

50

WAYS

TO TELL A STORY

YEARBOOKBESTIES.COM

50 WAYS TO TELL A STORY

What **STORIES** do you want / need to tell?

(note: a story is not the same as a "topic")

What **INFORMATION** can you get?

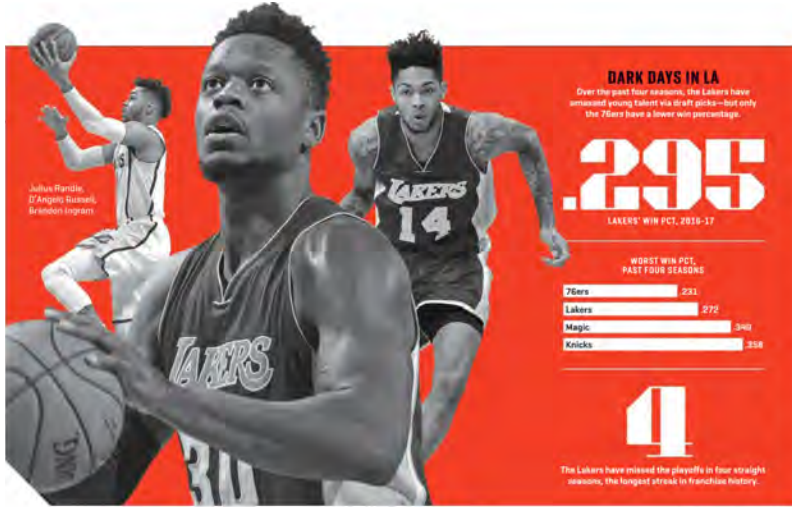
Do you have good **CANDID PHOTOS?**

(Even if the yearbook staff didn't get pictures, is it possible that someone took some with their own cameras or on their phone? Will they share?)

ALL stories are made better with great candid photos.

Can we incorporate **STUDENT VOICES?**

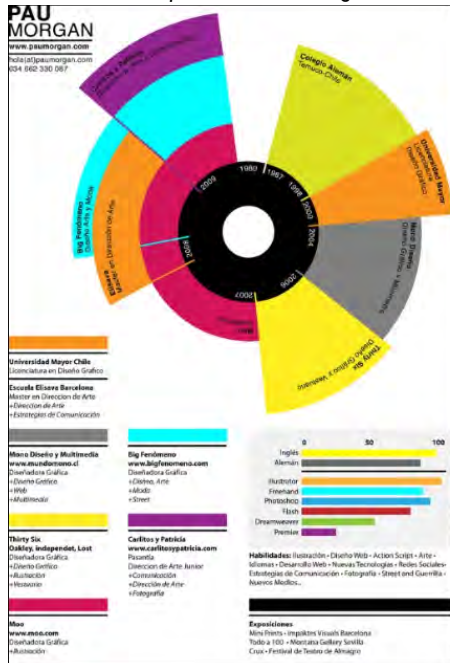
GET INSPIRED



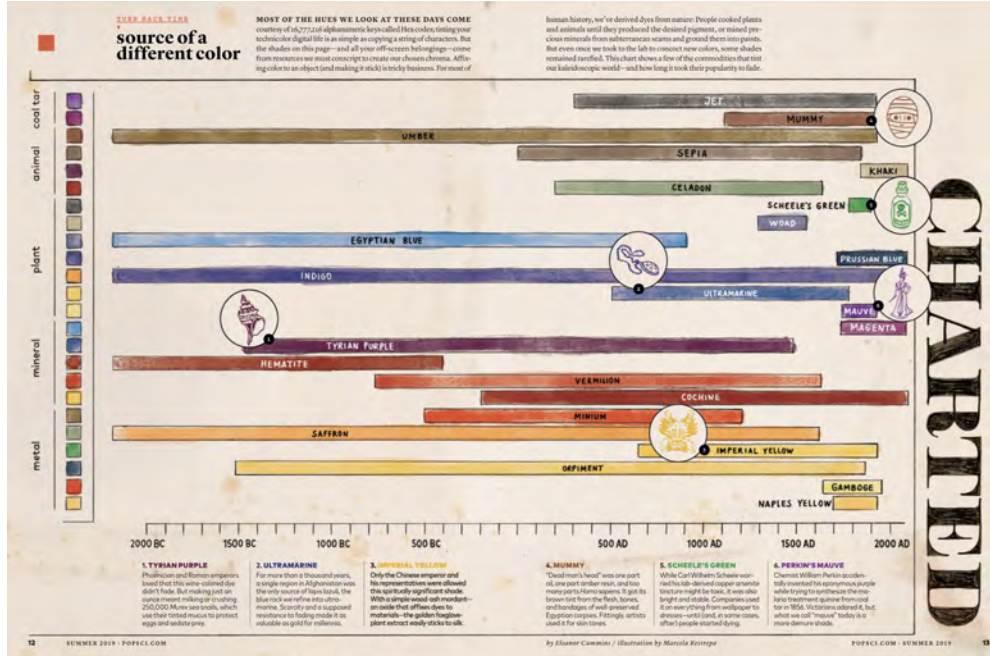
Behance 2017

GET INSPIRED

Online portfolio – Pau Morgan -- 2014



Popular Science 2019



How About Those Guns on Mackie?

Want arms like the guy on our cover? Fitness director Ebenezer Samuel, C.S.C.S., suggests adding the resistance-band hammer curl to your routine.

Stand on a medium-weight resistance band, grasping its ends (a). Tighten your core and squeeze your glutes. Keeping your palms facing your torso, curl the band upward (b); stop once your elbows start shifting forward, and squeeze your biceps. Slowly return to the start. That's 1 rep; do 3 sets of 10 to 12 every other day.

EB SAYS: Squeeze your glutes as you curl. Yes, really. Doing so will prevent you from cheating by rocking your hips.



Men's Health July/August, 2019



CLIO Awards website - 2014

COLLECTIONS BY THE NUMBERS

DAVID IDING HAS **336** PAIRS OF SHOES

SIXTY PAIRS OF ADIDAS ADIZERO ADIOS SHOES, THE MOST OF ANY MODEL

COLLECTED SINCE **2009**

CHRISTY NIELSEN HAS **231** PAIRS OF SHOES

FOUR UPS drop-offs per week

1,000+ MILES ON A PAIR OF NIKE PEGASUSES

COLLECTED SINCE **2013**

Runners World 2019

WHERE TO GET IT

- RB Digital
- Ads of the World
- graphic designer portfolios
- Behance.net
- Pinterest
- Magazines
- The world around you (be ready!)
- issuu.com

50 WAYS TO TELL A STORY

1. 5Ws (*who, what, when, where, why*)
2. Advice
3. Autobiography
4. Before, During, After
5. Behind the _____
6. Breakdown
7. By the Numbers
8. Calendar
9. Chart
10. Compare / Contrast
11. Dos and Don'ts
12. Fact box
13. Favorites
14. Fill in the Blank
15. Glossary
16. Graph
17. He Said / She said
18. How to
19. Infographic
20. Illustration
21. List
22. Mad Libs
23. Map
24. Matching
25. Minute by Minute
26. Multiple Perspectives
27. Photo Diary
28. Polls
29. Profile
30. Pros and Cons
31. Q & A
32. Quiz
33. Quotes
34. Rating
35. Recipe
36. Roundtable
37. Scale
38. Schedule
39. Social Media Post
40. Stats
41. Stem Completion
42. Step by Step
43. This or That
44. Timeline
45. Top 10 (*or 5 or 7....*)
46. Transcript of Conversation
47. Who Knows Best
48. Word Association
49. Expectation vs. Reality
50. A to Z

What to do when...

You want to cover what the community thinks.

You want to include lots of voices.

Your story revolves around numbers.

The plain facts are actually interesting.

- 5Ws
- By the Numbers
- Fact Box
- Favorites
- List
- Poll
- Stats



spike it to china

Senior Maya Harvey experiences a change in her beach volleyball career by competing in an international competition in Janjing, China

by Aaya Jhaveri

who

"I went with one other girl and two male teams from across the country. I got to partner with Meg Kraft while I was there."

when

"We went in mid-July, where we stayed for a week and a half."

what

"The thing I enjoyed most was feeling eyes from all around the world on me center court when we won our first game in 116 degree heat."

how

"It was an indescribable experience. What I know for sure is that it changed my life forever, and it made me look at my sport in a whole new way. It's not just a sport anymore, but a cultural experience that I wouldn't trade for the world."

why

"I went to represent USA at the U19 Beach Volleyball World Championships. My partner and I were initially the qualifier team, but we battled our way into the main draw and finished in the top 10."

01 5Ws

Redondo Union HS 2019

02 ADVICE

McLean HS 2019



- 1. GO ON LONG RUNS.**
"Long runs are typically 45 minutes to an hour at a fairly easy pace."
- 2. MAKE SURE TO STRETCH.**
"For stretching, do hamstring, quadriceps, and shin stretches before you run."
- 3. STICK WITH YOUR WORKOUTS.**
- 4. DO NOT EAT SPICY FOODS BEFORE YOU RUN.** "If you eat spicy food you'll get an insane heart burn and may throw up. I ate Chipotle once before a race—bad idea."

junior Isaac Conyers gives advice on how to become faster as a runner

COOL RUNNINGS





BREAKING POINTE

Junior Savanna Hunter shares the challenges and opportunities she's experienced as a dancer.

"I started dancing at twelve and started training seriously in ballet at fourteen. Last summer, after performing with Ballet West at the Kennedy Center, I was invited to audition for the Ballet West summer program in Salt Lake City, Utah. I got into the program and then flew out for a month to train with the Ballet West Company, students and faculty members at the University of Utah. It was intensive; I trained for 8-9 hours a day in ballet, contemporary and pointe. We learned new variations every week and learned a piece called Pas de Quatre in our Repertoire class. During one of our rehearsals we learned a solo from

Sleeping Beauty, and our instructor was Alison DeBonds, a soloist with the company and one of my favorite dancers.

ONE DAY, I WAS DANCING BY MYSELF AND WAS DOING REALLY WELL UNTIL A SEQUENCE OF TURNS, WHEN I FELL FLAT ON MY FACE IN FRONT OF HER. I WAS EXTREMELY EMBARRASSED BUT ALISON CONGRATULATED ME AND TOLD ME THAT IT WAS BETTER TO GO FOR IT AND FALL ON MY FACE THAN TO BE TIMID, AND THEN SHE APPLAUDED ME.

I got to take pictures with all of my teachers. It was really cool to be learning from dance "celebrities." They were very down-to-earth about being famous and they told us their stories and let us ask questions. We had an hour every week

called "Dancer Hour" where the company would invite a professional to come and talk to us. They gave us advice and told funny stories about their dance careers. Even though it was only supposed to last an hour, Dance Hour normally ended up being 2-3 hours.

On the weekends when we had free time we would use the "taxi" which is the metro, and go to the zoo or the mall. One weekend, we went to the Great Salt Lake. It was disgusting. There were brine flies everywhere, the water was rocky and when you got out of the water, you looked like a powdered doughnut. On the way back from the lake we were so tired and hungry that we made the bus driver stop at Wendy's so we could get water bottles and ice cream.

While I was in Utah, I made new friends from all over the country and we still talk and share pictures all the time. The other girl in the picture is Lina DeBianco, she's twelve and goes to my studio. We had a ton of fun rehearsing together.

Even though I've been dancing for a while I get nervous all the time, but more for auditions than performances. When I go on stage I'm more excited rather than anxious. It was an incredible opportunity for me. I loved the location, Atmosphere and the people I shared it with. I'm super excited to be going back this summer, for two months this TIME!" Hunter said.

04

BEFORE, DURING & AFTER



2

what makes it

robotic

Building a robot for competition requires a great deal of preparation and hard work, as told by senior Logan Hayes by Maddie Brandon

before

Before anything else, the team must offer and propose ideas of what they can create based on the rules of the competition. Then the team creates "specific prototypes for different mechanisms." Once the robot plans are decided, the team uses CAD to virtually build the robot. "We're improving, we're editing, we're innovating different parts of the robot, trying to figure out what's best," Hayes said. The renovations, test runs, and building programs continue on for a few weeks until the team gets to the point of final touches. The robot is completed around the time of the competition season and they get ready to compete.

during

Going into competitions, the team is full of team spirit and high energy. "We go blue and orange, those are our team colors. We got tutus, face paint, nail polish, the whole shebang," Hayes said. Along with energy, competitions are filled with analyzing other teams, observing a variety of robots, and creating new strategies. "It's not like you are sitting around watching, doing the same thing every competition, you are engaged, everyone is into the matches, and it's an active experience," Hayes said.

after

The robot would be packed up for the next competition, hopefully leading up to compete at worlds. The team celebrates and discusses what could be improved about their invention.

04

BEFORE, DURING & AFTER

WE KNOW PLAY-DOH

AP Biology students use play-doh as a model in their lab to further understand what they're learning



BEFORE: "Usually I read the book and prepare myself for what we are going to be doing in class for the lab," Izzy Neves (12) said.



DURING: "We had to document the lab through a video on our iPads where we made a stop motion film," Emma Hall (12) said.



AFTER: "The lab was to deepen our understanding of cellular respiration and help us review or our test a few days after," Zoe Lowe (12) said.

Longmont HS 2019

BUT **WAIT**, THERE'S MORE TO THIS **NAME**

STAGECRAFT SHARES THEIR INSIDE JOKES BEHIND THEIR FUNNY NICKNAMES FOR EACH OTHER.

STORY BY **MARLENE DURAN** PHOTOS BY **HANNAH WYING**

ANDREA QUEVEDO (10)



STAGE NAME: **HAMMER**
POSITION: SENIOR CREW
ORIGIN:

The stagecraft room offers multiple tools to students, however what is not offered is an axe. **Andrea Quevedo (10)** figured that a hammer was the closest object to an axe because they are both capable of destroying items. She soon became attached to a specific hammer that she labeled as her own, and eventually her stagecraft nickname became 'Hammer.'

ARIANNA FERNANDEZ (11)



STAGE NAME: **SQUID**
POSITION: SENIOR CREW
ORIGIN:

Last year, **Ariana Fernandez (11)** began calling alumni Desirae Picoena 'Chicken,' and as a response, Fernandez was given the nickname 'Squid.' The nickname 'Squid' quickly spread from a stagecraft nickname to an identity wildly known around campus. She introduces herself as her stagecraft nickname which became 'Squid'.

05

BEHIND THE _____

06

BREAKDOWN

Chantilly HS 2019

BOW "Our is white in order to match our purple and white uniform."

UNIFORM Our uniform is a leotard with the Chargers logo on the bottom of the skirt. Chantilly is bedazzled across the chest. The bottom of the uniform is actually a skirt, with a skirt in the front and shorts in the back.



SIGN "I am holding a sign with the word purple to lead the crowd. When we put up the sign the crowd is prompted to say the word they see."

MAKE-UP "Everyone on the team pretty much does their makeup together. I did my eye makeup with a naked two palette. It's just natural tan colors with stila liquid eye glitter on my eyelids. I am wearing a light pink lipgloss with red lipstick on top of the lip gloss."

READY TO
Scarlet Feliz Carrasco explains what she wears

TUMBLE



What to do when...

The story is about things.
You want to take a closer look at the details.
The story has an untold/insider angle.

- Behind the _____
- Breakdown



RUN FOR L
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 tion for Suicide
 Resettlement
 into a care

07

MAKING THE minutes COUNT

COVERAGE BY TIMELINE

AVERAGE NUMBER OF TICKETS SOLD FOR THE HOMECOMING FOOTBALL GAME: **2,750**

2 PRINCIPALS GUARDING THE PARKING LOT DURING LUNCH

493 STEPS FROM "AFRICA" (BACK PARKING LOT) TO SCHOOL

TOTAL INCHES OF RAIN FROM AUGUST TO DECEMBER: **32.2**

62 SNACKS IN NEWSPAPER'S SNACK CABINET

THE DAYS ARE LONG, BUT THE YEAR IS SHORT.

