



MORE THAN A MEMORY

becoming a young man

and so... ...much more

Shameel Young, 11. Best of always had the easiest life. One to family problems, Young moved in with Mrs. Flores, a Spanish teacher. Having known this family since sixth grade and already looking up to Mr. Flores as a big brother, the transition was a smooth one.

"They're like my family. They accepted me," Young said. Mrs. Flores was grateful to have Young in the family and invited him to her car. "My older kids are out of the house, so having him makes me feel like parents again," she said. Once he joined the family, Mrs. Flores kept him as a strict schedule. After football he showered, and they ate dinner together as a family. After that they worked on school work. Mrs. Flores helped with English and Spanish, and Mr. Flores helped with all other subjects. This structure helped him become more responsible and dedicated to school work. Young's change was also evident as the football field where he was considered a team leader. The year's hard work and off as they were looking at college for Young to continue his education and football career.

Coby Morley, 11
"Before he would focus on bad habits, but now he cares about school and his grades."

Jonathan Butler, 11
"He realized he had to grow up."

Fernando Flores, 12
"He is more about the team this year. He stepped up and became a leader."

David Sanchez
"He could play any position on defense. He's one of the best defensive linemen we have."

Mrs. Flores
"He's a great young man and we're extremely proud of him. He overcame obstacles in life and we're grateful to have him. My other children have him as a brother."

credit: David Sanchez

by definition
"Students define the significance of change as it relates to Shameel."

Kenneth Meyer, 11
"You changed how we view the people who have changed."

Tommy Opiano, 11
"It's a whole new world what's more important, he's doing what he has to do."

Frey Malhotra, 11
"He made some of the biggest right now things."

Shirley Wade, 11
"The transition is a lot of things. He's a lot of things. He's been a lot of things. He's been a lot of things."

Michael Cooper, 11
"Shameel realized he couldn't make a mistake and had to get his priorities straight."

Shannon Valenti, 11
"There were three in the beginning of the year when he started school and he had grown up and he was more responsible."

above & beyond

BROTHER AND SISTER PURSUE FAMILY GOAL OF BECOMING PLAYERS

30 >>> intermptor

DAEDULUS
NORTHEASTERN HS
MANCHESTER, PA

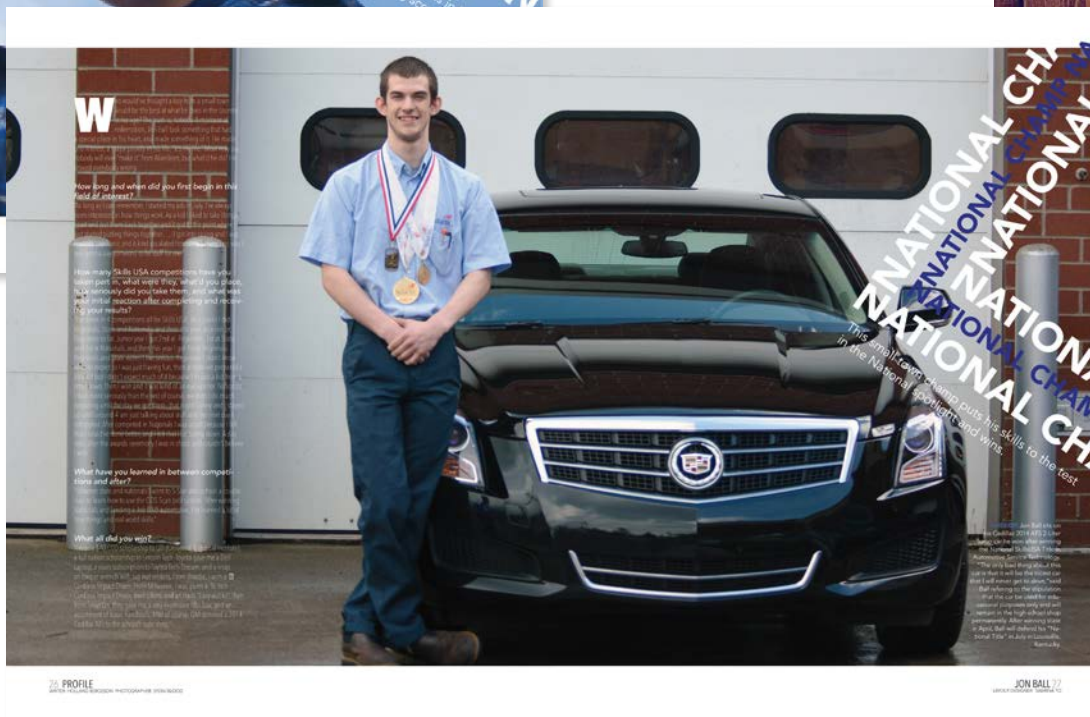
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FULL-SPREAD PROFILES

Sometimes called interrupters or showstoppers because they often break the cadence of regular content pages – and other times grouped into magazine format – full-spread profiles allow lots of coverage possibilities.



QUINAULT
ABERDEEN (WA) HS



This small-town champ puts his skills to the test in the National Spotlight and wins.



ACADEMICS
ACHIEVEMENT

TAKES TIME
Sherry Feng dedicates 16 hours per week to dance, 3 hours per week to debate, and 7 hours per week to academics.

LEAD a DANCE

"All the time that I spend on dance and debate are two activities that are separate at their core, the time I've learned from both have given me new perspectives about the world. One of the most important lessons is perseverance. Like every activity, I've absolutely had times where I wanted to quit. Both sports give me a terrible time for me as both a dancer and debater. I don't get out the idea I wanted, I didn't want to. Sometimes I thought I could, and on looking only at results, I had failed. I've learned that success comes only with time and dedication. These hardships are not something we should shy away from, but should instead embrace. Every experience is a new opportunity to become a better person." SHERRY FENG



CREATE your OWN

Sherry Feng assisted in developing a debate tutoring business.

With a goal and previous experience motivating her, Sherry Feng dedicated herself to developing a debate tutoring business that would provide students with skills to succeed in debate.

"After being involved in middle school debate and feeling that it was something I had a passion for, I wanted to tutor. When I came to high school, the debate coordinator asked me to come back to provide school to judge for them. I promised myself that if I qualified for nationals and had enough credentials like a coach for a debate business, I would start my own business. I ended up qualifying for nationals twice and held myself accountable for that promise," Feng said.

Feng, along with other debate students and alumni, worked to fulfill her dream by opening the Virginia Debate Academy.

"At first, we needed the Virginia Debate Academy for local purposes. Some debate camps cost thousands of dollars to fly and stay overnight. We wanted to make something that was affordable and still offer quality debate coaching. We now use our business to help students around the globe over \$2000 last summer and are proud of that," Feng said.

Another integral part of Feng's life, dance, taught her lessons she utilized when tutoring students.

"Dance involves being able to take feedback and turn it into something positive. In addition to that, debate is predicated on the ability of taking what judges say and improving your own skills. Dealing with feedback constructively and learning from mistakes was central to my growth not only as a dancer and debater, but as a person as well," Feng said. (11/15/15)

SHERRY FENG

ODYSSEY CHANTILLY (VA) HS

KICK it UP

Steven Sekar participated in competitions around country.



