a ball over the right field 16-foot wall for a 3-run shot. Atlanta went crazy, both the players and the fans.

The Dodgers would add a run in the top of the seventh, but it wouldn't be enough as Atlanta advanced to their first World Series since 1999.

"When we got the last out, I said, 'We're going to the World Series, I can't believe it,'" Anthopoulos said to MLB.com reporter Mark Bowman.

World Series

Their opponent would be the Houston Astros, baseball's biggest villains. Houston was caught in the biggest cheating scandal in baseball history back in 2017, when they led an advanced sign-stealing scheme that guided them to their first and only World championship in franchise history.

In addition, the Astros had a relatively easy path to the World Series. They defeated the Chicago White Sox 3-1 in the ALDS and the Boston Red Sox 3-2 in the ALCS. Their lineup was nasty and highlighted by ALCS MVP Yordan Álvarez, Jose Altuve, Carlos Correa, and Alex Bregman. Their starting pitching, on the other hand, was their biggest weakness. This would be evident throughout the series.

The series started out in Houston with a bang. The first batter of the game was Jorge Soler, who slammed the third pitch of the game into the

left center seats for a solo shot and a 1-0 Braves lead. They would add another in the inning on an Austin Riley double that scored Ozzie Albies and three more by the end of the third for a 5-0 lead. The game would end in a 6-2 win and 1-0 series lead for Atlanta.

The Astros' bats came alive in game two, when they put up five runs in the first two innings for a 5-1 lead. Altuve would blow it open in the seventh with a solo bomb that made the final score 7-2. The series was now tied going back to Atlanta.

The Braves knew they had to capitalize at home for three games, and they did in a big way: they took both games 3 and 4 by the scores of 2-0 and 3-2. They held a 3-1 series lead for the second time this postseason and had a chance to win a championship in front of their fans after game 5.

The city of Atlanta could feel a celebration after the Braves put up 4 in the first after an Adam Duvall grand slam, but the Astros didn't back down. They scored 4 of their own to make the game 5-4 Atlanta after three innings. But the Braves kept fighting, putting up 3 in the fifth and 1 in the seventh and eighth for a final score of 9-5.

The series was guaranteed to end in Houston, but the Braves wanted to leave after game 6. Jorge Soler came through again, launching a ball out of the stadium in the top of the third for a 3-0 lead. Dansby Swanson added a 2-run shot of his own for a 5-0 Braves cushion. Freddie Freeman couldn't be left out as he added the dagger with a solo shot in the seventh to make it 7-0. Will Smith closed the game and Atlanta was celebrating a championship.

Jorge Soler was named World Series MVP and Freddie Freeman had his long-awaited ring. The question now is: how good can these Braves be when they get Ronald Acuña Jr. back?

An inside look at Quince Orchard's off-campus sports

By Jake Revzan
Staff Writer

Chances are when you think about Quince Orchard athletics, football and basketball come to mind. These teams strictly practice and play on campus, which leads to a lot of attention from the school and fans. But, there is a whole other world of QO athletic programs that get overlooked by many and are not as widely known. While we don't ever see them on campus, our swim & dive and golf teams have a lot of accomplishments. And their routines are drastically different from the on-campus sports teams, for better or worse.

For starters, swim and dive practices are not at QO, but rather at the Germantown Swim Center. This means around a 20-minute drive from home for the swimmers, and practices take place Monday and Wednesday mornings from 5:00 to 6:00 AM.

Swimming is the only sport that has morning practices, and it can be challenging to balance academics and practice at the same time. Cole Greenberg, a senior captain, has been with the team all four years of high school. "It's mostly up to you how much sleep you get the night before. Morning practices do increase drowsiness, but not to the point where it would detriment academics," Greenberg says.

The swim & dive team does not get anywhere near the same recognition as on-campus sports. There is no Red Army, no loudly cheering students, no pep rallies, and little to no advertising around the school. "The majority, if not all, of our spectators, are parents," says Greenberg.

There just isn't that same energy coming from the stands. And since swimming is an individual sport and not a team sport, this can have a huge impact on the swimmer's mind. As a result, the swimmers have become friends outside of the

team and heavily rely on each other to find that energy and motivation. "The team typically has dinners together before games where we bond. I believe this helps us to feel more united. Knowing our teammates have our back is definitely helpful for performing," Greenberg says.

As an individual sport, swimmers' and divers' teammates are an extremely important factor in how well they perform.