BY THE NUMBERS

MAKING THE MINUTES COUNT DIVIDER
 SPREAD BY ELYCE RICHARDSON AND VALERIE WU

009

07

Rock Canyon HS 2019

BY THE NUMBERS

CAN'T STOP WON'T STOP

VARSITY VOLLEYBALL STUNNING
STATS FOR THE 2019/2020 SEASON

146
BLOCKS



The varsity volleyball team gained a total of 146 total blocks including a total of 80 solo blocks. "Blocking is vital to volleyball because it challenges the attackers and helps defense," Outside Hitter, Larysa Myers '19, said.

829
KILLS



Throughout the regular season, Varsity offense gained 829 points off of kills. "The most successful way to get kills is to remain aggressive but smart. It was very beneficial to incorporate different types of shots," Outside Hitter, Sophia Sobota '20 said.

764
ASSISTS



The varsity team had three setters on the team including Abi Leitner '19, Lauren Evans '19, and Hannah Kim '21. The team gained a total of 764 assists. "We've had success gaining so many assists because of our fast offense," Leitner '19 said.

904
DIGS



The jags racked a total of 904 digs this season. "This year, our defense has improved a ton. We focused a lot in practice on defensive positioning and staying reactive, which puts us above a lot of teams in our league," Libero, Alex Leitner '19 said.

1254
PASSES



The team has received a total of 1254 playable serve receive balls. Casidee Gonzales '19 has contributed to this with her position being a defensive specialist.

08

CALENDAR

Rock Canyon HS 2019

AUGUST MEMES AND MEETING NEW PEERS

"I made the senior pants because it's a tradition I've been looking forward to since freshman year," Isabella Henley '19 said. "It's fun to show your school spirit wearing the pants and being a little goofy with your friends."

The Back to School Dance Aug. 17 kicked off the fall season. "It was pretty fun," Lexi Puglia '22 said. "It was very crowded and sweaty but I had a good time. My friends and I all got separated all the time, which was kind of scary. But it was overall a great experience because I love to dance."

The Instagram meme page, @relatable_rc started to gain popularity. Students sent in memes about the school. "I heard a bunch of complaints on many things about the school," the creator of the account said. "I thought I could channel these complaints in a humorous way."

SEPTEMBER DANCES AND DRAMA

The class of '22 experienced Homecoming for the first time this fall. "It was my first dance at high school," Luke Miller '22 said. "I went with a group of friends which was a lot of fun, but I liked the decorations and the school spirit during Homecoming week the most."

The Fall Play, What the Bellhop Saw, made its debut Sept. 27. "We did What the Bellhop Saw," Briana Zappavigna '20 said. "It was a comedy that took place in a hotel lobby. I liked the fall play because of how funny it was; everyone got to dress up as bellhops with red coats and gold buttons. I like to run around the stage pretending to be someone else."

OCTOBER UNDER FIRE

Supreme Court Justice Brett Kavanaugh assumed office Oct. 6, after a controversial senate confirmation hearing. In the hearing, Christine Blasey Ford testified that Kavanaugh assaulted her in high school. "I think [Kavanaugh] was a good pick," Cameron McCrillis '19 said. "It could be something where people just didn't want him to be appointed, because there was no evidence that the girls brought forward. You always want to believe them but since there was no evidence, it could be a political game."

California was hit by deadly wildfires from September to December, most notably including the 'Camp' fire. It was the most destructive season on record, with 8,527 fires in total. "In California, the whole state was really on fire. It was constantly on fire," Grace Vaughan '22. "I saw some scary videos of the fires and people in the fire too."

The Mexico-United States border wall continued to strike debate throughout the session and sparked a new conversation on immigration. "I have a lot of mixed feelings about the wall," Rin Wallace '20 said. "I think it's unnecessary in the modern world. I think that before we start on the wall, we should improve immigration policies first. I believe that the approach should be modernized."

NOVEMBER RIOTS AND RE-ELECTION

Mid-term elections created a tense atmosphere Nov. 6, when Democrats swept Colorado in almost all of the elections. "I wish there were more Republican representatives, but I think that because no one is happy with the way Trump is running in office, it's going more democratic," Connor Hildebrand '20 said.

Gas and economic protests on the streets of Paris became violent in late fall. "The president of France passed a law to raise taxes on the price of gas. In France, you are required to keep a yellow vest and comes in your car," Emily Wilding '20 said. "So they put the vests on and stood in circles around gas stations so no one can use the gas stations as a form of protests. I think it was necessary that they did protest. I am personally against the violence, but I don't know how else they would get their message across."

COMPARISON BARS INFOGRAPHIC

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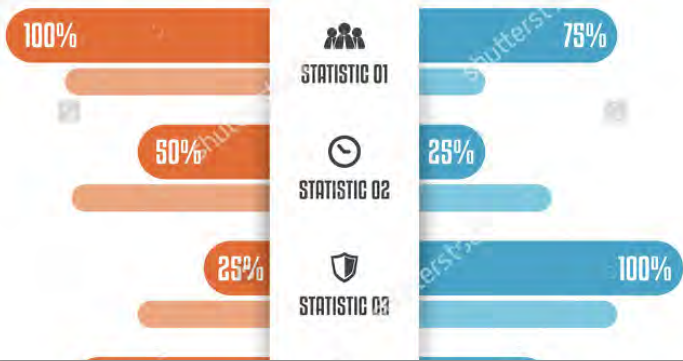
PROFILE 01

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PROFILE 02

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COMPARISON REPORT

BEST SAVINGS AND CHECKING ACCOUNT RATES

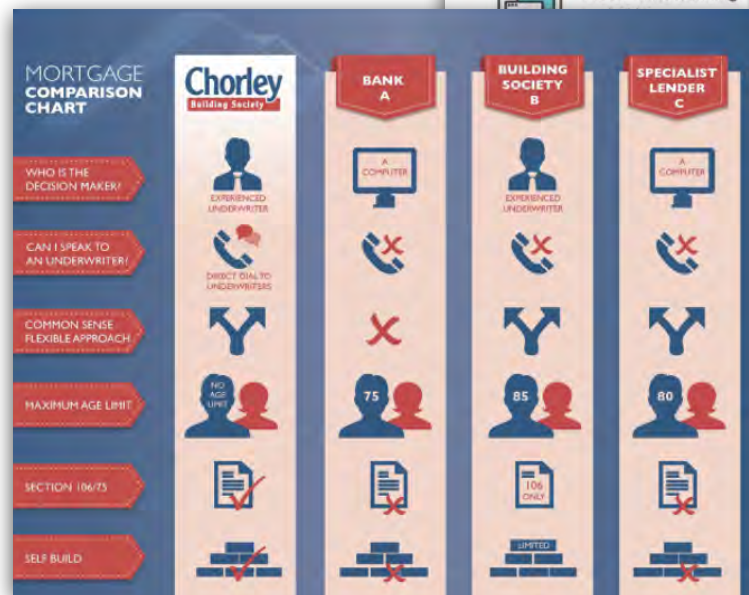
In order to more accurately assess the extent of the Checking and Saving account, our company compared each traditional checking account offered by 4 of the largest U.S. banks. Lorem ipsum dolor sit amet, consectetur adipiscing elit.

Features available on one or more personal checking accounts	TD Bank	Bank of America	BB&T	Wells Fargo
Free 24/7 live Customer Service	Always	Always	Always	Always
Free debit card rewards program	Always	Always	Not Available	Not Available
Free Online Banking	Always	Always	Always	Not Available
	Always	Not Available	Always	Always
	Not Available	Always	Not Available	Always
	Always	Not Available	Always	Always

Legend: ● Always ● Not Available

09 CHART

Google image search



What to do when...

You want to show multiple perspectives.
You want to compare multiple things.

- Compare/Contrast
- Multiple Perspectives
- Pro/Cons
- Rating
- Scale
- Top 10
- Who Knows Best?

10 COMPARE/ CONTRAST



WE WILL COMPETE

Competition is found in all different areas and in so much more than the sports we think of with a ball and a number on your back. For Charlie Mitchell (12), competition is found in competitive archery. Mitchell has been shooting for seven years now. "I shoot in JOAD (Junior Olympic Archery Development) competitions which are everywhere. I also do national competitions as well," Mitchell said. Often, there is a skewed idea about what archery means and few even know about the thought that goes into the competition; from the bare-bone recurve bow to the Junior Olympic Archery Development program. Mitchell is now on a collegiate level team and is looking to continue his archery through college. "I just wish that people wouldn't be so afraid of [beginning archery], it has a reputation of being a weapon, so people are afraid of it but it's really just fun. Not even just from a physical point of view, but also from a mental standpoint, to be able to be prepared both mentally and physically," Mitchell said.

IF THERE'S ONE PERSON YOU DON'T want to face-off against in everyone's favorite yard game, it's, senior, **Tae Harris (12)**. While no one is really sure yet whether Harris is just doing it for fun or to seriously practice for the graduation parties, at the end of the day, Tae Harris is one few people who can say that they play console, competitively.

"I DO IT BECAUSE I'M A COMPETITIVE person. I like to be the best at everything," Harris said. Harris' competitions take place locally at places like The Elk's Club and Wild Game, and Harris has the opportunity to travel to play, while Harris is one of the youngest competitors out there, he enjoys the camaraderie of the game. Harris is on a competitive console team and has been for almost a year. "I get to travel all around and meet new people. I'm definitely going to keep playing after high school if I can," Harris said.

THE SPORT WAS INTRODUCED TO HARRIS by his dad before he was even 10 years old. The competition aspect came recently, but needless to say, Harris has cranking in the bag, the bean bag. "Playing console" has taught me a lot about mental toughness and being a good sport and also being positive."

WAIT, YOU CAN SHOOT GUNS IN competitions? Yes, people like Emmella Ashton (11) spend time outside of traditional school athletics to try something different. It goes without saying that the sport is very dangerous and requires specific equipment and locations to maintain safety. However, with practices once a week, Ashton has the process down and is firing on all cylinders. "I carry my pants and jacket that are still because they're made out of canvas. I have a sling for prone and kneeling and I carry eye protection and ear protection," Ashton said.

ASHTON WAS FIRST INTRODUCED TO shooting by her dad who served as a firefighter and found importance in teaching his daughters. Soon after, the competition came along for Ashton. "We shoot at a competitive gun club in Boulder which helped us really grow throughout the year, so we learned gun safety, and there are so many different sports you can do with it. I do three position, you do prone, standing and kneeling," Ashton said.

THIS HIGHLY UNIQUE CRAFT OFFERS ASHTON opportunities that others don't have and probably don't even know about. "I think it is a really good hobby to have, and I don't know if I will pursue it in college, but that door is still open for me," Ashton said.

MIA NOVICK (9) IS A STUDENT ATHLETE, much like many other students. But Novick's sport doesn't have balls and jerseys, it has sabres and foils, epees, plastrons and masks. Haven't guessed it yet? Novick is a Junior Olympic fencer.

"WHAT'S UNIQUE ABOUT FENCING is, there are swords obviously, but it's a lot of mental stuff. You have to think quickly," Novick said. This unusual hobby has been Novick's passion since 3rd grade when she first took classes at the rec center. Now, Novick practices 3 times a week, once in Denver and twice in Longmont.

THE HARD WORK HAS CERTAINLY PAID off for her with a recent opportunity to get much more serious with competing. "I'm working on getting ready for junior Olympics in February. There was a qualifier in December so that's how I got in.

THIS INCREASE IN EXPERIENCE COULD really bring more light to Novick's passion for her peers, something that has been missing in her early years of competing. "It isn't that theatrical, people see it in the movies and they're like 'wow that's cool.' I think people have a lot of expectations but it's really different from what they think it is," Novick said.

THE LONGMONT YOUTH VOCAL Competition, it's the American Idol of Longmont, and Ryan Adler (12) won the whole thing. Every year, the Longmont Choral hosts this competition for all kids, high school and under to show their talents while growing as young musicians. "At the contest I prepared an Italian piece, so I sang that and there were 3 different judges and they gave me critiques and they helped me with different breath techniques," Adler said.

ADLER SINGS IN THE CHAMBERS, ORPHEUS, and Jazz choir at school, but this competition meant more than just a class or a concert. "After winning, I got invited to sing in the Longmont Choral winter concert which was earlier in December," Adler said, "I got to sing a whole solo piece by myself so that was a lot of fun and I actually ended up joining the Choral."

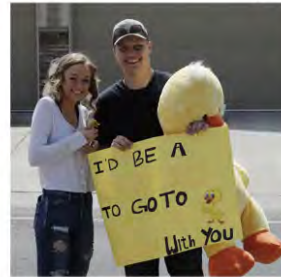
THE COMPETITION GAVE ADLER MANY opportunities that will carry through the rest of his high school career. "It was really cool to work 1 on 1 with some professional voice instructors. It just means a lot to me to know that I'm capable, vocally, of winning that competition, it's really validating as a musician and it's just a really great feeling," Adler said.

10 COMPARE/ CONTRAST

Brighton HS 2019

WE succeed with our promposals

students find
creative ways to
ask others to prom



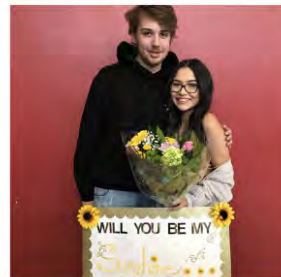
WHO: Gaige Hood '19
HE ASKED: Constance Larkins '20
THEME: Ducks
WHY: "I decided to ask her because her whole family was outside, and I thought it would be a great time to do it. Constance loves ducks, and I thought

it would be a really sentimental and memorable promposal for her. I created a poster that said, 'I'd be a lucky duck to go to prom with you' and brought her two alive baby ducks who are named Squeeks and Moe," Hood said. *photo by h. larkins*



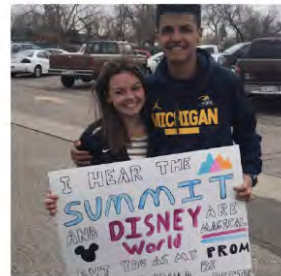
WHO: Madison Foutz '19
SHE ASKED: Mckenzie Byrnes '19
THEME: The Office
WHY: "Madi knew that 'The Office' was my favorite show. I was super excited when she gave me the poster because this was the first year that we have been

able to actually go to prom together. The poster made me laugh," Byrnes said. "We paired with others so Madi asked me, I asked Jamie [Fleck '19] and Jamie asked Madi. It was just really awesome that we all got to ask each other." *photo courtesy of m. byrnes*



WHO: Luke Hoffman '19
HE ASKED: Gloria Garcia '19
THEME: Sunflowers
WHY: "When I asked Gloria to prom, I was very nervous. On my lunch break, I went and bought her sunflowers and presented my poster saying, 'will you

be my sunshine at prom?' I walked in to our fifth period, Student Government, and asked, 'Gloria, will you go to prom with me?' I surprised her with sunflowers also because that's her favorite type of flower, so I thought it'd be cute," Hoffmann said. *photo courtesy of g. garcia*



WHO: Brendan Clark '20
HE ASKED: Annika Cunningham '22
THEME: Disney World
WHY: "I asked Annika in a very unique way. She is a part of cheerleading and they have a competition coming up called, 'The Summit' and it's in Disney

World this summer. I worked hard and I asked a lot of her friends for help," Clark said. "The sign I made said, 'I hear the Summit and Disney World are magical, but you as my prom date would be better.' I think she really liked the poster," Clark said. *photo courtesy of b. clark*

Health teachers Rebecca Burke and Elizabeth Monroe give advice on the do's and don'ts of dealing with stress

reporting by Merica Griffin

DON'T

"Overthink things. When young people do this, they tend to get stuck in their heads, and that really isn't beneficial to the student's health."

"Find a technique that helps you alleviate stress. Common things that tend to help are drawing, writing or listening to music."

DO

Elizabeth Monroe

THE MESS OF STRESS

DO "Be aware of your emotions so you can recognize when you are having a hard time. A lot of students don't understand what is happening until it builds and they start panicking."

"Try to do too much. If students don't pace themselves, it's pretty detrimental to self-esteem. Students need to make time to take care of themselves."