US OPEN CHAMPIONSHIP
February 3, 2016
RENO, NEVADA

USAT NATIONAL CHAMPIONSHIP
July 6, 2015
AUSTIN, TEXAS

MARYLAND STATE CHAMPIONSHIP
March 22, 2015
BEL AIR, MARYLAND

guard UP

Steven Sekar found passion for martial arts at a young age.

Steven Sekar knew he wanted to participate in Taekwondo for a long time. The sport influenced his childhood and he has become a fighter. "I started Taekwondo when I was a little kid and began competing when I was nine. My mom signed me up for classes because I always talked to do martial arts. When I started Taekwondo at the U.S. Taekwondo College, I lost weight and got stronger. I used to get nervous for tournaments, but I've gotten used to competing because I've done it for such a long time now."

1. KICK INTO GEAR Sekar is passionate about Taekwondo. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College.

2. TEAM IS EVERYTHING Sekar is a member of the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College.

3. BREAKING BARRIERS Sekar is a member of the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College.

4. ALL TOGETHER Sekar is a member of the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College.

5. SET UP Sekar is a member of the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College.

6. TOP OF THE WORLD Sekar is a member of the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College.

7. PASS A PRINCE Sekar is a member of the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College.

8. PRINCE Sekar is a member of the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College.

9. PRINCE Sekar is a member of the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College.

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15. PRINCE Sekar is a member of the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College. He has been competing in the U.S. Open and the U.S. Taekwondo College.

with ME

Steven Sekar found passion for martial arts at a young age.

"I've been on my current Taekwondo team for eight years, and I have been a team member with Steven for five or six of those years. Steven is a great person to train with, and we always cheer each other on during practice and competitions. He is also very kind and he is a strong competitor which encourages me to work harder."

Sometimes he even intimidates the other teams and their competitors. We practice on Monday, Wednesday, Friday and Saturday for three hours each, so we always get in work. I am happy for that he is going to the U.S. Open, he definitely deserves it. Even outside of school, he is a great friend and training partner to have." (11/15/15)



SPORTS
PERSEVERANCE

STEVEN SEKAR

LION'S ROAR
CHRIST PRESBYTERIAN
ACADEMY
NASHVILLE, TN

enduring senior soccer player spends the season on the sideline

INJURIES

by Anna Todd Ervin

Injuries were not uncommon during the soccer season for senior Joy Morgan Myers. "I played on the High School Girls' Varsity Soccer Team my freshman and sophomore year like normal, but at the end of my sophomore year, I tore my ACL for the first time while playing travel soccer," Myers said. "Last year, I got hurt again in the Powder Puff game and shattered the cartilage in my knee, which meant that I would miss the beginning of my senior year." After every injury that interfered with Myers' soccer season, she kept a positive attitude. "After my injury junior year, I was able to reassure myself that I would be able to play my senior year. I kept my attitude positive because I thought I would still make it for the majority of my senior year season," Myers said. Although Myers had been injured before, the last time was emotionally painful. "Ten days after I was cleared to play after my second surgery, we were playing Hume Pogg, and I tore my ACL again, which meant I would miss the second part of my senior year soccer season," Myers said. With the realization that her high school career might be over, Myers began to adapt to her new circumstances.

"It's been hard because I spent the second half of my high school soccer career just enjoying and not being able to play. I had to accept that my role on the team was one that was not on the field. It was more taking care of people, helping out, and helping with coaching," Myers said. "I wanted to play, but I learned to adapt to my circumstances and try to make the best out of the situation."

Being injured for a majority of her senior soccer season, Myers gained a whole new perspective on the sport by watching from the sideline. She was able to make a difference with her forward outlook.

editor: Al Thomas

"Everyone would lean on her to get help or advice because she was one of the best leaders that we have ever had. Jomo [Joy Morgan] was like a coach. In a way, it helped our team to appreciate her more. We could be more open, and she took everything into consideration. She wasn't as focused on the games but was more focused on us as a team. That's why she was such a good leader."

-Jessica Huddleston [11]



photo credit: Jay Williams

a new

from the baseball field to the halls, Nesbitt continues to lead

100

by Rachel Whitaker

After years of being the psychology teacher and baseball coach, Coach Larry Nesbitt took the next step in his career. After former Vice Principal Mrs. Christie Brown resigned from her position, Nesbitt took her place while still teaching the subject he loved.

"This new job has been challenging but very rewarding," Nesbitt said. "You have to be involved in many and difficult situations. It is not necessarily that enjoyable to be around somebody that feels like they are in trouble, but at the same time, it is rewarding when you see their experience grow and maturity in those moments," Nesbitt said.

The idea of balancing a coaching position, a teaching position, and a disciplinary position does not exactly sound peaceful. Nesbitt, however, took on the challenge in stride. "It is hard to be in the middle of a big mess and then come in the classroom, switch gears, and take along something that seems meaningless in comparison to a problem that is going on in someone's life," Nesbitt said. "Honestly, I know that the job was going to be hard, but it has been more fulfilling than I thought it would be."

Experience from his previous position as principal at Whites Creek High School influenced his decision to get involved in an administrative capacity.

"When Mr. [Hank] Morrow left the high school to become headmaster last year, I was worried about who would take over because I loved the culture that he had established here. That is what got my brain interested in getting back into the administration," Nesbitt said. "When I heard that Mrs. Brown was leaving, I knew I wanted to help the school maintain the culture that Mr. Morrow had established."

Nesbitt, however, was not the only one who played the Vice Principal role. While he was head of the boys, his counterpart, Mrs. [Kathleen] Clark, was head of the girls. "We are two people with extremely different personalities, but philosophically, we are the same," Nesbitt said. "It is encouraging for me to be thinking of a direction we need to go, run it by her, and see her affirm that she thinks it is a good direction, as well."

editor: Al Thomas

"My dad got a new job this year, and now, he has to deal with the people who get in trouble and give more demerits. He has started wearing ties more. Last year, I never saw him in ties, and now, he wears one every day. He also used to wear his baseball shoes to work, and now he wears nice shoes."

-Reesi Nesbitt [6]

022 FINDING GRACE AWILA

FINDING HER SAVING GRACE

THROUGH INNER STRENGTH AND FAITH SHE FINDS HAPPINESS

STORY BY RILEY HUMPHRY
PHOTO BY KIMBER HALE

My health does not define who I am. It may be a part of me, but it does not make up my entirety. I don't want people to see me as just another sad story but as an inspiration.

Junior Grace Awila has dealt with health issues her entire life. When she was six years old, a lump under her arm had become a cause for concern for her parents. Upon examination it was determined that she suffered from a genetic disorder known as Neurofibromatosis Type 1, a disease that causes benign tumors to form on the nerve sheaths. She would later learn that she also had Type 2, which is characterized by multiple tumors on the cranial and spinal nerve. However, it wasn't until the 9th grade, when she learned that the tumors were only getting bigger, that she broke down. "Growing up I was constantly going to doctor's appointments at UC San Francisco. It was just a part of my routine. I can probably walk the streets of San Francisco blindfolded and make my way to the hospital," Awila said.