The same story goes for the golf team. There is far less known about this team and, unlike the bigger sports, they tend to have very small crowds at their matches. "With students having to travel a minimum of 20 minutes to get to matches, it's hard to get big crowds," senior Corey Minkoff, 4-year player, and captain says. Like swim and dive, golf is an individual sport, so the mental aspect of the game has a huge impact on player performance.

The team's practices take place about 20 minutes away from the

school and there is no consistent schedule. "A typical day of practice differs weekly. Practice is mainly based on when courses have openings, but they tend to start around 3 PM and end at 6 PM," says Minkoff.

In addition to having varying practice schedules, playoffs are completely unique to the sport as well. This year, Minkoff and senior Grace Oristian advanced and represented QO at the state finals. This took place during the school day at the University of Maryland golf course. "States is always such a fun experience. It is also challenging because we are missing up to two full days of school," Corey says.

Time management is a big part of golf, and finding a balance between academics and the team could pose challenges to some team members. An extracurricular sport's schedule interfering with the school day is not typical, but with an off-campus sport like golf, this comes into play.

Men's college basketball is back

By JULIA DIETRICH
Contributing Writer

College basketball is finally underway with its 2021-2022 season. Over 700 games have been played so far in just ten days since the season started on November ninth, and there have been some major developments.

The first of the main storylines going into the season is that the winningest coach in Division I men's college basketball history, Hall of Famer Mike Krzyzewski, will retire after this season. In his 41 seasons at Duke to date, Krzyzewski has gone to the Final Four 12 times and won the national title five of those times.

"I hope it never hits me until it's over that I won't be able to do that again. But right now, that hasn't hit me. If it does, then I won't be as good, I don't think," Krzyzewski said in a Sporting News article.

If Krzyzewski is able to redeem the Blue Devils after one of their worst seasons since 1995 — when they last missed the NCAA tournament — last season and bring his team to the Final Four for one last time, he would break the record for the he most trips to the Final Four, a record he is currently tied with former UCLA head coach John Wooden for.

Krzyzewski's replacement, Jon Scheyer, has already started to take the reins. Scheyer has taken over recruiting players for his first season as head coach and appears to be handling the job well. He has already managed to collect three five-star recruits.

The other main storyline heading into the season is centered around the Gonzaga Bulldogs. The Bulldogs were seventeen points short of an undefeated season and a national championship. The overall #1 seed lost in the title round of the Final Four to overall #2 seed Baylor. After losing Jalen Suggs and Corey Kispert to the



NBA draft and gaining a potential draft pick in freshman Paolo Banchero, the Gonzaga Bulldogs are looking to keep the Baylor Bears from becoming the first back-to-back NCAA tournament champions since the University of Florida won the tournament in 2006 and 2007. They are likely to succeed. Gonzaga is strongly favored to be the 2022 NCAA tournament champions, while most predictions have Baylor failing to make it to the Final Four.

However, upsets happen and underdogs can rise to unimaginable feats, as the University of Virginia has experienced once again. The only #1 seed to lose to a #16 seed during the NCAA tournament, the 25th-ranked Cavaliers lost to the unranked Navy Midshipmen. In doing so, Virginia gave the Midshipmen their first win against a ranked team since the 1980s and became the only ranked team to

lose to an unranked team on opening night.

"I believe this will help us and we'll grow going forward with it," Virginia's head coach Tony Bennett said in a Virginia Sports article. "But [Navy revealed] some weaknesses we have that we'll keep going to work on."

While the Cavaliers were not successful in their first game, many coaches making their debut were. Twelve coaches debuted in either their first game as a head coach or first game as a head coach at a new school, and came home 1-0. Most notably, the #5 Texas Longhorns' new head coach Chris Beard was able to defeat the Houston Baptists 92-48 and #18 North Carolina Tar Heels's new coach Hubert Davis was able to defeat Loyola (Maryland) 83-67.

The opening week and a half of the college basketball season was eventful, but we have even more to

look forward to. Tomorrow will start off the second week of tournaments or MTE's, which will include many of the highly anticipated tournaments of the early season. The Air Force Reserve Hall of Fame Tip-Off will occur from November 20-21 in Connecticut, which will be the first time three out of the four ranked teams will play a ranked opponent. The Good Sam Empire Classic will be happening on November 22-23 and will pit #1 Gonzaga against #2 UCLA in the second round. Finally, the Bad Boy Mowers Battle 4 Atlantis tournament will occur from November 24-26 and will test many highly-ranked teams' changes to the rosters during the off-season.

No matter what happens in the next week, college basketball is back and it promises to provide an interesting few months.



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