DON'T

Rebecca Burke

11 DOs & DON'Ts

IT'S THE BEST KIND OF STORY

THE BOYS CROSS COUNTRY TEAM WINS REGIONALS AND ADVANCES TO STATE

DALTON SEYMOUR
 Personal Record: 16:31.00
 Years spent running: 4
 Place at regionals: 6th

JAYSON PERANNI
 Personal Record: 16:46.00
 Years spent running: 2
 Place at regionals: 11th

JAKE JEZIER
 Personal Record: 16:59.00
 Years spent running: 4
 Place at regionals: 17th

BLAKE SEYMOUR
 Personal Record: 17:02.00
 Years spent running: 5
 Place at regionals: 23rd

STEVEN LABARRY
 Personal Record: 17:15.00
 Years spent running: 2
 Place at regionals: 29th

YAFET BEKELE
 Personal Record: 17:29.00
 Years spent running: 5
 Place at regionals: 37th

ETHAN BASHAM
 Personal Record: 17:36.00
 Years spent running: 4
 Place at regionals: 42nd

DANIEL PODINOVSKIY
 Personal Record: 18:27.00
 Years spent running: 4
 Place at regionals: 74th

MATINE KHALIGHI
 Personal Record: 19:17.00
 Years spent running: 2
 Place at regionals: 78th
photo by aidan hicks, design by trina vu

"Our boys team hasn't made it to state in the last few years, and this was the last chance not only for the seniors, but for Coach **BRIAN MANLEY**, who is retiring this year. So we all knew what our goal was early on during summer training, and we worked hard to make it to state for Coach Manley." **JAKE JEZIER**



12 at state was kind of the worst thing that's ever happened to me. I broke down on the day that I found out that the ACT had scheduled the ACT to be on the same day. It really sucked to miss the biggest race of the year. It was also letting my team down because they were missing a member.

FACT BOX

OCT 16 - OCT 21 **063** BOYS CROSS COUNTRY

give and receive

students talk about their favorite gifts they have received over the holidays



"I started playing soccer and you can't really play the sport without it, so (my parents) got me a soccer ball and I was pretty excited!"
Tyler Krucina, 11

"My favorite gift was my ultra gift card because I used it to get new makeup and makeup wipes"
Victoria Flatt, 9

13

FAVORITES

what: sneakers
to: Bryce Baemer, 9
from: mom and dad

what: money
to: Echan Miles, 9
from: family

what: AirPods
to: Evenki Crenshaw, 9
from: Uncle Andy

what: necklace
to: Kristina Sosic, 11
from: her brother

what: book
to: Bryce Baemer, 9
from: mom and dad

what: gift card
to: Victoria Flatt, 9
from: family

what: room renovations
to: Nikki Sullivan, 9
from: mom and dad

what: room
to: Keith Marston, 11
from: mom and dad

what: money
to: Echan Miles, 9
from: family

what: lacrosse stick
to: Daniel Pastor, 9
from: family

what: trip to Hawaii
to: Sydney Lash, 9
from: family

what: soccer ball
to: Tyler Krucina, 11
from: mom and dad

what: iPhone XR
to: Evan Krucina, 9
from: mom and dad

what: PlayStation 4
to: Andrew Witten, 9
from: mom and dad

what: AirPods
to: Evenki Crenshaw, 9
from: Uncle Andy

what: iPhone XR
to: Evan Krucina, 9
from: mom and dad

"My lacrosse stick is by far the best thing I have ever gotten. My whole family pitched in to get this really nice one and I just love playing with it and showing it off!"
Daniel Pastor, 9

"Last year we had the season passes to Disney World and usually we just go there for Christmas, but they decided to change it up and now we are going to Hawaii."
Sydney Lash, 9

"Airpods were my favorite gift because I love listening to music and they helped me tone out my brother"
Evenki Crenshaw, 9

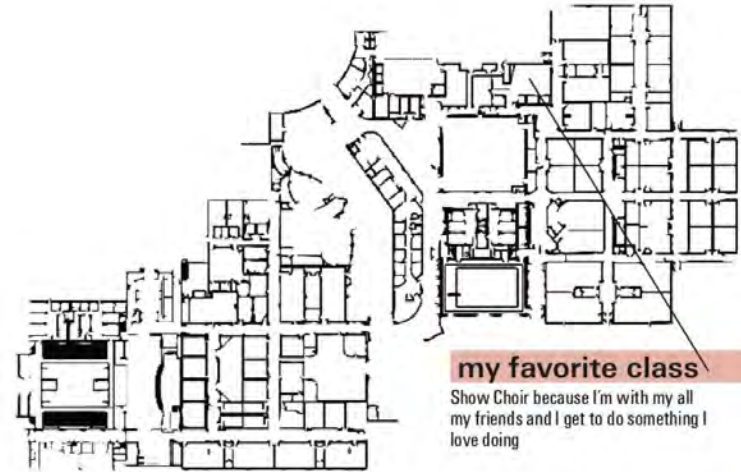
"My brother is not the type of person to get all sentimental... the fact that he got me a necklace really stood out to me and it was really nice."
Kristina Sosic, 11

"When my parents got me my dog Penelope, I was so surprised and so happy that she automatically became my favorite dog and gift."
Bryce Baemer, 9

"My favorite present was my parents remodeling my room. It was around Christmas and my room was still kind of childish so they helped me remodel it. My favorite part was the end result because I finally had a place to relax."
Nikki Sullivan, 9

I'm not
fun-size,
I'm bite-size

me in 7 words



my favorite class

Show Choir because I'm with my all my friends and I get to do something I love doing



me & my people

Shay Berry, Ava Boedeker, and me at WHS on December 20, 2017. We were taking a picture before our Christmas Choir concert.

my favorite hobby

Fine Arts

songs i'm playing on repeat

Sober Up by the Click

what makes me smile

Music and playing Episode.

where I traveled

Bast Buddies, WMS play, Speech Team, CYT, Show Choir, Announcements Team,

about me

my memories

My favorite memory from this school year is all the times in Show Choir and Social Studies.

My favorite part of the school day is my best friend and spending time with her and all my other friends

My greatest accomplishment this year is moving up to advance classes in all of my core classes.

14

FILL IN THE BLANK

TRY LYRICISM

In this year's class songs, each class supported their theme with original lyrics.

BY KYRA LI AND MICHELLE RU

“#SNRSZN”

We've got this in the bottle,
This year will be ours
We'll sweep the competition

We're reaching for the stars

“2020 DREAMING”

This is our story starting
underwater

Breaking through the surface of
our alma mater

“SAUCY SOPHOMORES”

How far will we go
No telling how high we'll soar
No limits I'll make it

And I'll keep sailing forevermore

“FRESHER THAN YOU”

we got it
honest,

This line means having high aspirations but is also a play on words on the senior theme, “a whole new world”.

“Alma mater” means school in Latin, and it represents the act of breaking the boundaries of TJ.

Refers to the Moana theme by “soaring past the boundaries to places people never thought they could go.”

The “500 kings” represent all the freshmen who are kings, and their Lion King theme.

15 GLOSSARY

15

GLOSSARY

McKinney HS 2019

THE SLANG

“clean”

“When someone has some nice shoes or outfit, I’ll say ‘dang, that clean.’”

CHARLOTTE PRINSLOO, 11

“it be like that sometimes”

“When something goes wrong, the best thing to say is, ‘it be like that sometimes.’ So like let’s say you have work after school. I guess it be like that sometimes.”

DIEGO VALDEZ, 12

“bet”

“If someone says I can’t do something and I actually can then I say ‘bet.’”

ETHAN BRAUSEN, 11

“flex”

“I use ‘flex’ ironically, to describe a mediocre thing like, ‘not to flex, but I got an hour of sleep last night.’”

BRENDEN WARD, 11

“@ me next time”

“When someone talks bad about a girl and I relate like ‘Oh she’s so annoying,’ I say ‘OK. @ me next time.’”

EMORY OTTO, 12

“rip”

“I would use rip whenever something is messed up or goes wrong. If it’s extra bad it’s a ‘phat rip’. So whenever T Series passed PewDiePie it was a rip”

ANNA BURACZYK, 11

“that smacks”

“Like when I watch a good movie I go to my friends and say ‘y’all that movie smacks.’”

MICHELLE GARCIA, 11

“no cap”

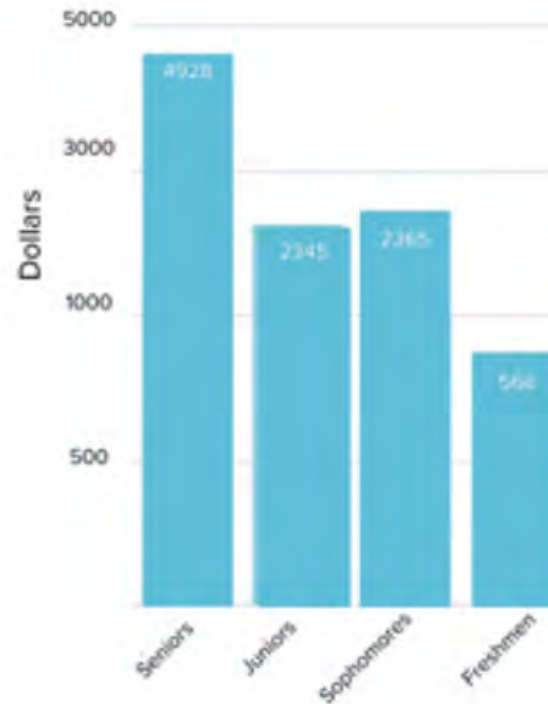
“I use it to say that it’s no joke. My teacher be wildin’ no cap.”

QUINTON JOHNSON, 11

BY VASAVI AYYALA

DO IT FOR THE DOUGH

As each class gets more and more competitive each year, the Senior class pulls through with the largest amount raised.



\$10,203
total raised by the school

16 GRAPH

17

HE SAID / SHE SAID

Parkway West HS 2019

the hoco timeline

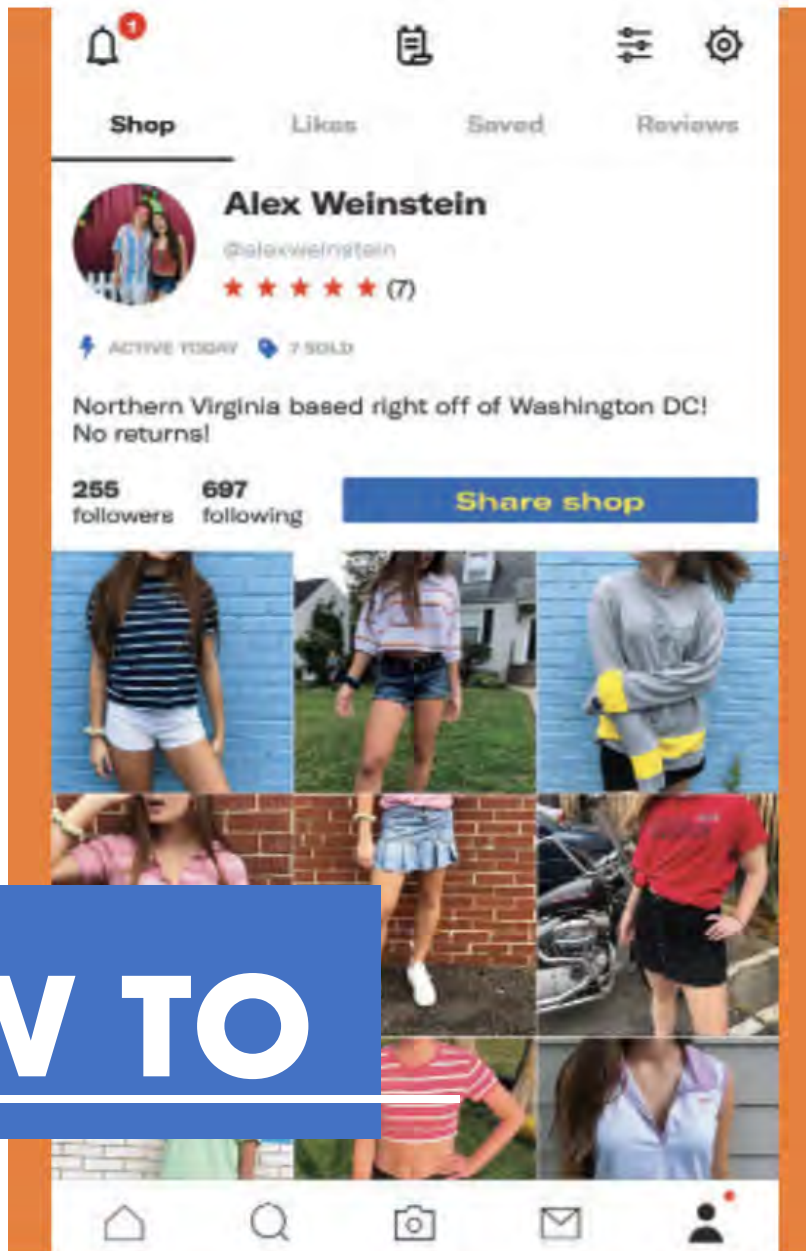
GIRLS VS. GUYS

SOPHOMORES LEXIE PILZ AND
ISSAC KITTRELL'S AGENDA TO
PREPARE FOR HOMECOMING.

- 1 Pilz:** Pilz had a volleyball tournament until 2 p.m.
- 2 Pilz:** Showered at 2:30 p.m., while her dad went to buy her heels.
Pilz: Blow-dryer broke, so she had to let her hair dry by itself at 3:00 p.m.
- 3 Kittrell:** Around 3:30 p.m. he started making sure he had his tie and corsage.
Pilz: Had to iron her dress because her dog messed it up at 3:30 p.m..
Kittrell: He had to rush to get ready, showered at 4:30
- 4 Pilz:** Did all of her makeup from 3:45-4:30 p.m.
- 5 Kittrell:** Around 5 p.m., he got dressed and brushed his teeth.
Pilz: Curled hair from 4:30-5:15 p.m.
- 6 Kittrell:** Around 5:25 p.m., he started doing his hair and it took like 30 minutes.
- 7 Pilz:** Put on dress and went to pictures at 6:00 p.m.
Kittrell: 6:00 p.m., off to pictures.

18 HOW TO

McLean HS 2019



STYLE SAVVY

junior Alex Weinstein explains how he profits off of thrift store visits on the app "Depop"

1. First, I go to the thrift store and shop for clothes. The key is that I don't buy anything, unless someone would wear it or it looks really cool.

2. Then, we do a photo shoot. [Junior] Mia Valencic is the model, and [junior] Jackie LeVasseur helps me take pictures. It is very important you have natural lighting and good quality pictures or else they won't sell.

3. Finally, you upload them onto "Depop" with a description of the item, size, hashtags to get more people to see it, and shipping details. Then hopefully someone buys it. I've made about \$70 on the app so far.

What to do when...

Your want to teach your reader
how to do something.

The story has complicated
terminology.

You want the reader to know
what it takes.

- Advice
- Breakdown
- Dos & Don'ts
- Glossary
- How to
- List
- Recipe
- Step by Step

HEROES ISSUE

SENTIMENTAL STATS

RESPONDENTS' AGE AND GENDER

● Male ● Female



Based on 158 answers from 122 respondents

Michael Jordan
Birmingham Barons OF

Chipper Jones
MLB Hall of Fame 3B/LF

Michael Jordan
His Airness



"The first time I met Michael Jordan was playing a round on a Sunday at Edgewood Tahoe, and it was he, me and Jerry Rice. I then ended up playing golf with him for three days. He's a really nice guy—I'm thankful he didn't bet with me on the course because he would've taken all my money." Aaron Rodgers

Aaron Rodgers
Green Bay Packers QB
▶ Michael Jordan
Underrated golfer

Breanna Stewart
Seattle Storm F/C
▶ Rebecca Lobo
'95 NCAA champ, UConn

D. Rodgers-Cromartie
Washington Redskins CB
▶ Marton Hanks
Four-time Pro Bowl S

Bustav Svensson
Seattle Sounders MF
▶ Bjorn Berg
11-time major winner

Fred VanVleet
Toronto Raptors G
▶ Kobe Bryant
2007-08 NBA MVP

Eric Weddle
Los Angeles Rams S
▶ Emmitt Smith
All-time No. 1 NFL rusher

Keyshawn Whitehorse
Bulldozing pro
▶ Michael Jordan
Retired three times

Deontay Wilder
Heavyweight boxer
▶ Michael Jordan
Says he can still dunk

K.J. Wright
Seattle Seahawks LB
▶ Kobe Bryant
Squashed beef with Shaq

'97 American League MVP

15-time NBA All-Star

Zack Steffen
Manchester City GK
▶ Tim Howard
USMNT most capped GK

Chris Thompson
Washington Redskins RB
▶ LaDainian Tomlinson
Five-time Pro Bowl RB

of the Vegas games.
Andre Fleury's an
player and has fun
e. He waves to fans
s and he talks to his
my goaltending idol."