"Deep down I think I always knew that it wasn't normal, that other kids don't spend their weekends with their doctors. I chose to ignore it. I put out this persona that I was always happy and that it didn't bother me. I really separated myself from my health issues, as if that part of me were somebody else."

The summer before she started the seventh grade, Awila experienced the full brunt of her illness. A tumor that was growing on her auditory nerve had become too large, and her doctors feared that it would be detrimental to her hearing. She would have to have surgery to get it removed. "It wasn't my first surgery, and it definitely wasn't my last. But this was the first one that actually scared me. I understood the risks of going through with it. Though the point was to preserve my hearing, there was always the chance that the tumor would just grow back, or worse—that the surgery could cause me to completely lose the hearing in my left ear. Luckily, it was mostly successful."

He accepted that this illness is a part of my life. I was born with it and I'm going to do what it takes to deal with it. I don't want people to see me as just another sad story but as an inspiration.
— Grace Awila, 17

Of course, my full hearing couldn't be restored, so I wear a hearing aid."

For Awila her real saving grace became her faith. When she received the heart wrenching news her freshman year, she turned to God. She had finally put down the load she'd been carrying and was able to admit that she needed support.

"The summer before my freshman year, I attended my church's summer camp for the first time. One of the many things they asked me was about my health, and about how I was actually dealing with it. No one had ever really asked me that before, and it just made me realize that there was somebody who cared, there was somebody that would listen to me and love me for everything that I was and understood everything that I'd been through. I was able to accept that this illness was a part of my life. I was born with it and I'm going to do what it takes to deal with it, because there are people, my family, my friends, my church, who love me and support me."

Awila had reached a place in which she was ready to face her problems head on, but the unexpected had another idea. In July of 2014 she began to feel sick with what she believed to be flu.

"I put it off, clearly my appendix burst. Apparently, I'd had appendicitis, and it just couldn't hold on any longer. I had to ride in an ambulance all the way from the local hospital to UCSF to reach my specialists. The entire time, all that was going through my head was that I was going to die. I had lived with tumors growing inside me for fifteen years and I was going to die because my appendix gave out. It just wasn't fair. Fortunately you don't need your appendix for much and no, I didn't die. The experience

ACCEPTING YOURSELF

COMING OUT GAVE HIM THE CONFIDENCE HE NEEDED

STORY BY NICHOL MORGAN
PHOTO BY KIMBER HALE

I've known ever since I was little that I was never really attracted to girls," Nathan Towarz said. "I came out in fifth grade because people would ask if I was gay and back when I started to shave it. Most of my friends were girls, and at that time I would wear super tight skinny jeans and Ugg boots. People were starting to get knowledge of what being gay was and more people were starting to accept it."

Towarz had feared coming out but the amount of support he received from both his family members and boyfriend have helped him through his coming out.

"It was hard for me to come out because there are still people today who believe that being gay is not okay and that it's a choice. However, both of my parents were really supportive, as was the rest of my family. I have a few other gay family members so it made it easier for me to come out. They treat me like I'm normal and I'm grateful for it. My boyfriend Luca has also supported me along the way. He's helped me get through the rough days by giving me something to focus on. He's shaped

me as a person and has remained a big part of my life. I am so grateful to have him."

Towarz is not only grateful for the outpour of love he received, he is also grateful to have never experienced bullying.

"To think that I've never been bullied before makes me really appreciate my own experience because a lot of kids have to go through that. I don't think anyone should be forced to come out. People should be able to move at their own pace without feeling pressured. A lot of people don't think they would ever be friends with someone who is gay because they are different from them, but when they get to know the person for who they are they change their minds. They realize that not everyone is the same and people have different likes and mine are just different from theirs. If anything, me being open about being gay made people like me more because of my honesty."

Happy never been bullied, Towarz values his experience even more. Even though he has never gone through the hardships of bullying, Towarz still faces his own insecurities. Makeup has helped

WINGSPAN
JAMES ENOCHS HS
MODESTO, CA

NATHAN TOWARZ DKS

him regain a sense of confidence.

"I wear makeup because I have acne and I'm not comfortable with my skin. I started wearing it last year and it helped me with my self-esteem. My dad got me into it because whenever he had a beard, he would put a little bit of foundation on it to cover it. This led me to start watching YouTube beauty videos. These videos have helped me improve my own makeup skills. A beauty artist who I watch and who inspires me is Manny Gutierrez. I had the opportunity of meeting him at Vidcon when I traveled to Los Angeles and he has given me the confidence to be okay with who I am. I don't have to care about what others may think of me, I'm just going to strut my stuff."

Towarz has learned a valuable lesson through his coming out experience. His confidence continues to grow and he doesn't plan on focusing on people's negative opinions.

"I would never change if I could because it's just the way it is. I don't want to spend my time worrying about other people's false perceptions of me. If someone shoots me down, I'll get up and stand stronger than before. I think that everyone should have the freedom to say that they think a person is cute or attractive without having to explain themselves. Because we are in 2016, people can actually be accepted for themselves and not have to be fake. I now know that it's okay for me to express myself in any way I want and I can always show my true colors."

Now that Towarz has come to terms with himself he wants to share his advice on life. "I want people to know that it doesn't hurt to be yourself. You don't have to try so hard. Be true to yourself and don't let anyone tell you different. People will appreciate and accept you more than if you were to hide your real feelings."

I now know that it's okay for me to express myself in any way that I want. And I can always show my true colors.
— Nathan Towarz, 17

RYAN HUNT
TRAVELS TO
GHANA TO
EXPERIENCE
ANOTHER
COUNTRY

don



In a classroom full of seventh students, Ryan Hunt, 32, and his companion, Liz Howell from Lakonia, Wyoming, met and taught kids about the

WITH EACH DAY ON POINTE, DARC LUEBBERT LIVES LIFE ON THE STAGE

Held back by an injury after she tore both of her hip flexors, Luebbert is working hard to return to her full dancing potential.

"It was hard getting dropped down after I got hurt, but I am slowly getting my skills back and working back up to where I was. I am still training at the same level as I was, but now my coaches work me slower," Luebbert said. "Soon I'll be back to normal and ready for Grand Prix."

getting
back to
the **basics**



Two moving floor n...
Woods...
14 yea...
of clas...
w...

ing, turning and going about the dance as been part of Katin's life for the past 15. Knowing five styles was allowed her to dance at a young age. Woda was allowed to return to her roots and get back to the kind of dance that she feels most comfortable doing.

"When I was a junior I had almost seven hours to



DANCER RETURNS TO STUDIO DANCE AFTER TWO YEARS ON SCHOOL'S POMS TEAM

Swelling, tingling and moving about the dance floor has been part of Kaitlin Stedman's life for 12 years. The 26-year-old dancer from Portland, Ore., has learned the physical and emotional ups and downs of living with a chronic condition called Ehlers-Danlos syndrome (EDS). "I've experienced a lot of different ways of life," she says.

Stedman is one of the best dancers in the world because of the strength that the disease allows. In fact, when it's slow, it's even more of an advantage. "I can move in a way that other people can't," she says. "I can do anything I want to do."