Jackie Young
Las Vegas Aces G
▶ Candace Parker
Two-time WNBA MVP

Trae Young
Atlanta Hawks G
▶ Chauncey Billups
Five-time NBA All-Star

<15 15-19 20-24 25-29 30-34 35-39 40-44 45-49 >49

TOP ANSWERS

Michael Jordan

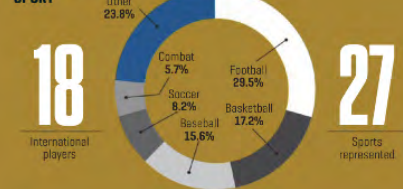


RESPONDENTS' AVERAGE AGE, KOBE VS. M.J.

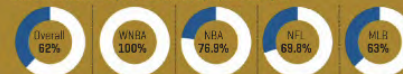


- 10 Kobe Bryant NBA
- 4 Muhammad Ali Boxing
- 3 Allen Iverson NBA, Deion Sanders NFL/MLB, Serena Williams Tennis, Tiger Woods Golf

RESPONDENTS' SPORT



Answers in which respondent and hero played same sport



Based on 158 answers from 122 respondents

19 INFOGRAPHIC

BY EZRA DYER

The BMW X7 Is the New Champ of Three-Row SUVs

THESE ARE NOT many cars in which I could set off on a 600-mile drive with three kids in the back and emerge on the other side with my sanity intact. The new BMW X7 is one of those cars. Yes, after 10 hours behind the wheel I felt like my gray matter had been replaced by leftover huevos rancheros, but my state of mind would've been worse in just about anything else. It took BMW 20 years to make the leap from midsize X5 to gigantic X7 (cargo space is nearly the same as a Chevy Tahoe), but the designers made good use of the extra-study time. This thing represents near-minivan practicality crossed with BMW fun. A short list of cooing items: heated and cooled cup holders, massaging seats, lane keeping and adaptive cruise control, and the best rear-seat entertainment

system I've yet seen. Big screens. Easy to use. Actual headphone jacks so you don't have to worry about headphone batteries. The interior is beautiful—I don't need a crystal shifter, but it sure looks purdy. And I don't need gesture-based controls, but when you're on hour seven of your drive, it's fun to turn up the stereo by twirling your finger in the air. And beneath the soft gauze of luxury, the X7 has BMW reflexes. Apex an on-ramp and you might have to hit the brakes to merge back onto the highway. The X7 is big and fast and luxurious, and BMW probably wishes it'd been building it for 15 years.

Base price: \$74,995
DriveV: A zero-to-60 5.2-second
Rating system: Only 1.0, because never
Voice command prompt: "Hey BMW! So, does anyone really want to go to the store and buy a car?"



FIVE-WORD REVIEWS

NISSAN MAXIMA SE

Near-luxury. Think sportier Avalon.

TOYOTA RUNNER TRD PRO

The back window rolls down.

FORD TRANSIT CONNECT

A wee van for florists.

36 July/August 2019 PopularMechanics.com

The Volkswagen Jetta GLI Is Still a Low-Key Sport-Sedan Bargain

I DON'T TEND to think of the Jetta GLI as a hallowed nameplate that harkens back across the generations, but lo and behold, the latest GLI includes a special trim to commemorate the model's 35th anniversary. The GTI gets all the attention, but the GLI has always been late in the back ground, following the BMW on-a-budget sport-sedan template laid out by the original. And the new GLI continues that tradition. I drove it from Knoxville into North Carolina via the Tail of the Dragon, and at no point was I thinking about whether I had a hatchback or a trunk at the back end of my car. By which I mean, the GLI offers the greatness of the GTI driving experience—228-hp turbo four, standard six-speed manual transmission, the big front brakes from the Golf R—in a package for people who don't idly hateback. And the 35th-anniversary edition includes more than nifty badges, since that's the only trim that includes a DCC adaptive damping system (which also lets you soften the suspension, for those non-Tail of the Dragon drives). The only real bogus note—literally—is the synthetic engine noise, which sounds like an old Audi Quattro via Peter Frampton's talk box. But you can turn it off, so that's what I did, gliding through the valleys of the Great Smoky Mountains listening to the turbocharger gulp air and dump boost, surfing the torque and thinking about how I'm glad that VW's still working to improve the most understated performance car since 1984.

Base price: \$21,990
Manual transmission: Great fun. Do the optional seven-speed DSG dual-clutch transmission. Package performance credit will only \$500 more.
VAG limited-slip differential: Hydroactively driven, lower ride height at the front end, working with the brake-bias system to just-accept and lighten your line.
The original GLI: '80's. Which was a lot like when a Cadillac V-8 made 230 hp.



Ford Says, If You Can't Have a Sport Sedan, Have an Edge ST

TO UNDERSTAND the Edge ST, you have to understand what an ST is, in Ford terminology. Essentially, it's a model with more performance than the standard-issue trims, but less hardware than an all-out RS. Got it? So the Edge ST, Ford's first crossover to wear the badge, is a fast version of something you wouldn't expect to be fast, the automotive version of a waterskiing manatee. It's like, wow, they taught that manatee to slalom. That's the feeling you get when you mash the

throttle of an innocuous domestic crossover and find it's got a 335-hp twin-turbo V-6 under the hood. Frantic acceleration—accompanied by some unexpectedly sweet sounds—is the Edge ST's secret superpower. The ST package also brings a taut suspension tune, more supportive seats, and different gear ratios in the eight-speed automatic. There's an optional performance package that gives you better brakes, which I think you'd want, given that the ST is more than 500

pounds heavier than a base front-drive Edge. It's so that while the ST can go fast, an Edge is a gentle creature that would really rather laze in the sun. If you're looking for a more aggressive work in the ST oeuvre, maybe wait for the upcoming Explorer ST, with its rear-drive platform and 400-horsepower.

Five-Word Reviews

Edge ST: Steering Assist. 200 mph. A second life. The sun does the same wall camera to the system after there's an obstacle ahead and take your steering off.

Powerpower: 335. But, it isn't really EcoBoost engine, that comes with its own "staring. A second life? If you fit it with Apple, the computer will make it work, but that's not a good thing.



20 ILLUSTRATION

THE PARTY PRIMER

THREE FOOL-PROOF TACTICS TO KEEP THE GOOD TIMES ROLLING.

HOSTING HACKS BONUS ADVICE TO HELP MAKE ANY COOKOUT SIZZLE.

D BASH HT OF THE SEASON.

A SOUND SYSTEM WORTHY OF SUMMER

A lightweight speaker may be nice, but when it comes to big gatherings, serious sound trumps portability. At 35 pounds and nearly three feet tall, the **JBL PartyBox 300** can easily crank out a block party's worth of music, with 18 hours of battery life and wireless Bluetooth streaming. It also includes light effects and an input that lets you plug in a guitar—or a mic for spontaneous karaoke. \$450. jbl.com

After cooking, burn sage on the grill or in the fire pit. Bugs hate it, and it makes the yard smell good, too.

... doesn't have a built-in bottle opener, tie

... files detest the smell of vodka. Pouring out a

... one table, so they can chat up people they

... in your cooler, so the beer bottles and soda

A PORTABLE

Flip down the lid of the **Pro Outdoor Microwave**, light the 15 minutes you 16-inch pies of lated shell help style pizza in a large enough to steaks, or bra

THE O.G. ICE

The classic **Steel** dig, and at \$44 q. 85 cents for an a ment. It has a b. so you don't hat yours. \$200. [explains Parker—in part because they give us an excuse to interact. One example: No pouring yourself a drink; someone else has to do it. Another: Everyone has to add a song to the playlist. Whichever rule you chose, have fun with it and casually mention it to guests as they arrive. They'll be interacting soon enough. Read Parker's party dos and don'ts on page 69.](http://igk</p></div>
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066

PHOTOGRAPHS BY JESSICA SAMPLE



The BBQ Mixtape

Garage-rock stalwart Ty Segall, whose new album, *First Taste*, drops in August, divulges his ideal cookout playlist, with advice on how to assemble your own.
—As told to J.R. Sullivan

21 LIST



22 MAD LIBS

22 MAD LIBS

I am made of mixing paints, phone calls, and can't stop won't stop.
YOUR UNIQUE SKILL OFFICE BAD HABIT WORK MOTTO

I am made of my favorite stool, and deadlines, and solitude. I am
WHERE YOU SPEND TIME AT WORK A SCARY MOMENT BEST PART OF WORK

made of \$60 paychecks and my portrait of Michelle Obama, and if
FIRST JOB EARNINGS A MOMENT YOU'RE PROUD OF

you don't use your talent, you lose your talent. I am made of never quit.
BEST WORK ADVICE YOU'VE EVER GOTTEN ADVICE YOU GIVE

22 MAD LIBS

Junior Niel Katkar gives insight into the preparations for the holiday performance, how it all paid off and how a \$10 plunger helped set the tone.

LET'S TAKE THE PLUNGE

I wanted to join JAZZ BAND ever since I HEARD them in middle school. I love the LAX vibe they have when they perform. For the HOLIDAY CONCERT, we auditioned and began practicing in OCTOBER. We practiced 1 TO 2 times each week for two months. The HARDEST song to play was "MAKIN' WHOOPEE". It had the WORST combination of slow tempo and long high notes. Everytime I played the song, I had to STOP and wait 5 MILLION hours for the blood in my lips to begin circulating again. TRUMPET PLAYERS utilize PLUNGERS during the holiday concert because it changes the TONE of our instruments. It is IMPORTANT to note that our plungers have never seen the TOILET.



What to do when...

You want to have a little fun with words.

You want to give interview subjects a jumping off point.

You want to show multiple perspectives.

- Mad Libs
- Stem Completion

get swell soon

Junior Kevin Elliot has four favorite surf destinations

by Chloe Rosenbaum

1 san onofre state beach

"Since this spot has mellow waves and you can park right on the beach, it's great to hang out with friends."

3 hermosa beach

"I've surfed there my whole life and know it really well, and it has fun and local waves."

2 waikiki beach

"I've gone there a couple times on vacation and it's a super fun place to surf for longboard waves."

4 lower trestles in san clemente

"This beach has a really good point break that goes left and right. Although the crowd is hectic, it has great waves."



Shutterstock.com
Photocompany of Getty
Rebortch.



or cold."

by vvvvvvv

g/.....vvvvvv

122 purpose

destination 123

23 MAP

24 MATCHING

DRESSED TO THE VINES

Are you up-to-date with the names and origins of classic memes? BY CANDACE SUN



A. Seniors
Conor
Regen
and
Will
Pemble



B. Junior Joshua
Mutterperl



C.
Freshman
Gavin Crigger



D.
Senior
Chrissy
Blake

Answers: 1b mixed platform "Here comes dat bot", 2c Vine "2Bros Chillin' in a Hot Tub", 3d Snapchat "Dancing in a Hot Tub", 4a mixed platform "Butt-Dog", 5a This a Pigeon?"

The student body comes together to show their spirit and support McLean in the home basketball games against Langley.

short
STORY
LONG

CLASH OF THE RIVALS

GIRLS

6:03: VARSITY MCLEAN GIRLS ENTER THE GYM.

"Coming into the gym for the first time is really exciting. Personally, when I walk out, I feel exhilarated and get a rush of adrenaline." -Maia Lee, 12

6:10: GAME STARTS.

6:33: SECOND HALF BEGINS; CAMILA PROCK MAKES THE FIRST POINT FOR MCLEAN AFTER "I think that the beginning of the game really sets the tone for the rest of the game. No matter who scores first, it gets us all going. When I make a shot, I feel more confident." -Camila Prock, 12

6:34: CROWD STARTS CHEERING AND STOMPING, SAYING "HERE WE GO."

6:52: ELENA KARAKOZOFF MAKES BOTH FOUL "When making foul shots, it is crucial to clear your head and focus." -Elena Karakozoff, 12

6:55: MCLEAN BEGINS TO CHANT "THIS IS OUR HOUSE" WHILE STOMPING THEIR FEET.

7:03: MCLEAN WINS, 59-45. "We were so excited that we beat Langley and won the rotary cup. Everyone in the stands was cheering and yelling." -Elena Itarragueru, 11

BOYS

7:14: LANGLEY PLAYERS COME IN; MCLEAN FANS TURN THEIR BACKS TO THEM.

7:15: FANS TURN BACK AROUND AS THE MCLEAN VARSITY BOYS COME IN.

"Coming out of the locker room is an awesome feeling. It's fun to see how loud and crazy the crowd is." -Spencer Warner, 12

7:35: GAME STARTS; ALEX GLISSMAN WINS TIP-OFF.

"Winning the ball helps to increase your confidence in how you will play in the game. It's nice to start off strong." -Alex Glissman, 12

7:48: LOGAN LEGG MAKES 3-POINTER; MCLEAN LEADS LANGLEY 9-5.

"There are many drills that I do in order to improve my three point shots. When playing, I saw the opportunity to shoot, and all of my practice paid off." -Logan Legg, 11

7:51: JOEY SULLIVAN COMES INTO THE GAME; CROWD CHANTS HIS NAME.

8:15: "DEFENSE" CHEER. "Throughout the game, we did all of the classic cheers, but it was definitely a lot louder this time. Everyone was really into the game." -Adam Bilimowicz, 12

8:21: REFEREE CALLS A FOUL AGAINST MCLEAN; COACH O'BRIEN TALKS TO REF; CROWD BOOS.

8:46: MCLEAN IS ONE POINT BEHIND LANGLEY.

8:50: GAME ENDS; LANGLEY WINS 47-50.



Photo by Sarah Mason

25

MINUTE BY MINUTE

ACROSS THE FIELD

JV, SOPHOMORE BOYS SOCCER PLAYERS
COMMUNICATE WITH TEAMMATES
BY ANJIYA AMLANI, MAGGIE VOSS & ALEXA QUINTAS

LEFT MIDFIELDER

"You need to communicate to make plays and to know where everyone is on the field. Using a triangle, it is easier to make passes. I take the ball down the sideline and cross it or make the final pass. All the positions are important because each position has certain roles."

JEFFREY KEATING (10)



GOALIE

"I put myself in the best position to save any balls that come my way. That means directing the defense and getting in the way to stop the ball in whatever means I have to. Mostly, I tell them to cover players that they might not see. We need to be acting as one unit."

ERIC SANDER (10)



DEFENDER

"For defenders, I think [communication] is important because we can tell the midfielders and the attacks to make runs and send the balls. Once we pass and get through, we can eventually have it lead to a goal.

All positions work in harmony and help the other positions do their job better."

JACK HALL (10)



26

MULTIPLE PERSPECTIVES

YOUR WAY:

GETTING A LICENSE

MIRANDA SHIENBAUM

GRADE: SENIOR
VIEWPOINT: CHOOSES NOT TO DRIVE

"SO, I HAVE MY PERMIT, BUT I'M TERRIFIED OF DRIVING. I feel like I'm going to die whenever I drive. I was already scared about driving, but then I went to Driver's Ed, and then they show you these really long videos of people getting hurt from cars. And that made it worse. I think for some people [not having a car] limits them, but it doesn't limit me because my parents are pretty chill"



"IT GIVES YOU SO MUCH FREEDOM.