Stedman is a professional dancer and choreographer. She has performed in many of the world's most famous theaters, including the Bolshoi Ballet in Moscow, Russia. She has also performed in the United States, including at the Kennedy Center in Washington, D.C. and the Lincoln Center in New York City.

Stedman's condition is a rare genetic disorder that affects the connective tissue in the body. It causes the joints to be hypermobile, which means they can move in ways that most people's joints cannot. This can lead to a variety of problems, including joint pain, muscle weakness, and skin problems.

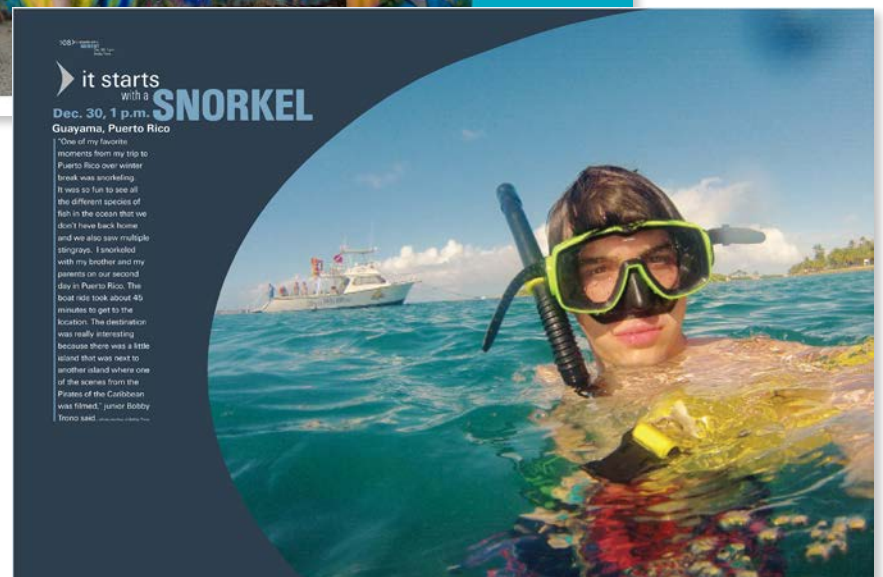
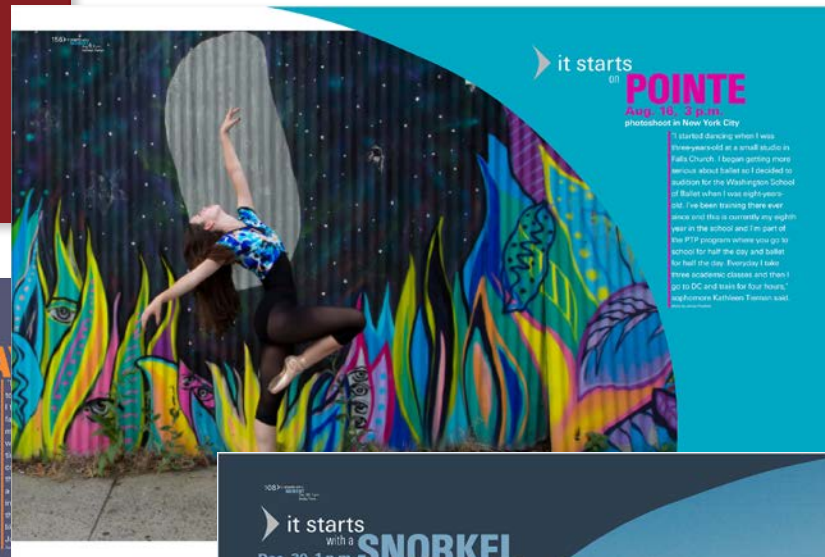
Stedman has learned to manage her condition through a combination of physical therapy, medication, and lifestyle changes. She has also found that dance is a great way to stay active and healthy. "Dance is my life," she says. "It's the only thing that makes me feel like I'm normal."

Stedman's story is a testament to the power of the human spirit. Despite her condition, she has achieved great things and continues to inspire others. "I want to show people that you can do anything you set your mind to," she says. "You just have to be persistent and never give up."





THE CLAN McLEAN (VA) HS



A HOLE IN HER HEART

DIDN'T **TAKE** HER LIFE

after discovering an atrial septal defect during a district heart screening, freshman Grace Lovett undergoes open heart surgery

Walking out of her heart exam, freshman Grace Lovett never expected to leave with news of having an abnormal hole in her heart. However, this unexpected experience had a drastic effect on her future outlook. The trouble began when the company Athlete Testing Solutions provided an exam at Olathe High School that tested the function of Grace's heart. After her younger sister Grace had a heart murmur, Grace's mother, Angie Lovett, signed the family up to be tested. On Tuesday, Aug. 19, 2014, the examiners found an atrial septal defect—a hole in Grace's heart.

According to Grace, the lack of accurate and perfected technology caused the family to believe there was no reason to be concerned. Yet, when the family traveled to Children's Mercy Hospital on Friday, Sept. 5, they discovered Grace would need open heart surgery to seal the half dollar sized hole.

"It was a shock," Angie said. "We didn't expect anything to be wrong."

To meet the surgeon and discuss the surgery, Grace met with Shawnee Mission South High School's Athletic Director, Brian Smith, who went through the same surgery. They met up at Smith's house where he shared his experiences and informed her of what to expect.

"Brian" reassured me that it wasn't as scary as I believed. Grace said. "He walked me through each day and what would happen, so I knew what was in store going into the heart op. He also gave me a heads up on the pain that I would have to endure, not least or surprised when wake from the surgery."

In addition, Grace's relatives and friends motivated her to stay positive and that the doctors, Athlete Testing Solutions, were going to do for her.

The love, support and encouragement from my friends and family really helped me to have confidence in what the surgeons were going to do and how I was going to get through it," Grace said. "My faith in God really helped me too, I know he wasn't going to let me go like this."

Despite the pain the family endured during the seven week period of awaiting the surgery to be scheduled, Angie said the experience strengthened her relationship with her daughter.

"To definitely drive us closer together," Angie said. "We were a lot closer to each other and we have a special appreciation now."

For Angie, this emotional time put a great deal of stress on the family and the unknown possible outcomes terrified her.

"It was a scary time. We cried every day—I did," Angie said. "You're trusting doctors that you're never met before and didn't know much about the surgery. [This situation] is something I wouldn't swap for anything."

On Oct. 15, 2014 at Children's Mercy Hospital, Grace's heart was stopped when the wires to bypass for her open heart surgery. The surgeons made a hole through the center of her chest and sawed through the bone, breaking her sternum. Then, the surgeons went into her chest and took Grace off bypass, and made a few layers of stitches. They put a tube in her chest and added another layer of stitches.

The first four surgery weeks completely eliminated the problem so that no complications would re-surface, according to the doctor. Six weeks after the surgery, Grace was playing volleyball again. "I had a four week recovery period here at home," she added here because I couldn't pick up any free or inflexible items that would have messed with the surgery," Grace said.