You don't have to wait on your parents. You literally don't have to wait on anybody, like, you can just go if you want to make plans. You don't have to be like, 'oh, I have to ask my mom', or anything like that. You can just go. On a weekend, if I'm meeting up with someone, like at the mall, we'll just go."

photos by zazi hunsacker

LYDIA ABERA
GRADE: SENIOR
VIEWPOINT: HAS A LICENSE AND CAR

26

MULTIPLE PERSPECTIVES

27 PHOTO DIARY

taking **SELFIES**

Students and teachers took pictures in the places that had a lot of meaning to the and the places they had fun!



"The Trump administration has been attacking the media and the integrity of the press. I wore my ANJ t-shirt and wanted to share a message with the Supreme Court about the 1st Amendment."
Jed Palmer, Staff



"I took this picture because it's an important building to our country. I had actually taken two selfies, one where I was scoffing at the white house because of Donald Trump and this one where I am smiling."
Arika Beckman, 08



"My favorite part of the DC trip was the cruise because it was a lot of fun and I met a lot of people."
Christian Flett, 08



"Some of the people on the D.C trip were sitting on the steps at one of the places."
Sydney Lakeman, 08



"We were wondering what the lady standing up was doing and we were interested in it. We felt like taking a picture to remember the moment."
Katie Nelson, 08



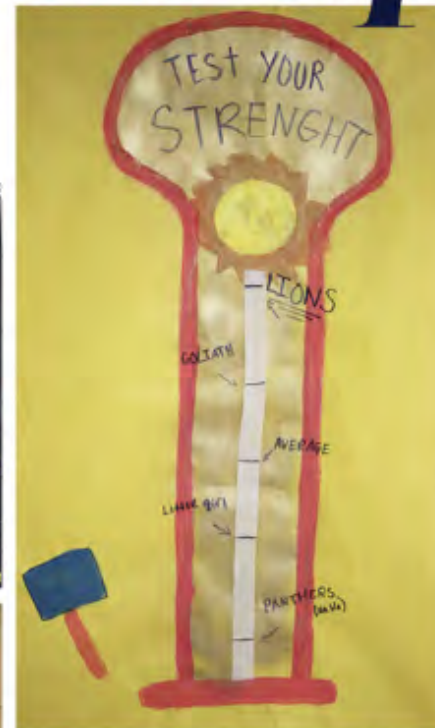
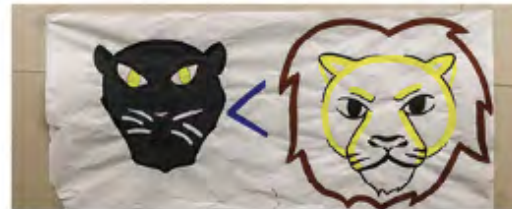
"We chose to take a selfie here because the sight was very cool and I thought it would be a special place for a good selfie."
Marina Velazquez, 08

27 PHOTO DIARY

McKinney HS 2019

allSIGNEDup

STUDENTS DECK
THE HALLS WITH
CREATIVE SIGNS



What to do when...

The data is best understood visually.
Your story deals with numbers.
You have lots of great photos.
Geography is key.

- Graphs
- Infographics
- Illustrations
- Maps
- Photo Diaries

concealed competitor

When do you play
games on your
school-issued laptop?

reporting by Jaelyn Snyder

"I normally only play video games in lunch or advisory. It helps pass the class time when we aren't doing an activity. I normally play Geometry Dash and Stick War."

Gabriel Losito, 9

"I played solitaire on my laptop in almost every class during the last few weeks of last year. I didn't download Team Fortress 2 because it is against the laptop policy."

Noah Hursh, 12

"It's hard to play games at school because they have been cracking down on things you can do on your computer, but I played



play during class

16%

play in study hall

30%

play in lunch

17%

63% don't play games at school

174 students surveyed

28
POLLS

CHRISTIAN ORTMANN

(photo submitted by C. Ortman)



I got into rowing sophomore year. I started with a really small club in Ashburn. It was a first year club, so I was learning and the club was learning too. I got really serious about rowing last year, then I started with a different team in Fairfax, Virginia. I drive about an hour to practice, so two hours of driving every day.

I really started thinking about rowing beyond high school when my coach told me I had a lot of potential. I started rowing year round at that point. This past summer I trained with the junior national team in Oregon, and I've rowed in DC a lot.

For me, rowing is a good release of stress and a way to escape the worries in life. When I'm rowing, it's just me and my team out on the water away from all of the distractions. It's very meditative for me. Rowing is also a really good way to bond with other people, because you're spending so much time so close to your teammates in the boat.

I looked at a lot of schools at which I could potentially continue competing and eventually I choose Wisconsin. I will be studying engineering there next year. After college there isn't really a big professional scene, but there is always the chance to qualify for the Olympic team which is a goal of mine, and practicing each day for four years could definitely make that possible.

(photo by C. Schaefer, edit by A. Carlson)

CASEY MARIN

I started dancing in the first grade. I started later than most girls, but I learned really quickly. A few years later, I got into one of the contemporary companies, Loudoun Jazz and Company. Since then my love for dance grew exponentially. I currently take two classes a week.

For the past five years, I have danced with famous dancers and choreographers from all around the U.S. and have used things from each one to better myself and my dancing. Dance is really important to me because it is has been a way for me to forget everything I'm stressed or anxious about. I use it as a creative outlet to release any tension I have and it transports me to a safe place.



(photo by J. Calton, edit by A. Gordo)



(photo by J. Calton)

PARIS DINH

Martial arts became a part of Paris Dinh's life six years ago after a friend of hers brought her to a class. "After that class, my mom signed up my siblings and I and we've been doing it ever since," Paris said. Paris is an avid runner, competing on both cross country and track. In between running seasons she goes at least two times a week to practice martial arts at Hybrid Method Gym.

Paris has competed in various tournaments and placed first in a few. "The hardest part is probably remembering all of the forms, street defenses, fighting combinations. You also have to have a strong mindset to be successful, which is something I've had improve on over the years," Paris said.

Martial arts has given Paris confidence and has helped her feel safe in different situations. "Like when I walk on a trail or in a city, I know I can defend my self and it makes me feel safe," Paris said.



AN ORTMAN, PARIS DINH

DAVID HABIB

In fall 2016, David Habib explored a new hobby before beginning high school. Fencing was a new experience for David, never tried anything like it before. He went to a camp over the summer, and discovered the sport was exactly what he was looking for. With his long arms and tall physique, David had a natural advantage other fencers envied. He began taking classes, leading him to higher level training and competition. His coach, Ed Donofrio, competed in the 1976 Olympics, became a mentor to David. "[Ed] is similar to me, and with his skill level and his experience, he knows how to implement his skills into my training," David said.

David has competed for a couple of years, and he has a specific way of approaching a match. "If it's someone I've fenced before, I try to remember how they tick in a way. I try to remember what they do, and how I can counter that. I've never really been the nervous type of person when it comes to that. I have a series of backup plans," David said.

In October 2018, David won a tournament hosted by Loudoun International Fencing Club. The final match was first to 15. "There was this girl and I've seen her take private lessons, so I knew she was good. I remember trying everything because I had never fought her before. We were both at 14, so it was down to the final touch when I scored the winning point," David said.



29 PROFILE

What to do when...

- Autobiography
- Profile
- Q&A
- Roundtable
- Transcript

Your background knowledge doesn't quite cut it.
The subject of the story has a unique voice.
You want to include multiple points of view.
You want to highlight the relationship between subjects.



30

PROS & CONS

ON TOP OF THE WORLD

Junior Sammy Wayne points out the pros and cons of her volunteer trip to South America

PRO: I made a lot of new friends.

CON: The food was pretty bad and almost everyone got sick from the water.

PRO: It was a great experience and I had never been to South America before.

CON: It was really tiring. *photo courtesy of Sammy Wayne*

31

Q&A (QUESTION AND ANSWER)

Brighton HS 2019

just ask
US
your question



**Mariah
Niday '22**
asks...
"How do
you stay
motivated to
reach your
goals?"

"I think about the **FUTURE** and make it **RELEVANT** to the **PRESENT** so I have a reason to work hard and **CONTINUE** to work harder."

Jake Halverson '22

"I like to **BE MYSELF** and I try to work hard to **ACHIEVE** certain **GOALS**. I work hard to get good **GRADES** and be a good **STUDENT** to meet my expectations."

Brendan Nebeker '22

"I just **LOOK AHEAD** at what is next in the goal and **PUSH FORWARD** to **ACHIEVE** all of my goals."

Juliette LeBlanc '21

WORLD WISE TRAVEL QUIZ



Mountaineers Tenzing Norgay (right) and Edmund Hillary (left) prepare to summit Mount Everest on May 29, 1953.

32 QUIZ

- 1** Sagarmatha, which means “forehead in the sky,” is the local name of Mount Everest in what language?
- 2** On which Caribbean island might you sip a mojito—a potent blend of rum, lime juice, mint leaves, and soda water—during a night of rumba dancing?
- 3** What European airport features a library, oxygen bar, and paintings from the Rijksmuseum collection?
- 4** A three-day event of music and peace, this iconic festival in the Catskills celebrates its 50th anniversary this year in August. Name it.
- 5** Ouagadougou is the capital of what small, landlocked West African nation?
- 6** What Turkish city produced the hand-painted tiles that give Istanbul’s Blue Mosque its color?
- 7** Kulintang music ensembles are a tradition on Mindanao in what Asian island country?
- 8** In October 2008, asteroid fragments from a protoplanet containing diamonds scattered across the Nubian Desert in which African country?
- 9** In 1969, the U.S. put the first man on the moon. Which nation was the first to land a spacecraft on it?
- 10** Catatumbo lightning, an atmospheric phenomenon, occurs in which South American nation?
- 11** This near-extinct animal was reintroduced to Oklahoma’s Tallgrass Prairie Preserve in 1993. Name it. (Hint: Read our feature “Prairie Home,” page 88.)



Find facts, travel trends, infographics, a calendar of events, and more in National Geographic’s *Almanac 2019*. Order it at shop.ng.com/books.

National Geographic Traveler, May 2019

33 QUOTES

ADAPTING A MILE A MINUTE

EXCHANGE STUDENTS ADJUST
TO SCHOOL IN AMERICA



ALESSIA BELLOMETTI, 11
“In Italy, we usually go to school from 8:00 a.m. to 1:00 p.m. We have lunch at home, and we have five years of high school, not four.”



MARTA MORENO GIL, 10
“School here is way bigger, there’s more classes and I can choose my schedule; in Spain, I have a schedule and I have to follow it. The classes in Spain have about 30 people, and I have a different schedule every day.”



BENDIX OTT, 11
“The biggest difference is that students here have to change to different rooms. In Germany, we’re staying most of the time in one classroom and the teachers change rooms, except for classes like science classes.”



ISABEL MARTINEZ, 10
“Here you have school sports like football. We don’t have football, school games and mascots in Spain; they are really cool.”



MAJA RAJEVAC, 11
“There is a huge difference; here there is more freedom to be different than in Serbia.”

33

QUOTES

Brighton HS 2019



— “ —
When you end up spending
**EVERY SECOND OF
YOUR FREE TIME**
dedicated to one sport, it
automatically becomes
YOUR PASSION.

It means the world to me to be
able to play this game everyday.

photo by D. Wadsworth

— ” —
Korel Villalobos '20

IMPOSSIBLE?

Photo by S. Lee
REPEAT AFTER ME
BY MARIANNA GUN AND
JESSIE FELDING

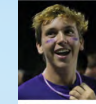
BECKY GOES IN PEOPLE'S FEET FROM THE BLOW STRUCK. KURTIN' THOMAS (THAN WALKS "lets go" EXCITEMENT FEELS THE DOWNING SPINORS Maxwell, Inevitable and Ishash Duwari)

Fans in the stands contribute to the game with their chants.

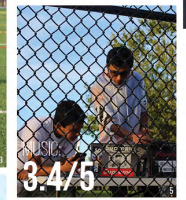
1. FEET FLAUNTED IN THE DRIVING. sophomore Jordan Lee struggles in a close match of tug of war. "My favorite part of the Bash was being able to hang out with friends. It gives me time to spend time with them," Lee said. Photo by S. Lee
2. TRYING HER LUCK AT HUMAN FOOTBALL. Freshman Andra Silva takes advantage of the physical



IT'S UP
LORD MORGAN
PURPLE



This has been part of his process of battling childhood cancer into the profession. - ETHAN PHILLIPS, 12



3.4/5



OBSTACLE COURSE
3.5/5

The Back To School Bash is known for its wide variety of activities and food, and students rated some of their favorites out of 5. Survey of 88 students conducted via Google Form

34
RATING



"Just put your mind to anything, you will be able to do it if you really want to."
HITAMSHI BHATNAGAR, 10
Photo by M. Gier

SHOW ME

010



BACK-TO-SCHOOL BASH

011

TJHSST 2019

FOWL PLAY

A SPOT-ON RECIPE FOR THE GRILL THAT STRIKES THE PERFECT BALANCE BETWEEN SPICY AND SWEET.

Jamaican jerk is the answer when the usual burgers-dogs-ribs grill gets dull. "You have spice, sweetness, and acidity," says Kwame Onwuachi, the James Beard Award-winning chef whose recipe we cribbed below. Serve it with coconut rice, a shaved-cabbage salad—and plenty of cold Red Stripes. —Adam Erace

JAMAICAN JERK CHICKEN



Serves 8 to 12

For the brine

*¼ cup kosher salt
¼ cup sugar
5 garlic cloves, crushed
1 tbsp allspice berries
1 tbsp minced ginger
1 Scotch bonnet pepper, halved
1 gallon water and 1 lb ice
3 whole chickens, broken down into breasts and legs*

For the marinade

*1 cup soy sauce
¼ cup chopped scallions
2 Scotch bonnet peppers
4 tbsp tamarind paste
¼ cup thyme
¼ cup Worcestershire sauce
1 tbsp each brown sugar and cinnamon
2 tbsp each minced ginger and garlic
¼ tsp salt
1 tbsp ground allspice
½ tsp ground cloves
3 bay leaves*

1. Combine brine ingredients except ice in a large pot and bring to a boil. Add ice to another large pot and pour the hot brine over the ice. Stir to cool and add chicken. Cover and brine in fridge for 24 hours.
2. Combine marinade ingredients in a blender and puree. Dry chicken with paper towels and combine in a bowl with the marinade. Cover with plastic wrap and marinate in fridge for 24 hours.
3. Heat a smoker, or a grill set up for indirect heat, to 220°. Cook chicken for 1 hour, basting occasionally with the marinade. When chicken is nearly done, sear skin-side down until crisp. Serve immediately.

—MEN'S JOURNAL—
**PERFECT
SUMMER**



35 RECIPE

Men's Journal, July/August 2019

PRIDE, PATRIOTISM, & protest

In the IB Theory of Knowledge class on Thursday, Oct. 20, students debate on the controversial topic of kneeling during the national anthem to advocate for rights **reporting by Meena Thirumurti**



1. Hands Raised, Thoughts Abuzz
Discussing athletes kneeling during the national anthem, students make their views known in their sixth period TOK debate. "I enjoy debating because you can see all the different ways people see things. It was cool to see how people in the class thought about a topic that had been so polarizing," senior **Steven Jiang** said.
2. Teacher Talk Athletic director **Bill Pierce** shares his perspective with students during the TOK debate. "It's the only time during the school day where we get to argue and even talk about something that is relevant to life outside of school," senior **Haley Rowlands** said. **3. Plenty of Perspective** Mid-discussion, seniors **Clara Davis, Matthew Morris, and Marian Cooper** engage in the debate. "We were talking about the different types of people who [kneel], what the real purpose of it was, and whether it was an effective form of protest," Cooper said. **photos by Bailey Wright**
4. The Voice of Reason Near the end of class, seniors **Evan Ryan, Grayson Campbell, and William Cleary** listen as their classmates state their case. "Nothing is really 'off limits' to discussion," Ryan said. "We are all there to better understand each others' opinions so that we may create our own more holistically,"



IS KNEELING DURING THE NATIONAL ANTHEM DISRESPECTFUL OR UNPatriotic?

Evan Ryan, 12: "I think that to say **Kaepernick's actions are un-American or treasonous is indisputably wrong**. An ironic dissertation is made by people who are blindly patriotic, with little understanding of the rights of peoples of the U.S. If Colin Kaepernick feels as if [he] is being marginalized, [he is] allowed and encouraged to protest, so long as it remains peaceful. Kneeling during a song? Sounds pretty peaceful to me."

Clara Davis, 12: "It's kind of weird because by kneeling he is disrespecting the country, but I don't think that's his motive. I don't see it as disrespectful to the military per se, but to the country, perhaps. It's basically saying 'I hate the national anthem.' **A lot of people may not like the national anthem, but they still stand up for it.**"

IS KNEELING DURING THE NATIONAL ANTHEM AN EFFECTIVE WAY TO PROMOTE CHANGE?

Marian Cooper, 12: "Most people did think it was bringing awareness to the issues of

we were sitting there talking about it."

CD: "I don't think it's effective. It's a good way to get the word out, but it's not a good way to actually fight for something. **If you're going to take a stand, take a real stand. Don't just kneel at a football game, go out and actively fight for the cause.** If Kaepernick wants to support [Black Lives Matter] he needs to do it, not just say that's what he's doing."

WOULD YOU PERSONALLY KNEEL FOR THE NATIONAL ANTHEM?

CD: "No, I wouldn't. **It's the national anthem—you just stand up. You're showing that you're patriotic for your country and that you like your country.** It's not about making a protest for me, I just stand up. I would rather make a statement, say my rights are being violated, or find another way."

ER: "Of course I would, if the stage were appropriate. At a sporting event, yes. An event recognizing veterans, or other servicemen, absolutely not. **I believe it [is] essential that I stand, or kneel, in solidarity with those who feel that their rights are being squandered** for something as fundamental as feeling comfortable as an equal citizen."



36

ROUNDTABLE

SNAKE ATTACK

ENVIRONMENTAL ED SENIORS TOLD THEIR SNAKE STORIES.

scare scale

1 2 3 4 5 6 7 **8** 9 10

"This snake must've not eaten that day but it started wrapping itself around my neck. I called Debey over and he had to come pull the snake out from around me."

NATHAN PERKINS ROCK, 12



gross scale

1 2 3 4 **5** 6 7 8 9 10

"Snakes just feel like a giant muscle moving around on you. They're sweet sometimes but that's why I like the broken jaw one."

LIDIA RAGLAND, 12



37
SCALE

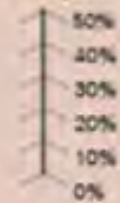
LET ME BE ME

With an ongoing emphasis on anti-bullying and the new Equity Group training for administrators like assistant principal Frank Barber and students throughout the school, we assessed students' feelings on their own acceptance in school and beyond

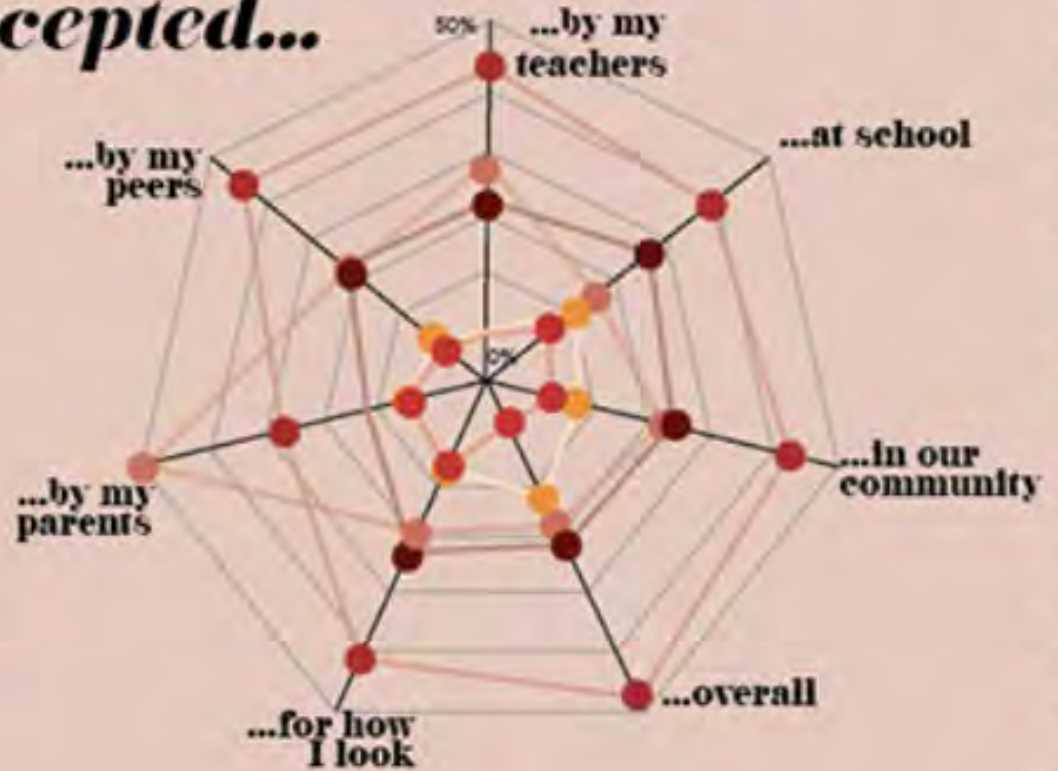
"I feel accepted..."

reporting by
Alexander Brown
274 students surveyed

Key:



Strongly Agree
Agree
Neutral
Disagree
Strongly Disagree



37 SCALE

B LAZING HEAT, RUNNING FEET

STORY BY SAMANTHA EGURVIDE
PHOTOS BY ANGELA LI

DEDICATED PLAYERS TOOK TIME AWAY FROM THE BEACH IN ORDER TO SUFFER UNDER THE SUN AND BE PREPPED FOR SEASON.



DAILY SCHED.

FOOTBALL

VOLLEYBALL

MARCHING BAND

BEFORE 7:00 A.M.	PAINFULLY get out of bed.	Roll out of bed Arrived at Gab, STRETCHED.	Wake up, shower, head off to Gab
8:00 A.M.	Change; on the field stretching LADDER drills in teams.	Timed mile, INDIAN STYLE. 25 BLEACHERS.	STRETCHES , drumline does bleachers, 3 laps, pushups, situps.
9:00 A.M.	Rotate to cone agility drills. WATER BREAK.	CARDIO in small gym. Go HOME.	Start MARCHING. Repeat sets (the number of steps needed to get to a certain location on the field) 1-15 TIMES
10:00 A.M.	In groups of three, do 20 yard SPRINTS. 50 yard STRIKERS.	JUMP in bed and go back to sleep.	
11:00 A.M.	Go HOME.	"IT WAS SO PAINFUL. I WANTED TO CRY EVERY SINGLE DAY."	Lunch break.
12:00 P.M.	Shower then STRUGGLE through summer homework.	Eat, sleep MORE , and do summer homework.	Practice MUSIC like All the Lights, Uma Thurman, Bang Bang, and Rather Be
1:00 P.M.	"I HATED IT, BUT IT WAS A GREAT SIGN THAT SEASON WAS NEAR."	Go back, do it ALL AGAIN.	Go HOME. "THE PRACTICE WASN'T THAT BAD. IT WAS MORE TIRING THAN DIFFICULT."
4:00 P.M.			

Kevin Le (11)

Jennifer Vera (12)

Miguel Cai (9)

38 SCHEDULE

Gabrielino HS - 2017

REBOOT YOUR METABOLISM

If your body is a machine, then your metabolism is its OS: It takes whatever you input (food) and runs it through a process so that you can function. Download a bunch of junk and it runs poorly. Upgrade your diet and exercise and you're running at the highest efficiency.



1 TEA UP

Along with coffee, tea is a rich source of antioxidants. One study published in the *Journal of Research in Medical Sciences* found that people with type 2 diabetes who drank four cups of green tea daily lost more weight and reduced their blood pressure more than those who drank no tea. The scientists think catechins, antioxidants inherent in green tea, may increase metabolism.



5 EAT DINNER AT LUNCH

Per an Italian study published in *PLOS One*, participants who ate the bulk of their calories at dinner were twice as likely to be obese as those who ate their larger meals earlier in the day. The scientists speculate that this style of eating may sync up more naturally with circadian rhythms, which contribute to metabolic function.



7 GO BACK TO IODIZED SALT

Sea salt does not usually contain iodine, a nutrient essential for helping your thyroid keep your metabolism functioning well. Aim for 150 micrograms of iodine daily. That's about 1/2 teaspoon of iodized salt, but you can also find iodine in fish, dairy, fruits, and vegetables.



9 ENTER BURST MODE

Italian scientists found that high-intensity interval resistance training (HIIT) increased the number of calories participants burned afterward when compared with traditional resistance training. Try this workout from the study: 6 reps, 20 seconds rest, 2 or 3 reps, 20 seconds rest, 2 or 3 reps. Do 3 exercises total with 2 minutes and 30 seconds of rest in between sets for a total of 8 sets.

11 IMPOSE A CURFEW

Even if you've implemented all the tips on these pages thus far, sleeping poorly may undo your hard work. Numerous studies have shown that losing sleep can alter glucose metabolism and regulatory hormones, both of which are vital for a properly functioning metabolism.



Morning

Afternoon

Workout

Evening

Night

2 EAT BREAKFAST

The meal may inactivate genes involved in fat metabolism and encourage the body to burn more carbs during a workout later in the day, found a 2018 study at a university. As your resting metabolic rate slows, eating the same foods at dinner may lead to a surplus of calories, which can lead to weight gain.



3 DRINK A LITTLE WATER—A LOT

Athletes on high-protein diets may show signs of metabolism-stalling dehydration. So drink up. More water may help your body break down fats more efficiently, leading to weight loss, found a review.



4 GET SPICY

Try seasoning your morning oatmeal or shake with cinnamon. The spice may help activate thermogenesis (the production of heat by metabolism), found a 2017 test-tube study in *Metabolism*. It's great on a peanut butter protein shake.



6 DON'T HAVE ACCIDENTAL BRUNCH

Men who ate larger meals less frequently throughout the day had better appetite control and a higher resting metabolic rate than those who ate the same number of calories but spread out during the day, reported a *PLOS One* study by Dutch scientists. Look for self-limiting portions of apples, pears, and nuts.

8 SPIN YOUR WHEELS (NOT METAPHORICALLY)

A 2018 University of Copenhagen study comparing cyclists with lifters found that the bike riders had higher levels of the metabolism-boosting hormone FGF21 after training. Cap off your regular workout session on an AirBike.



10 STRENGTHEN YOUR BONES

A 2017 study by Canadian scientists found that people who had more of the bone hormone osteocalcin in their bloodstream had a greater ability to metabolize sugar and fat. Foods that may raise that hormone: broccoli, onions, salmon, and olive oil.

12 PUT YOUR PHONE TO BED, TOO

After-dark Instagram scrolling doesn't just disrupt your sleep; it may also make you fat. The blue light your devices emit can increase insulin resistance, making it more difficult for your body to clear glucose from your bloodstream, found a Northwestern University study.



38

SCHEDULE

What to do when...

Your story deals with time.

A lot happens really fast.

You want another way to show what happened behind the scenes or how an event came together.

- Calendar
- Minute by minute
- Schedule
- Timeline



CAITLYN JENNER '19 SEPT. 26
@cahyt



GRACE WILEY '20 SEPT. 30

YOU'RE

POPPIN' TAGS
POPULAR HASHTAGS
FROM THE FALL

In the complex and dynamic world that 2018 has become, the news and social media both play a huge role in expression, communication, and unification. It has been 11 years since the hashtag came out, and the trend is only gaining support each year, by grouping our voices and opinions together in a tag, we become more connected through social networks. This fall was an eventful season, with the death of multiple rappers, the spooky trend taking over Instagram and Twitter, the #MeToo movement along with the Kavanaugh hearings, and political midterms. Students share their opinions on these topics through the popular hashtags.



JAXSON ACKER '19 AUG. 13
@jacker7



TIERNEY KELLISH '20 OCT. 7
@tierney.kellish

KELLY TAYLOR '21 OCT. 11
@kellytaylor



ISAAC ABRAMOVITZ '19 OCT. 13
@isaacm13



LIESL BRAUCH '21 OCT. 6
@lieslbrauch

YOU TALK
"SOCIAL MEDIA ALLOWS PEOPLE TO EXPRESS THEMSELVES AND IS AN OUTLET FOR THEM TO INTERACT WITH FRIENDS," TIERNEY KELLISH '20 SAID.
WE LISTEN

#RIPMACXXX

The music industry lost two famous rappers, Mac Miller and XXXTentacion Sept. 7 and June 18, respectively. Students mourned the loss of their musicians over social media. "I'm not too concerned, but I understand why this is so important to people," Wentao Zhang '20 said. "I didn't listen to Mac and XX music very much. I have listened to more of their music after they died. I think their deaths made them more popular in some ways, and made me realize that music is actually pretty good. I don't see why he can't be idolized."

#MIDTERMS18

Two years after the presidential election, the midterms hit the nation and Colorado. The midterms determined how the country would react to Trump's first two years in office and Colorado swung blue. "I was fine with the outcome of the midterms," Bryar Petrovich '22. "I didn't pay attention to the midterms that much because I didn't want to get involved with it. Everybody is really political now. I think the hyper-political climate hurts the school. Everybody's free to say what they want to say, but you can definitely get judged for where you stand. So I try to stay out of debating about politics."

#KAVANAUGH

A Supreme Court seat was left open after Justice Kennedy retired in July. President Trump nominated Honorary Brett Kavanaugh. During the Senate hearings for Kavanaugh's nomination, allegations of sexual assault in high school against victim Christine Blasey Ford came to light. "I believe that it takes a lot of courage for women to talk about their sexual harassment experiences; it is very strong and empowering of them," Dara Burkholder '21 said. "I have a lot of respect for them for doing that. It is hard to say how I feel about Brett Kavanaugh, as there have been so many parts and sides to the story."

#SPOOKYSZN

In preparation for Halloween, students posted about "spooky" topics the month of October. "I made bracelets and ate a lot of candy for Halloween," Kaitlyn Cook '21 said. "I made the crunchy bracelets with the beads that say stuff. They said trick or treat and things like that; they were Halloween themed. The best part about Halloween is hanging out with your friends and eating a ton of junk food. This year, I was a frat boy. I wore a visor, my track shirt, and socks with vans."

034

I WAS SOME OF THE CLUBS AT THE SCHOOL, LIKE KEY CLUB AND THE HAPPY CAMPION CLUB. I HAVE BEEN ABLE TO DO A LOT OF COMMUNITY SERVICE, LIKE MAKING BERRY PICKETS FOR A HOSPITAL DONATION AND FRONK THE CLUB HAS REALLY HELPED ME MEET NEW PEOPLE. (LINDSEY DENNIS '22)

TRENDING

39

SOCIAL MEDIA POST

TWIST-AGRAM

4,350 VISITORS
319 VOLUNTEERS

55 STEM LABS BASED
121 FOLLOWERS
12 SEPTEMBER DATE OF FIRST POST
10 COORDINATORS
6 SPONSORS
2 ACCOUNT OWNERS

TRY IT!

WHAT SOMETHING YOU ALWAYS WANTED TO TRY?

BIRYANI



"I've wanted to try biryani since my friend recommended it."
ESTHER KAMIL, 12
Photo by E. Long

MUSIC SCHOOL



"Going to a music school. Or owning a lizard!"
BRYAN BAYNE, 8
Photo courtesy of R. Name

BOXING



"Boxing or skating!"
JUN CHANG, 12
Photo by A. Mann



MEGHA GADDAM AND NATALIE WU



Liked by salmon.ellie and 48 others
tj.twist Today we did the leakproof bag lab where you stick pencils into a bag of water without any of the water coming out! Cool right?? Come next week for more insightful labs!



ALEX FRIEDMAN

Liked by salmon.ellie and 56 others
tj.twist Happy Halloween! 🎃 Today we made a lab especially for #spookyszn, c0wwebb slime! Be sure to come to our meeting next Wednesday for another fun lab and food!