Without surgery, the doctors told Grace her heart would have failed in her years and she would have needed a heart transplant. In the end, Grace could have died before the age of 40, but she said the exam offered by Athlete Testing Solutions, saved her life.

The family encourages everyone to take the Athlete Testing Solutions test because of what it did for Grace.

We want to spread the word of this test. Athlete Testing Solutions is offering a test that is only 40 dollars, whereas the normal cost for these tests would exceed 1000 dollars if done in the hospital or doctor's office. Angie said. "It's an inexpensive, lifesaving test for students that we want everyone to take advantage of."



GRACE LOVETT 00

Story by David Mitchell - Photo by Cassidy Cavan - Photos submitted by the Lovett family

48 HOURS TO GET IT TOGETHER

after competing in Make48 inventing competitions for two years, senior Zachary Soriano obtains patent for his first place project

Hold with quiet composure, senior Zachary Soriano spoke softly while at school. But revealed in daylight when faced with a 48-hour and the challenge of designing a product in just 48 hours.

For two seasons, Zachary, along with his father and two classmates, competed in Make48 competitions, planning, prototyping and pitching a product to companies for potential sponsorship and financing.

The beginning of Make48 kicked off immediately, meaning participants in the excitement of the challenges.

"You sign in, I just gave T-shirts with your team name and they give a presentation about previous years and the challenge of the future," Zachary said. "Then you go down to the Union Station to the space with a bunch of 25 printers you can use and there are people to help you out. Then you come back with your idea and a finished product you could sell potentially."

Because we set out Zachary the day upon arrival of the competition due to all participants not knowing the theme, however, Zachary was in the stress, which he noted was his best quality during competition.

"It's the rush, the feeling being pressed for time to build something completely original and then something we could sell for money," Zachary said. "It is a fast-paced, high-pressure environment, everybody is [being] watched."

For the two seasons they have competed, Zachary's team has done well for only being recently formed. They have produced products under the themes of "Kitchen" and "Barbecue." The team's theme was the kitchen, without an easy way to keep dishes together at the table, earning them first place. Their classmate, the Cameron, helped determine the style of meat but did not place as high as they had hoped.

Zachary's business plan was a hit and earned his team a campaign name for "Kitchen." The campaign started allowed for Zachary and his team to get their foot in the door with parents and advertisements with any Make48 sponsored

business. Yet even for such a fast-paced competition, the campaign started had been in the works for months and caused excitement from waiting. Part of the team's success, Zachary said, has been his father Eric Soriano's sales experience.

"I feel like we do well, we do a lot of planning and my dad is in sales so he knows what works and what sells well," Zachary said. "Other teams just know how to build."

Not only has Eric's passion in sales helped them during competition, but his enthusiasm in inventing along with his son's has had them many days.

"To this day, I've come up with inventions almost every day. My favorite magazines to read are Popular Science and Popular Mechanics," Eric said.

Senior Sarah Soriano, Zachary's twin sister, also helped her brother's work and convinced it to her own work on the robotics team at school.

"It really gets a different engineering aspect because it is a real life problem they need solved in a very short amount of time," Sarah said. "We take robotics, compressed into two days instead of six weeks. They have to do the planning and assessment and find the problems while making and debugging it."

As a part of winning a Make48 competition, Zachary received prize money which he then used to purchase his technical skills once again, by building a computer.

"With the winnings of Make48, he got \$1,000 for his share," Sarah said. "So he bought parts for a new desktop. His A-leveler's laptop's processor wasn't good enough for the gaming he did so he just made his own."

The love of technology and engineering has been present in the Soriano family, with Zachary and Sarah's grandfather teaching engineering in their father as it could be passed down to them.

"We learned in at the table that each of us could change the world through invention, science and technology," Eric said. "Show you believe that what you do can impact the entire world. It opens a whole new level of belief in the power of your actions."



ZACHARY SORIANO 045

Story by Shelby Jackson - Photo by Cassidy Cavan - Photos submitted by the Soriano family

JAG MILL VALLEY HS SHAWNEE, KS

CREATING A NEW LIFESTYLE FROM THE GYM

motivation from brother inspires junior Dylan Smith to take up powerlifting, creating a drastic change to his everyday life

Smiles rolling down his face as he described 165 pounds junior Dylan Smith became a two-time 1A state powerlifting champion on Saturday, Feb. 28.

Dylan became interested in powerlifting after his brother, 2014 graduate Ryan Smith, revealed a weight set for Christmas. His interest rapidly increased after he became concerned about his health.

"I noticed I was gaining quite a bit of weight and didn't know a lot about dieting. I knew that people who worked out were in shape and I thought I'm going to keep working out," Dylan said. "At the time when I started kind of working out to diet, learning how to lift more safely and more intelligently along that path of losing weight. I started to enjoy dieting, the workout and how much he could do coming back."

In 8th grade, Dylan's interest in powerlifting peaked when he entered in a competition. "During my junior year, Dylan was in 8th grade, our dad entered him in a meet at Ingle Valley High School, being him as a freshman," Ryan said. "He was very competitive and he was placed in some 8th, his interest was peaked when he realized he could be very successful at lifting even he was in high school."

Once in high school, Dylan competed in the state meet freshman year, but had some surgery in 2014 after he developed osteochondritis dissecans.

"It didn't set me back too far but I was pretty worried because I was three and a half months before the state powerlifting meet," Dylan said. "I was the last 40 percent of the seasonments he had were there are like weights or 'You're a 30 year old man.' But I always thought I was young and knew they weren't true."

Dylan attributes his success in powerlifting to both the competition and support from Ryan.

"He doesn't really play an ongoing role in my powerlifting besides just supporting me in meals, but I would otherwise thank him for getting me into it and finding something I love," Dylan said. "It's been a blessing for him, I probably wouldn't have had this desire to go to a powerlifter or go to a stronger or anything."

for a bit and they got me all prepped up for surgery," Ryan said. "The surgery was actually really easy because the muscles that was torn wasn't supposed to be there anyway, so they just took it out and everything was working pretty good. The recovery from the second surgery was much easier."

Although Dylan healed from the surgery quickly, Ryan said the recovery was difficult for his brother at first.

"He was determined to get back into it as quick as he could though and he did everything he could to get back into it, he took the right steps in physical therapy and was quickly back at it," Ryan said. "He didn't know the numbers he wanted right away but I can say as an older brother I was very proud in how hard he worked and how much he could do coming back."

Once Dylan fully recovered from his surgery, he started to compete again alongside his brother.

"By my senior year, I was really the only one who regularly competed at meets from 1A to 1B," Ryan said. "We were really the only two that went to almost all the meets that year from our school. It was a lot of fun watching him win at meets and getting to watch him lose."

After becoming successful at powerlifting, Dylan created both a YouTube and a Instagram account dedicated to fitness.

"I use the page to help promote the sport and get people into fitness," Dylan said. "Right off the bat, 40 percent of the seasonments he had were there are like weights or 'You're a 30 year old man.' But I always thought I was young and knew they weren't true."

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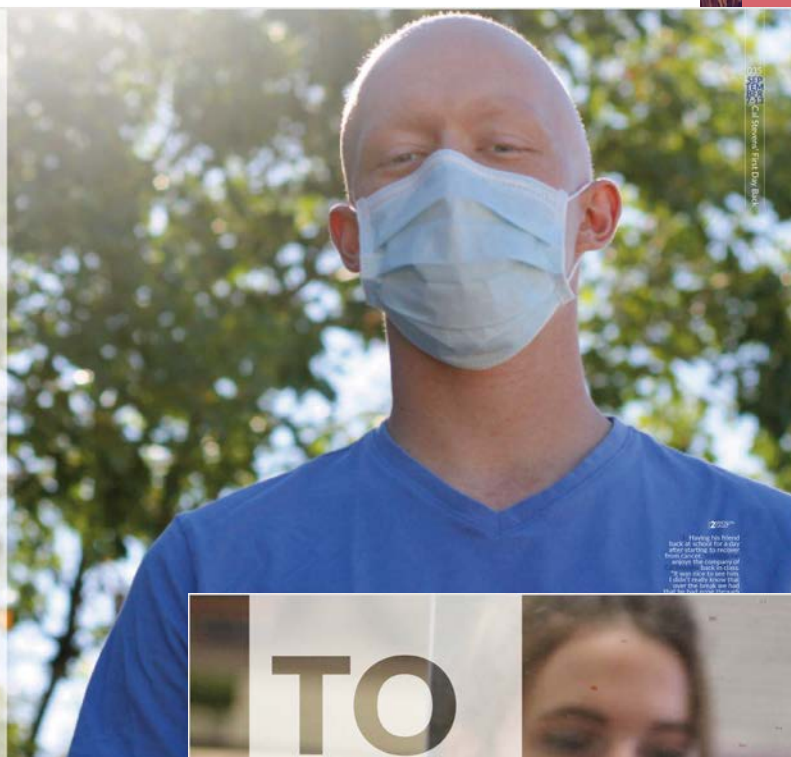


DYLAN SMITH 087

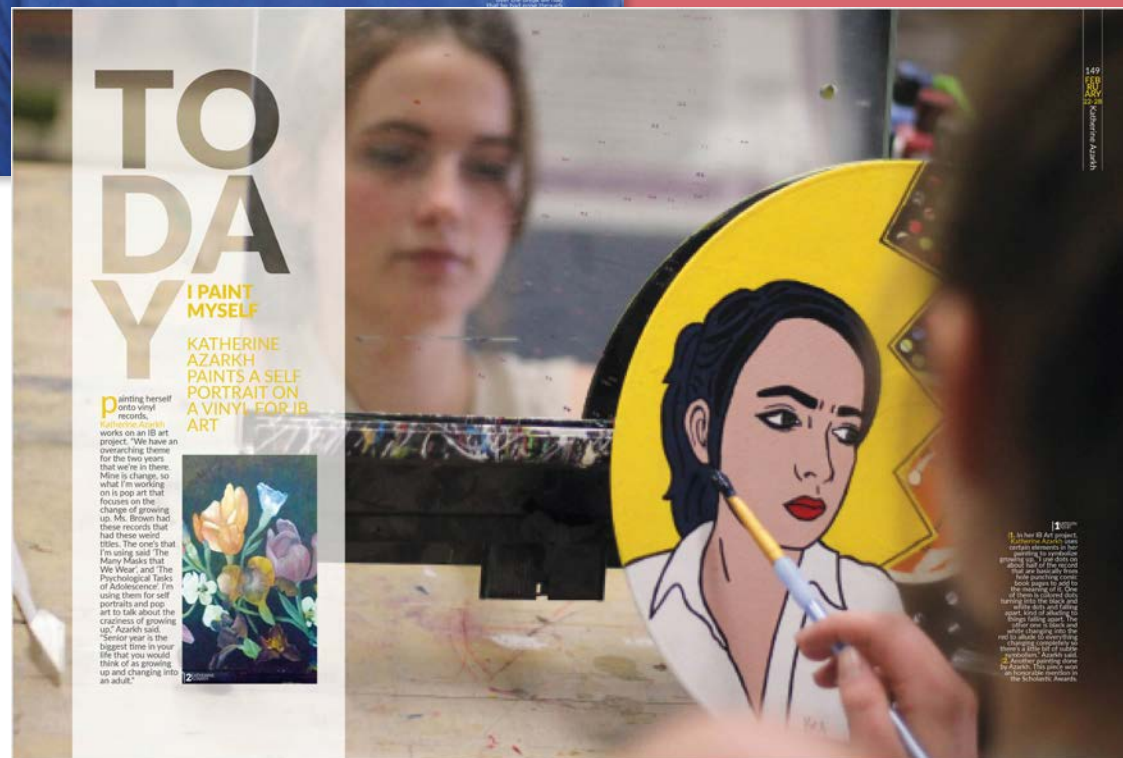
Design by Taylor Anderson

ZACHARY SORIANO 045

Design by Taylor Anderson



SUMMIT
SMOKY HILL HS
AURORA, CO



OTHER OPTIONS

There's nothing that says a profile must be a full-spread for each subject. A single spread might cover a number of people with similar interests or an array of shorter profiles on varied topics.

THE LEGEND ATLEE HS MECHANICSVILLE, VA

12

Junior, Nick Turochy had a passion for chemistry. "It's a lot of fun and just being able to draw molecules, it just makes sense," Turochy said.

He used chemistry in his everyday life by reading scientific articles. He even conducted his own experiment where he made his own hydrogen gas to fill up a balloon. "[During the experiment I] didn't wear a glove when I blew up the balloon, and it pretty much singed all the hair off the back of my hand," Turochy said.

Turochy's favorite aspect about chemistry was organic chemistry, writing and naming molecules. His future plans involved studying organic chemistry. "[I want to] become a chemist in college," Turochy said. Last year during Turochy's chemistry class, the labs and experiments drew him towards an interest in chemistry.

13&14

After spending 25 years at one school, teachers and faculty were recognized during the Homecoming pep rally and football game. Seventeen teachers and faculty had seen the school change over the years, witnessed students come and go, and watched the community grow. "Being here so long has given me a chance to get to know the school and community really well. I have taught multiple generations of students," English teacher Susan Hughes said.

Teachers and faculty enjoyed being honored at the pep rally and during halftime of the football game. Coaches were also honored as being a part of the "Returning Raiders."

"Well, since I was never Homecoming queen, this might be my last chance to walk out onto a football field. Also, there weren't that many of us, and it was fun to be with them. It was very special," Hughes said.

For many of the teachers and faculty recognized, they will continue to spend their days at school, while others choose to retire. "I will continue teaching until the time that I no longer enjoy it. I plan on staying at Atlee, because it is my home away from home. My kids may go to Hanover, but I am a Raider," Hoover said.

[176B]



SOPHOMORE RIYA THAKKAR EXPLAINS HER FAMILY'S TRADITIONS

Photo: Hannah Craft

Many students had traditions based on family history. In her case, sophomore Riya Thakkar practiced Hindu traditions. "Every November we go to this thing called Garba which is a specific cultural tradition to my specific culture inside of India which is Gujarati, and it's this huge dance festival that goes on for nine days. It starts at night and goes until late night and morning," Thakkar said.