During Techstravaganza, thousands of visitors flock to Alexandria to learn about STEM. "The purpose of this event is to reach out to communities and get children, in elementary and middle school, interested in science and research in general," TWIST sponsor Dr. Del Cerro said. TWIST aims to increase "female enrollment in traditionally underrepresented TJ research labs by empowering girls in our community."



MEGNA SHARMA AND MALLIKA CHARAGUNDLA

"The main goal for TWIST is to join the whole movement of women in stem by having a friendly and encouraging set up in each week's meeting. We hope to expand our member's knowledge about science in the fun and interactive labs we do each time," sophomore Megha Sharma said. Sharma created the Instagram account this year with club publicist, Rose Du. "Our Instagram focuses on capturing the joy in our members while doing labs and we try to get all participants in there, so if you come to our meetings, you could get featured in our account," Sharma said.

Aside from planning for Marketplace, FBLA members also listen to and give presentations analyzing the market and compare interactions. "Every week [FBLA has] a current events presentation, where the current events coordinators [prepare] a presentation on how current businesses are changing themselves to help make more profit," FBLA vice president Utkarsh Chatur said.

WISE: WOMEN INTERESTED IN SCIENCE AND ENGINEERING

"We do random experiments that are usually food related so we can help the 5th grade buddies learn about science topics," sophomore Megha Suspaneni said. In WISE, students get partners and are paired up with a 5th grader from Lakeside Elementary School. "More Riya Boyapati adds, usually have the same but every time," allowing you to bond with your buddy.

TRY WISE OR WILD



Although both WILD and WISE aim to empower women, they go about it in completely different ways.

WILD: WOMEN IN LEADERSHIP AND DEVELOPMENT

Every year, they run the Love Your Body campaign. "We're trying to promote body positivity for everybody," senior Cassidy Trish said. They made little notes with funny pick-up lines and puns on them to foster positive body images. WILD also decorated mirrors, because that's where people make the most harsh criticisms about their body image. "We wanted to make it a positive experience by making the mirrors pretty so that when you look in it, you hopefully like what you see," senior Anshu Gung said.



THE BUSINESS OF FOOD

Students at TJ love the food sold at FBLA Marketplace, but what is FBLA?

GREPS The dumpling group lost to freshman Valiana Li's group, who made over \$200. The secret to their success? "Typically, people think of [crepan] as costing a lot of money, so if we sold it for a lot of money, people wouldn't notice," Li said.



FRESH DUMPLINGS Freshman Huston Goult's group even got outside help, freshman John Park, recruited to help fry the dumplings, observe that "the coordination of the group was pretty good." They would have one person cooking and one person getting the money.

TRY EMPOWERMENT
TWIST, FBLA,
WISE and WILD.

39 SOCIAL MEDIA POST

What to do when...

The story went viral.
Everyone is using the same hashtag.
Events are announced on Facebook.
Snapchat puts out new filters.
You do it for the Gram.

- Facebook Posts
- Instagram Stories
- Snap Chat
- Tweets

40 STATS

Rock Canyon HS 2019

STATS THE FACTS

PERFORMING ARTS' YEAR IN NUMBERS

BAND STATS

THEY HAVE PRACTICED FOR OVER **240** HOURS FOR THE SEASON

THERE ARE **60** MEMBERS

IN THE FIRST COMPETITIONS THEY GOT **2ND**

THERE ARE **11** SENIORS AND **17** FRESHMEN

THEY HAVE QUALIFIED FOR STATE FOR **5** CONSECUTIVE YEARS

THEATER STATS

THE MUSICAL TOOK **8-9** WEEKS, ABOUT **10** HOURS A WEEK

THERE ARE **59** OFFICIAL THESPIAN MEMBERS

35 INDIVIDUALS QUALIFIED FOR NATIONALS

CHOIR STATS

16 PEOPLE IN LEAGUE CHOIR

10 INDIVIDUALS SELECTED FOR ALL STATE

2 INDIVIDUALS SELECTED FOR ALL CHOIR STATE JAZZ CHOIR

40 STATS

BEST WORKPLACES

WORK'S PEAK PERKS

Is your benefits package competitive enough? This is what you're up against.



A Doctor in the House

Four percent of Inc.'s Best Workplaces take health care a step further by employing onsite medical providers. For some, that's easy. Steven Lee, co-founder and chief science officer of the Chicago-based Visibly, also happens to be an optometrist, which makes free eye exams for his workers pretty simple. Klein Hall, an accounting firm in Aurora, Illinois, has a life coach for one-on-one employee support and an outside therapist. (No word on whether all 22 employees would use the same therapist—which could, of course, create some serious drama.)



Life's a Beach—or Mountain

At Invoca, a Santa Barbara, California-based analytics company, employees take weekly walks to the beach. The enterprise software startup Podium sits at the base of the Wasatch Range in Lehi, Utah—and its famed light powder. That's reason enough for the company to purchase season passes for staffers to the nearby Snowbird ski resort. When the powder is deep—perhaps the accounting department does the calculation—entire departments hit the slopes before coming into work.

No Health Care? No Way!

Only 1 percent of the Best Workplaces don't provide health care. At one of them, Ocala, Florida-based MzeroA.com, which offers flight training, employees get gym reimbursement and access to company-paid, flat-fee partnerships with local health care practitioners, as well as a catastrophic insurance plan for emergencies.

99%

provide health insurance—and some cover the cost.

4%

have onsite medical care.

49%

allow employees to bring pets to work.

65%

take employees to offsite retreats to relax and recharge.

65%

have stress-relief programs at the office.

16%

offer paid sabbaticals to reward length of service.

You Deserve Some Time Off

Typically a perk for professors, a surprising 16 percent of Inc.'s Best Workplaces offer paid sabbaticals. At AdvicePeriod, an L.A.-based wealth-management firm, employees accrue a week of paid sabbatical time on each work anniversary. Once they reach year 4, they can cash in—and every time someone uses a sabbatical, his or her calendar resets.



The Pup Will See You Now

Ah, pets in the office—that classic polarizing discussion. This year's data shows that 49 percent of the Best Workplaces now allow employees to bring a pet to work. LYNC Logistics in Chattanooga, Tennessee, features a golden retriever named LeBron as its chief happiness officer. "His sole purpose is to make everyone who walks in our doors happy," says the company. Interestingly, the 4 percent of businesses on the list without a casual dress code are almost all among the segment without a pet policy. Maybe, at a certain point, you have to choose: Your dog or your suit?



Meet the VP of Chill

Sixty-five percent of our Best Workplaces hold regular stress-relief breaks—and some of them are particularly notable mental refreshers. Enigma Technologies, a data-management and intelligence company in New York City, stocks its office with musical instruments and pays for staff to book time at a local recording studio. Voorhees, New Jersey's Trinity Packaging Supply hosts table-tennis lessons with a former world champion. And at the new headquarters for United Shore, a Pontiac, Michigan-based mortgage lender, CEO Mat Ishbia, a former Michigan State hoops star, installed a full-size basketball court. —Cameron Albert-Daich

41 STEM COMPLETION

year

I'VE TOTALLY

GOT

Swimming
Drawing
Painting

KATIE

PEDDYCORD 8

Doing language arts
Playing "Fortnite"
Playing soccer

SINUHE

GARCIA-SAENZ 8

Playing video games
Doing math
Playing soccer

DYLAN

MARTINEZ 7

Painting
Walking dogs
Hiking

KAISA

HINKLE 7

Running cross country
Singing
Hanging with friends

ANNELIESE

HAHN 8

Solving equations
Doing chemistry
Playing trumpet

BROCK

OROS 8

Westfield MS 2019

WRITING THE BULLET

Step 1:

"For monthly spreads, I first do the cover, and each month has a theme. Then, I take a pencil and draw it out. To finish the lettering, I go in with a pen. And finally, I use colored pencils."

Step 2:

"I start planning out my month. I usually have some pages that are special for each season—December had a page with gift ideas."

Step 3:

"Finally, I do the week spreads to get organized with my school work and my personal stuff like birthdays or family plans."

In order to help with her study habits and artistic skills, freshman Alexis Hawkins uses a bullet journal to organize her day-to-day events and assignments

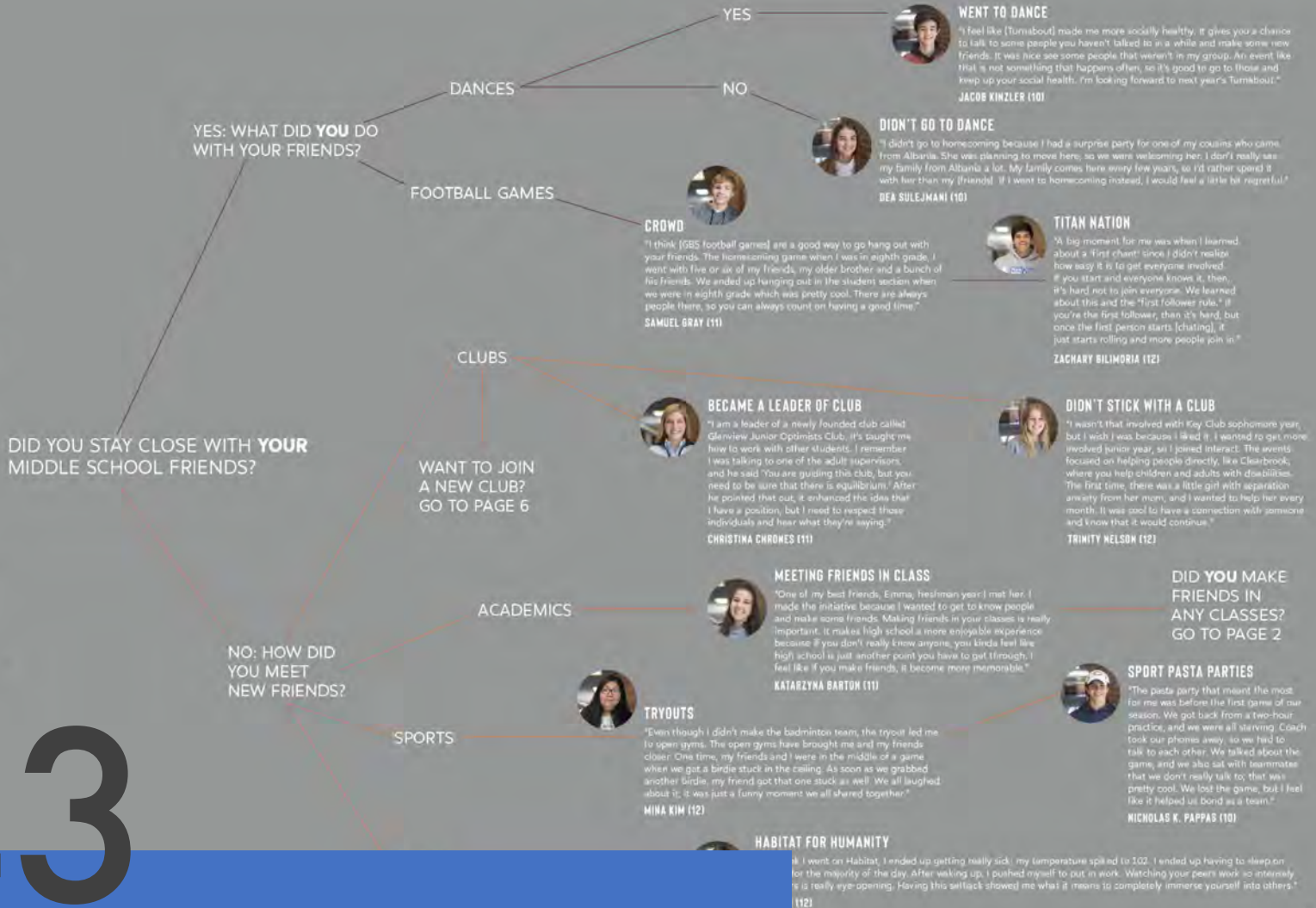
reporting by Sara Gamen-Munarriz

Sketchy Schedule Planning her bullet journal in the library, freshman *Alexis Hawkins* works on the October cover. "Your bullet journal can be whatever you want it to be. It can be pretty and themed or it can be crazy and chaotic. It's perfect as long as you like it," Hawkins said. **photo by Sara Gamen-Munarriz**



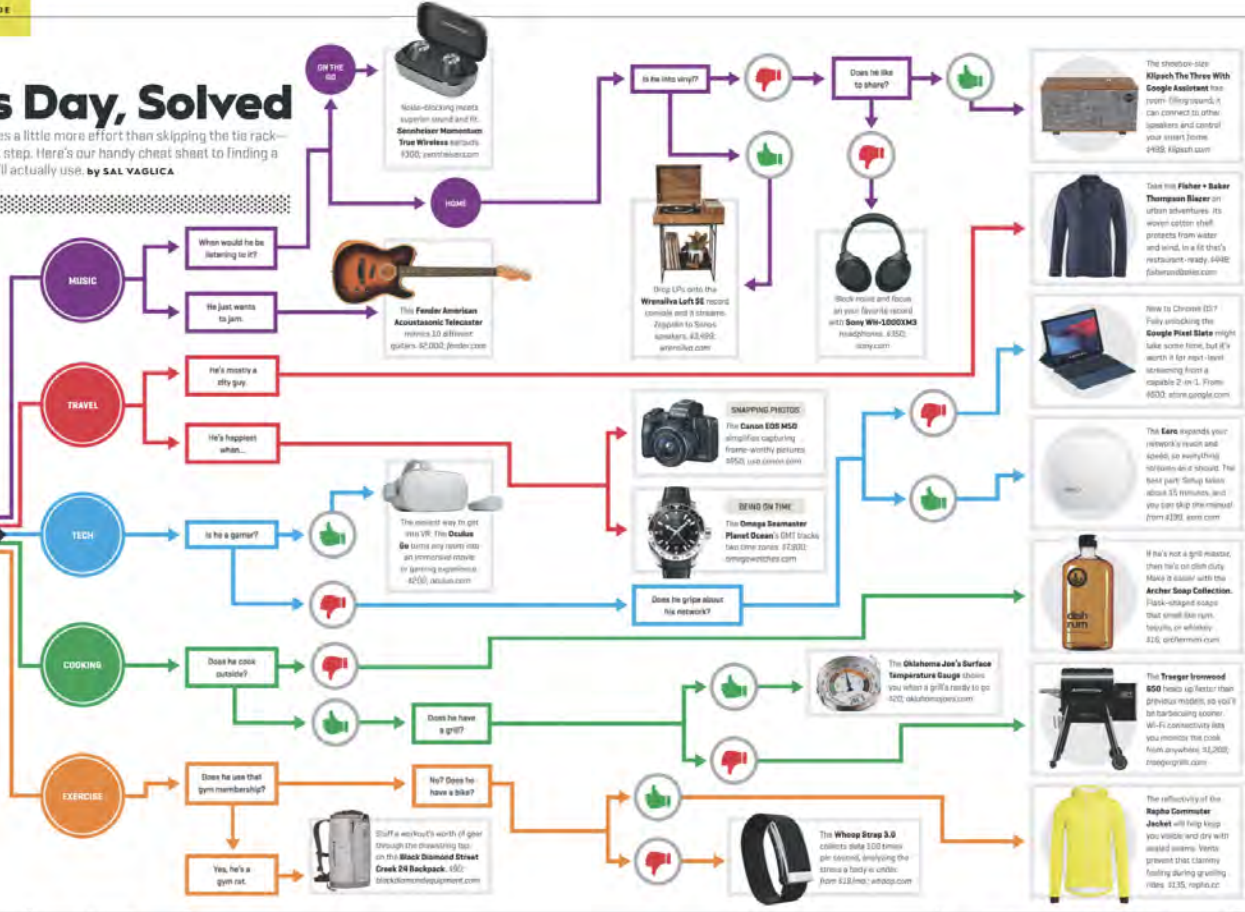
42

STEP BY STEP



Dad's Day, Solved

The perfect gift takes a little more effort than skipping the tie rack—which is a good first step. Here's our handy cheat sheet to finding a Father's Day gift he'll actually use. **by SAL VAGUCA**



43

THIS OR THAT



3

VISIONARY
**RICHARD
BRANSON**

"I'd swap all my wealth for a healthy 21-year-old self tomorrow. But I can't find any 21-year-olds who want to swap with me."