Thakkar's friends enjoyed being exposed to her religion and were able to learn new things such as how to dance traditional Indian dances. "I love exposing my friends to my culture because they find it interesting. This past year I took my friends to Garba with me, I put them in 'Indian clothes' and we danced at the Cultural Center of India till late night," Thakkar said.

Hindu was similar to other religions due to the fact that there are multiple denominations, languages and traditions. "The culture behind it, there's so much different celebrations and festivals that it's really interesting to find your roots, when you're an American born Indian. I am also bilingual and the language I speak is also called Gujarati," Thakkar said.



16, 17, 18, 19

Lots of things have changed since the school opened 25 years ago, but a few of the cafeteria workers have stayed. Charlene Sanford, Tracey Sorrell, Mayme Satterwhite, and Cheryl Burrell have all worked in the cafeteria for the past 25 years. Cafeteria manager Charlene Sanford had seen the school change for the better and had seen co-workers come and go.

"I think it is awesome. I love everyone here because I've been here for so long," Sanford said.

Even though the school had been opened for many years, assistant manager Sorrell reminisced about how the years had flown by. "Time has gone so fast. It doesn't feel like it's been 25 years," Sorrell said.

Photo: Clem Teagarden

21

Senior Tevin Harris was loved throughout the school and planned to graduate in June. Harris helped the lunch ladies in the cafeteria and the custodians. In the cafeteria, Harris served food, put food on trays and took the positions of people who were absent in the kitchen. "I like serving food," Harris said.

Harris was excited to graduate and had a job lined up after high school.

"I'll miss P.E. class," Harris said. "I love school. I like to do my work."

Photo: Hannah Craft

20

To commemorate the 25th anniversary Homecoming, George Sadler, the first band director, joined the Marching Raiders on the field. Sadler accompanied current band director Paul Roznecki and directed the band during their performance.

Over the years, the Marching Raiders had grown, increasing in size each year. "The very first year we started with 36 kids and we wore jeans and T-shirts because we didn't have uniforms. The majority were ninth graders. It was wonderful because we literally built [the program] from the ground up," Sadler said.

Photo: Hannah Craft

22

Varsity boys' lacrosse player, senior Jack Cook, signed to the University of Richmond to play Division I lacrosse. Cook was the first male lacrosse player from Hanover Co. to sign to a Division I school.

"It's definitely cool. I would like to think of it as a first of many," Cook said. "There's a lot of other talent on the team and all over the county, but I'd like to see plenty other people coming from Hanover Co. going Division I."

Cook hoped to be a role model for others. "I want them to take that into their own hands and say 'well, if he can do it, I can do it.' I don't want them to idolize me. I want them to say 'well, I could be just like him,'" Cook said. Photo: Hannah Craft

[176C]

RAMPAGES
CASA ROBLE HS
ORANGEVALE, CA

words by *Andrew Schindler*

MICHAEL BOUNE, 12
LEARN LIST:

Michael Boune's hunger to learn can't be tamed. Here's a list of some things he wants to learn.

1. Languages Boune is passionate about acting and wants to know what qualities can make him become a better actor.

2. Music Music has always been a big part of his life; he plays the acoustic and electric guitar, alto and tenor saxophone, clarinet, drums and piano. It's his goal to keep playing and learning how to play more difficult songs.

3. Psychology and sociology Boune finds it interesting how different people are and wants to learn about what makes people have differing personalities and mentalities.

4. Languages Boune reads often and thinks it would be cool to learn other languages he sees in novels and literature.

5. Theater Boune has taken Beginning Ceramics and wants to continue learning how to work with other art mediums.

6. Politics As a politically active citizen, Boune wants to stay involved with political and social issues in the world.

1. learn more about acting & theater
2. learn more about acting & theater
3. learn more about acting & theater
4. learn more about acting & theater
5. learn more about acting & theater
6. learn more about acting & theater

LEARN TO DO
Jiu-Jitsu
My brother did jiu-jitsu and I thought it was really cool so I want to try it out.
-Justin Martelli 9

LEARN TO SPEAK GERMAN
I want to learn how to speak German because it would be cool to learn a new language and be able to go visit Germany one day.
-Daniel Giffen 10

LEARN HOW TO DRAW
I want to learn how to draw because all my friends are pretty good artists and I'm not. I'd want to be cool to draw sketches and reports for fun.
-Esmeralda Diaz 10

GABRIELLE ADAMS, 9
LEARN LIST:

Fresh out of junior high and eager to learn, here's a list of things Gabrielle Adams want to learn.

1. French Adams's mother played the flute and she enjoyed the way it sounds.

Adams started water polo in the fall as a goalkeeper and she wants to learn how to tread better and guard the goal to advance her skills.

2. French Adams became interested in the French food through her french class and thinks it would be cool recipe to learn.

3. Ice skating backwards A skill Adams thinks would be fun to learn because she likes skating and would be cool to show her friends.

4. Driving Adams wants to learn to not be scared of getting into car accidents, so she set a goal to practice driving with her parents as soon as she can to get comfortable in the driver's seat.

5. Chemistry Adams thinks it would be cool to find cures for diseases and discoveries in the field of chemistry.

1) Learn to play the flute
2) Be a better athlete
3) Learn to make crepes
4) Ice skate backwards

60 > WHAT I WANT TO LEARN

INTERVIEW 61

PROFILES ALONGSIDE MUGS

Another way to bring life to the portraits section is adding profiles revealing student achievements, interests, challenges and more.

PANTHER
H.B. PLANT HS
TAMPA, FL

[illegible]

CHRIS LEE GANDHI Head of U.S. member gets real about her future while remembering her past

[illegible]

Danette Iverson
Mitchell Buntyn
Joan Burgess
Sandra Burgess
Kara Burleson
Sydney Burns

Sarah Besansky
Lauren Buzilla
Kayle Buttrick
Korinne Byrd
Cooper Caglianone

Madison Calton
Wayson Calton
Morgan Calton
Ariana Cannella
Katie Carney

Shannon Cartwright
Steve Corbin
August Castellano
Marie Catania
Daniel Cavallaro

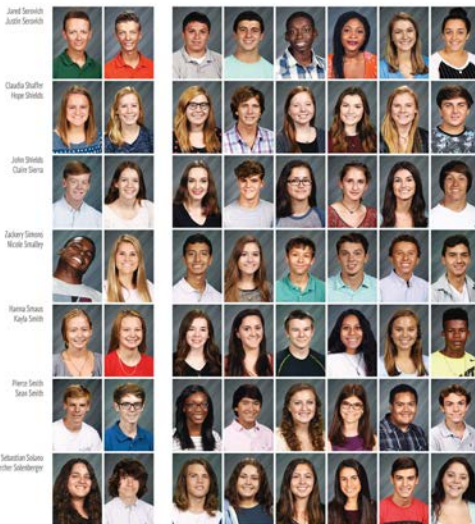
Svetlana Chirilus
Quinn Chittenden
Alexandra Christian
Caroline Clark
Jonathan Dement

Charles Curtis
Jacquelyn Curtis

Tanner Guelcher
Evan Davis

Joshua Davis
Jana Davis

Nicholas Deane
Richard Decker

Rachel Gellert
Hannah Sklar[illegible]

Jared Servadei
Justin Servadei

Claudia Shaffer
Hope ShieldsJohn Shields
Clare Sierra

Zachary Simon
Nicole Smalley

Hanna Schwach
Kayla Smith

Pierre Smith
Sean Smith

Sebastian Solms
Archer Solmsberger

Trentin Spears
Garrett Spicola
Derrick St. Fleur
Francesca St. Fleur
Mallie Stanford
Kayla Stanley

Kristi Stali
Stephen Stamps
Anna Steiger
Sarah Stephenson
Dominique Stock
Bryce Stoker

Samantha Stone
Samuel Stone
Marina Stratton
Nadia Stratton
Jillian Suarez
Nathan Suarez

Nicholas Swatch
Caroline Swan
James Tapp
Jacob Tate
Alec Tatum
Nicholas Tawpold

Olivia Taylor
Virginia Taylor
Zachary Teate
Ilse Teitel
Anne Theriades
Jamil Thomas

Alexandra Thompson
Annan Thompson
Cory Thompson
Savannah Tindall
Pamela Tolo
Samuel Toledo

Wesley Johnson
Hana Jonkman
Jacqueline Torres
Andrea Traylor
Jared Treachway
Cassie Weaver

DANIEL
HAMILTON

"It was nice to know that someone out there values your work"

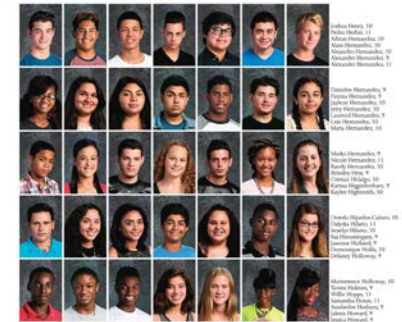
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GIA
JADICK

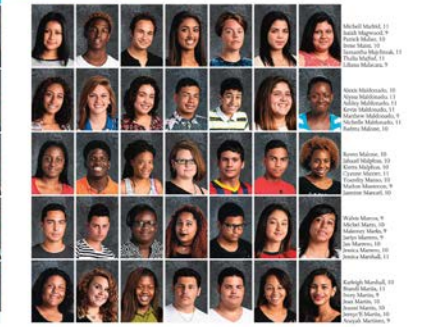
"If you're not asking questions, you're doing something wrong"

[illegible]

HILSBOREAN
HILLSBOROUGH HS
TAMPA, FL



AZRA KORAJCEVIC
understanding the

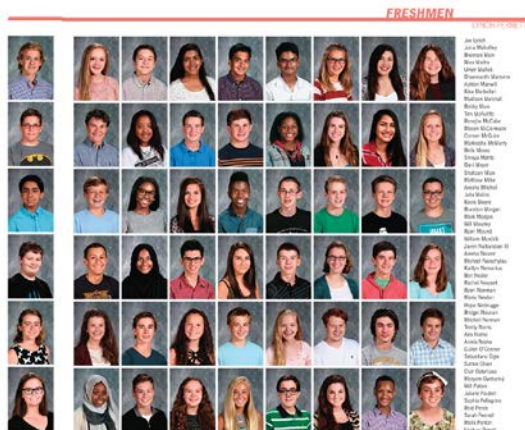
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TOP 4 Thrift Shops

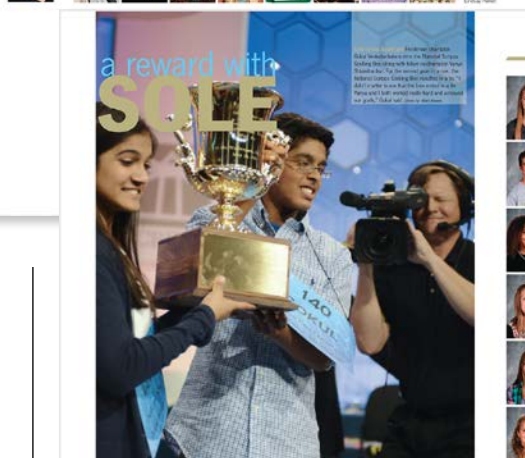
1. Piro's Coast
2. Goodwill
3. Avion Exchange
4. Goodwill Outlet

138



FRESHMEN

Joe Smith
Alex Smith
Brynn Smith
Caleb Smith
Dylan Smith
Ethan Smith
Gabriel Smith
Hannah Smith
Isaac Smith
Jacob Smith
Jordan Smith
Kaitlyn Smith
Katie Smith
Liam Smith
Mia Smith
Noah Smith
Olivia Smith
Parker Smith
Quinn Smith
Ryan Smith
Samantha Smith
Tyler Smith
Uma Smith
Victor Smith
Wendy Smith
Xavier Smith
Yara Smith
Zoe Smith
Adam Smith
Alexa Smith
Andrew Smith
Ashley Smith
Austin Smith
Bella Smith
Benjamin Smith
Brianna Smith
Brooklyn Smith
Caden Smith
Caitlyn Smith
Caleb Smith
Cameron Smith
Cecilia Smith
Chloe Smith
Christopher Smith
Cristina Smith
Dana Smith
Daniel Smith
Daphne Smith
David Smith
Deanna Smith
Diego Smith
Diana Smith
Dominic Smith
Dorothy Smith
Dylan Smith
Ethan Smith
Gabriel Smith
Hannah Smith
Isaac Smith
Jacob Smith
Jordan Smith
Kaitlyn Smith
Katie Smith
Liam Smith
Mia Smith
Noah Smith
Olivia Smith
Parker Smith
Quinn Smith
Ryan Smith
Samantha Smith
Tyler Smith
Uma Smith
Victor Smith
Wendy Smith
Xavier Smith
Yara Smith
Zoe Smith



After spending the last few weeks working on his award-winning video, the student is now ready to share it with the world. The video, titled "The Last Days of Pompeii," is a short film that tells the story of the city of Pompeii, which was buried under ash and lava in 79 AD. The student, who is a senior, spent a lot of time researching the city and its history. He also worked with a local historian to make sure the film was as accurate as possible. The video is now available on YouTube, and the student is hoping to win some awards for it.

142



rising STAR
The student is a talented performer, and he has been performing on stage for many years. He has won several awards for his performances, and he is now a member of the school's performing arts team. He is looking forward to performing in the upcoming school play.

143



FRESHMEN

Joe Smith
Alex Smith
Brynn Smith
Caleb Smith
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Zoe Smith

ON STAGE stories



ON STAGE stories
The student is a talented performer, and he has been performing on stage for many years. He has won several awards for his performances, and he is now a member of the school's performing arts team. He is looking forward to performing in the upcoming school play.

FRESHMEN



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HOT or KNOT
The student is a talented performer, and he has been performing on stage for many years. He has won several awards for his performances, and he is now a member of the school's performing arts team. He is looking forward to performing in the upcoming school play.

143

PAWESEHI
PARKWAY WEST HS
BALLWIN, MO