Clearly Sir Richard Branson jests, as we can't imagine anyone of any age who wouldn't trade places with the megabiz-founding, balloon-flying, eco-warrioring billionaire turned humanitarian.

Right now the Virgin Group founder's armada of companies is seeking solutions for global warming; orbiting 2,000-plus satellites so 4 billion cyberless

folks can go online; supplying electricity and solar power to Africa; and spearheading clean-water initiatives. "We're also working on flying cars," he says.

His most recent quest: making exercise fun with "festivals of fitness" (run by his new Virgin Sport) that bring people together for workout challenges.

And he's not just the owner, he's also a client: "Life's gonna be a hell of a lot more rewarding," he says, "if I can get my body back to what it was when I was in my 20s."

4

ACTOR & PRODUCER

Dwayne Johnson



With his endless charisma, jacked body, and sardonic wit, Dwayne "The Rock" Johnson has become the world's highest-paid actor.

Johnson earned a cool \$64.5 million last year, according to *Forbes*, and currently has a whopping 26 films in development to be released in the next several years.

Coming from WWE, where his big-hearted, eyebrow-raising The Rock character was invented, Johnson is both a kick-butt action-adventure star (*San Andreas*) and a comedic leading man (*Central Intelligence*, *Baywatch*).

Up next: his sequel to Robin Williams' *Jumanji*, in theaters in December—just the present The Rock's fans are waiting for.



5
PRIME MINISTER
OF CANADA
**JUSTIN
TRUDEAU**

With his dark eyes and hipster tattoos, Justin Trudeau, 45, became an immediate sensation when he made his American debut during a summit with President Barack Obama following his 2015 landslide election. The son of legendary Canadian leader Pierre Trudeau, the young PM was

initially dismissed as a lightweight with a handsome face and famous name, but he quickly proved his political skills by passing major tax legislation and making tough decisions on refugee settlement. Time will tell whether his charm offensive will work with America's current president.

6

RAPPER & STYLE ICON

Kanye West



Rapper, renaissance man, and Kim K. consort Kanye West has proved himself a winner on a new front: fashion. His Yeezy line for Adidas is selling out even faster than his concerts, with the 2017 Yeezy Boost 350 fetching well over \$1,000—that is, if you can find someone to sell you a pair.

7

CEO,
GOR-JENSEN INC.

**Matt
Hesse**

He disrupted the supplement market with the groundbreaking sports nutrition brand Performix. Now Matt Hesse has turned his attention to the vitamin category with the launch of Orb. One capsule features a patented time-releasing technology combined with tiny multivitamin beadlets with nutrient-rich fish oils. The Army veteran Hesse also launched FitOps Foundation, which trains more than 300 veterans a year to become certified personal trainers, helping them start new careers after serving our country.

COURTESY FROM THE U.S. DEPARTMENT OF THE INTERIOR, FISH AND WILDLIFE SERVICE, NATIONAL SYSTEMS ADMINISTRATION, AND THE NATIONAL SYSTEMS ADMINISTRATION



WHO KNOWS YOU BEST?

We asked three students three questions about themselves. Then we had people they know to guess the students' answers. These are the results.

THE GUESSES

DAVID ONYEJEKWE

BROTHER

"Solomon's favorite sport is football. His favorite place that he travelled was California, and his favorite TV show is 'The Flash,'" David Onyejekwe said. "I am a little disappointed that David got my favorite TV show wrong," Solomon Onyejekwe said.

RYAN NADER

BEST FRIEND

"Solomon's favorite sport is football. We played football together and he would always dance. He dances when he's happy. His favorite place is Africa. Who doesn't love the 'Boondocks,'" Nader said. "I am surprised about Ryan's show picks but come on, Africa," Solomon Onyejekwe said.

OLIVIA MCAULIFFE

CLASSMATE

"I think Solomon's favorite sport is football because he plays. I'm gonna guess Massachusetts is his favorite place because he spent some of his childhood there. Maybe 'Archer' is his favorite TV show because it has a rather crude sense of humor that I believe he possesses," McAuliffe said.

"I've never seen 'Archer' in my life but those were pretty good guesses," Solomon Onyejekwe said.

JOE DISHUN

VARSITY FOOTBALL COACH

"Solomon's favorite sport is football. I would guess that his favorite place was the beach and that his favorite TV show is Game of Thrones," Dishun said. "I have never watched a 'Game of Thrones' episode in my life."

SOLOMON'S ANSWERS

1. FAVORITE SPORT? FOOTBALL

2. FAVORITE PLACE TRAVELED? SAN DIEGO

3. FAVORITE TV SHOW? HOUSE OF CARDS

SOLOMON ONYEJEKWE, 12



BRYN KIRK

TRIPLET

"Her favorite class is English, her celebrity crush is probably Rupert Grint, and she wants to be an actress."

PHOEBE KIRK

TRIPLET

"Her favorite class is math, Rupert Grint is her celebrity crush, and she wants to be an actress when she's older."

WHAT IS YOUR FAVORITE CLASS? ENGLISH

WHO IS YOUR CELEBRITY CRUSH? DYLAN O'BRIEN

WHAT IS YOUR DREAM JOB? PHOTOGRAPHER



SYD KIRK, 10

(photo courtesy of Syd Kirk)



DJ DAVIS, 11

WHAT COLLEGE DO YOU WANT TO GO TO? UVA

COURTNEY KLEIN

ENGLISH TEACHER

"I would like to guess that DJ wants to go to UVA for college. I think his favorite food is pizza. His dream job is to be a professional football player."

WHAT IS YOUR FAVORITE FOOD? FRENCH FRIES

ANTHONY SALAZAR

BEST FRIEND

"DJ wants to go to UVA for college. I think his favorite food is pizza. I think his dream job is to be a professional football player."

WHO IS YOUR FAVORITE SINGER? TAYLOR SWIFT

CAT DAVIS

SISTER

"His favorite college is UVA. His favorite food is french fries. His dream job is Taylor Swift. He's going to go with her."

47

WHO KNOWS BEST?

48

WORD ASSOCIATION

TJHSST 2019

After a long year of hard work, students explore the different cultures of the world and describe their travels in one word.

KEEP IT PLANE AND SIMPLE

BY VASAVI AYYALA

- 1. CHEROKEE, NORTH CAROLINA**
"Moving" Liam West, 9
- 2. VANCOUVER, CANADA** "Scenic" Abi Sastry, 9
- 3. KODAIKANAL, INDIA** "Tranquil" Joniel Jerome, 9
- 4. NEW DEHLI, INDIA** "Vibrant" Meera Gupta, 10
- 5. MACHU PICCHU** "Serene" Richik Halдар, 10
- 6. CATALINA ISLAND** "Charming" Tanya Kurnootala, 11
- 7. GERMANY** "Scenic" Ananya Sen, 11
- 8. CELESTUN, MEXICO** "Hot" Sohan Sunku, 11
- 9. ONTARIO, CANADA** "Multicultural" Varun Gannavarapu, 12
- 10. TURKEY** "Delicious" Onur Gunduz, 9

that's a first

Freshmen come face-to-face with reality on Sept. 5 as they meet new people and get to know a new building on Freshman First Day
reporting by Alexander Brown

EXPECTATION:

"I was expecting a lot of people and more freedom with the phones and everything. I was expecting challenging classes so I prepared myself for that. I also expected to be able to play after school sports and I knew there were clubs like Key Club."

Eric Reazor, 9

"My middle school teachers said 'high school is just a bigger middle school,' so not much adjustment was to be made. I was moving with the same group of people and I had the same group of friends with me, so I expected high school to be fun."

Daniel Fee, 9

REALITY:

ER: "There were a lot more responsibilities than I thought there would be. There is a lot more commitment to classes and homework for after school. I had to make more time for homework and studying outside of school."

DF: "The transition into high school wasn't really that difficult because it's so similar to middle school. The only difference was just the first day getting used to everything. It follows the same pattern; you go to class for a period, the bell rings, and then you go to the next one. It wasn't that stressful."

49

EXPECTATION VS. REALITY

LET'S GET trendy

Movement of fads from A-Z shakes student body

A **DIDAS**

"I love my Adidas tennis shoes. I wear them all the time, they are super popular this year so I am very glad I have some."
-KAMI HARMON, 10

F **AKE**

"I heard about fake bake through a couple of drill team friends, and they said they liked it a lot better than a spray tan. So I purchased some. It was so easy to use, and it looks natural and not as orange as a spray tan. I love it."
-ELAINA ROBERTSON, 12

C **HAINS**

"My chain means a lot to me. It represents who I am. I wear my chain everyday. I have a cross piece and baseball piece that are symbolic to me."
-TREY LAVENDER, 10

N **EW RESTAURANTS**

"I'm so glad there are many new restaurants in Texarkana, but out of all of them, Tacos 4 Life is my favorite. It is so good and I eat there all the time."
-ZACH MOORE, 10

R **ETRO CLOTHING**

"Retro clothing is a way to capture clothing from the past and bring it back into today's style. It reflects a new clothing to show other people. My favorite pieces are this yellow jacket I got when I was shirt shopping and my dad's old band tees."
-PEYTON SIMS, 10

P **ATAGONIA**

"I like all Patagonia clothing. I think it looks really good. Its really popular and I don't like wearing off-brand things, so that's why I like it."
-COLE SMITH, 12

P **URA VI DA**

"I love my Pura Vida ring because it's super cute and a cool ring to have. I wear it all the time. Pura Vida rings are very popular right now, and I am happy I own one of the rings."
-IMARI KELLEY, 12

E **NO**

"I mainly use my Eno hammock in the summer. My Eno has very bright, vibrant colors. I love to bring mine to the Baptist camp I go to in the summer. It's so nice to set it up by the water and admire the nature and take some time to myself."
-ALLIE GRAVES, 11

Q **UIZLET**

"I use Quizlet to help memorize things that would otherwise be hard to do without it. School would be a lot harder if I didn't use Quizlet."
-NATHAN MORRIS, 10

C **AN FRESHIES**

"I have a car freshener from the rancher's wife, it is a pink Texas. It has a fruity smell and it is very cute. It smells really good and it puts me in a good mood."
-ADRIENNE ARMSTRONG, 10

F **ORTNITE**

"Fortnite is a bonding time with my friends. I get to talk with them and that's my favorite part. The goal on Fortnite is to kill everyone on the map then you win the game."
-BLAKE ROGERS, 9

G **UCCI**

"I really like my Gucci belt, so I wear it to school a lot, and it is very cool."
-CLAYTON SMITH, 10

A **S MR**

"ASMR is quiet, sudden and intriguing noises that are very satisfying and relaxing from time to time."
-EMMAGRACE KUHL, 10

T **HRIFTING**

"I like thrifting because it saves money, and you can always find something more unique than if you were to buy something from fashion stores."
-HOLLAND RAINWATER, 12

L **ULU LEMON**

"I wear LuluLemon's leggings and tank tops. They're really comfortable and stretchy. You don't have to worry about them being loose, and they last a long time."
-KYLEE BRALEY, 9

I **N MY FEELINGS CHALLENGE**

"In My Feelings" is a song by Drake where you dance along to the words he says in the song. Most people do it out of the passenger side of the car while someone else records. I like the dance because you can let loose and have some fun."
-JULYANNA ROBERTSON, 11

H **UJI**

"Huji is a very popular photography app that applies filters to your photos automatically. I like how the filter makes me look more tan. One main reason I like the filter, and a lot of other girls like it too, is because it takes away all your flaws."
-MAKENZIE HOFERT, 10

V **SCO**

"VSCO is such an easy and fun way to edit artsy pictures I take on my phone. Every time I want to post an Instagram picture, I use VSCO to edit the picture. I like to add cute filters to make the picture look much better than it did originally."
-EMMA BURNS, 9

S **WEATCOIN**

"Sweatcoin is an app you can get on your phone that you hook up through your bank, and however much you exercise determines how much money you will receive."
-ISABELLE ROBERTSON, 12

L **APTOP STICKERS**

"Life360 is a tracking app that parents use to keep up with you and make sure you are where you're supposed to be."
-MARY JANE BRAX, 10

M **EMES**

"Memes are pretty big right now. In school you will hear someone say something and you will know it's from a meme and it will make you laugh. I have a whole folder saved in my phone for memes. I really like them a lot they are really funny."
-MARY JANE BRAX, 10

N **ETFLIX**

"Everyday I go home and watch Netflix. Netflix means a lot to me because if I didn't have it, I would be bored all the time."
-MADISON WADSWORTH, 10

Y **OUTUBE**

"I watch YouTube at least every other day. Whenever I get bored, I like to turn it on. I like to watch a lot of sports videos, try not to laugh videos and video game videos. YouTube is very entertaining."
-TJ WALL, 11

A **MAZON PRIME**

"Amazon Prime is a reliable website where you can buy pretty much anything for cheap and good prices."
-EVAN CRAWFORD, 10

A to Z

What to Do When...

You want to cover what the community thinks.
You want to include lots of voices.
Your story revolves around numbers.
The plain facts are actually interesting.

SIWs
By the numbers
Fact box
Favorites
List
Poll
Stats

The story is about things.
You want to take a closer look at the details.
The story has an unfold/insider angle.

Behind the _____
Breakdown

You want to show multiple perspectives.
You want to compare multiple things.

Compare/Contrast
Multiple Perspectives
Pro/Cons
Rating
Scale
Top 10
Who Knows Best?

You want to teach your reader how to do something.
The story has complicated terminology.
You want the reader to know what it takes.

Advice
Breakdown
Do's & Don'ts
Glossary
How to
List
Recipe
Step by Step

You want to have a little fun with words.
You want to give interview subjects a jumping off point.
You want to show multiple perspectives.

Mad Libs
Stem Completion

The data is best understood visually.
Your story deals with numbers.
You have lots of great photos.
Geography is key.

Graphs
Infographics
Illustrations
Maps
Photo Diaries

Your background knowledge doesn't quite cut it.
The subject of the story has a unique voice.
You want to include multiple points of view.
You want to highlight relationships.

Autobiography
Profile
Q&A
Roundtable
Transcript

Your story deals with time.
A lot happens really fast.
You want another way to show what happened behind
the scenes or how an event came together.

Calendar
Minute by minute
Schedule
Timeline

The story went viral.
Everyone is using the same hashtag.
Events are announced on Facebook.
Snapchat puts out new filters.
You do it for the Gram.

Facebook Posts
Instagram Stories
Snap Chat
Tweets

50 Ways, One More Time

- | | | | | |
|--------------------------|---------------------------|---------------------------|-----------------------|--------------------------------|
| 1. Lists | 11. Do's and Don'ts | 21. List | 31. Q & A | 41. Step Connection |
| 2. Advice | 12. Fact box | 22. Mad Libs | 32. Quiz | 42. Step by Step |
| 3. Autobiography | 13. Timeline | 23. Map | 33. Quiz | 43. This or That |
| 4. Unfold During Article | 14. Top 10 or the Black | 24. Mapping | 34. Rating | 44. Timeline |
| 5. Behind the _____ | 15. Glossary | 25. Minus by Minus | 35. Recipe | 45. Top 10 (or 5 or 7...) |
| 6. Breakdown | 16. Graphs | 26. Multiple Perspectives | 36. Roundtable | 46. Transcript of Conversation |
| 7. By the Numbers | 17. How to / Step by Step | 27. Photo Diary | 37. Scale | 47. Who Knows Best? |
| 8. Calendar | 18. How to | 28. Polls | 38. Schedule | 48. Word Association |
| 9. Chart | 19. Infographics | 29. Profile | 39. Social Media Post | 49. Depictive (Photo) |
| 10. Compare / Contrast | 20. Illustrations | 30. Pro and Con | 40. Stats | 50. A to Z |

50

WAYS

TO TELL A STORY

YEARBOOKBESTIES.COM