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Spamalot Winner of 9 Cappie Awards

Nominated for 19 Cappies, West Potomac's spring musical Spamalot won 9, including Best Musical

Margaret O'Meara

News Editor

Nominated for 19 coveted Cappie Awards, the West Potomac Theatre Department's spring musical Spamalot won 9 Cappie Awards, including Best Song and Best Musical, at the Cappies Gala celebration on June 8th at the Kennedy Center.

The Cappies Critics and Awards Program is a program through which theatre and journalism students are trained as critics to see and review other high school performances. The reviews are then published in various print and online publications throughout the region, including The Washington Post and the Mount Vernon Gazette.

Of all the participating schools in the National Capital Area Cappies program, West Potomac garnered the most nominations, setting both a new regional and school record by taking home nine Cappie Awards.

In technical categories, Spamalot won Best Marketing and Publicity (Gracie Denton, Ben Roberts, Peter Serle, and Jordan McCray), Best Costumes (Lesya Melnychenko and Becky Lehner), and Best Sets (Natalie Jurkowski and Ella Moore).



Laura Marshall

David Jarzen and the cast of Spamalot performed "You Won't Succeed on Broadway" (pictured) at the Cappies Gala on June 8th and won Best Song.

In performance categories, the musical won six Cappie awards. Senior Kaila Anderson, Spamalot's dance captain and choreographer, won Best Choreography. The orchestra, led by conductor and teacher Steve Rice, won Best Orchestra. Nikki Amico, for her performance as Not Dead Fred, won Best Featured Actress in a Musical. For his supporting role as Patsy, Eddie Perez won Best Supporting Actor in a Musi-

At the Cappies Gala, the Spamalot cast performed "You Won't Succeed on Broadway," and later that night won for Best Song. Putting a cherry on top of a successful night, the musical also won the award for Best Musical.

Among the 19 Cappie nominations, Spamalot was nominated in several technical categories, including Best Lighting (Sarah Bowman, Katie Kamara, and Joe Slattery), Best Props (Margaret Gorguissian), and Best Stage Crew (Sam Poole, Alyssa Denton, and Kate McConville).

In performance catagories, the musical was nominated for Featured Actor in a Musical (Dan Evans), Female Dancer (Nikki Amico), Male Vocalist (Peter Serle), Lead Actor in a Musical (Peter Serle), Lead Actress in a Musical (Anjum Choudhury), and Comic Actor in a Musical (David Jarzen). West Potomac's Cappie critic team was also nominated for Best Critic Team.

This marks the second year in a row in which West Potomac has fared well at the Cappies. Last year's spring musical, Young Frankenstein, was nominated for seven cappie awards and won two. Senior Ben Roberts won for Best Lead Actor in a Musical for his role as Igor, and sophomore David Jarzen won award for Best Supporting Actor in a Musical for his role as Dr. Frankenstein.

Congratulations to the cast and crew of Spamalot for their 19 nominations and nine awards won!

Celebrating 25 Years of Harmonious Melodies at WestPo

Former and current choral students celebrate the choral department and director Ernest Johnson at Spring Show

Margaret O'Meara News Editor

On June 7th, the West Potomac Chorus combined with the choruses of Sandburg Middle School and various elementary schools to perform Got Music, the 25th annual Spring Show in the Springbank Auditorium. The combined choruses were led by Ernest Johnson, the choral teacher at West Potomac.

The show featured songs chosen from a variety of Tony, Oscar, and Grammy award winners. Alumni and current students from the schools showcased their best performances for the audience.

"Performing with all ages was so much fun!" commented junior Caroline Austin. "It was great to see an



Alumi presenting Ernest Johnson with a donation in thanks for 25 years of service.

eleven-year-old kid dancing with a graduate from 2000. It's amazing that Mr. Johnson used a theme that incorporated all ages, using movie songs from Disney to James Bond."

After the performance, students and alumni gathered to celebrate Johnson and his 25 years of teaching chorus at West Potomac, performing ABBA's Thank You For the Music" as a tribute. "There were a lot of tears, from Mr. Johnson and students," said freshman Julia George.

Johnson was then surprised by a large donation of over \$3,000, collected from alumni, boosters, and current students. "There's a lot of love for Mr. Johnson after 25 years of teaching," reflected Adrienne Magnusson, a 1994 alum. "He's had a positive effect on so many of us."

"It was a special night to see alumni come back and show Mr. Johnson how much he meant to them," added George. "I can only hope that when I'm an alum, I will have a similar opportunity to show Mr. Johnson how much he meant to me too."

Congratulations, Class of 2014!

OPINIONS

SOL focus prevents authentic classroom learning

Madison Harden

Reporter

Year after year, students spend a fair amount of class time reviewing and preparing for the Standards of Learning (SOL) tests. In fact, many teachers will end up teaching to the questions on the SOLs, and not necessarily cover everything that was on the curriculum. For most students, this has just become a natural routine, but being a student who just moved from South Carolina, I find these tests to be one of the most ridiculous things I have ever encountered.

The fact that in high school we still have to take state exams is so strange to me. Most high school students should be focusing on getting good grades for college and taking the SATs and ACTs, not taking a silly state exam that does nothing for the

student. These don't even count for a grade. I understand that the county wants to make sure they have good teachers. but deciding to add other test

to the stack of thousands of other tests high schoolers have to take is not the best way to do it.

Nowadays, schools are focused way too much on standardized testing because of state and local pressure to meet increasingly rigorous standards, which is a major reason why many want standardized testing reduced or even eliminated. They put a lot of stress on the standardized testing because of this, but the test itself is not a very good measurement of how well the teachers are doing. The SOLs shouldn't be a collection of nonsense information that we will never have to remember later in life.

much students have learned, I feel like we get cheated out of how much they learn. This whole year I've been hearing teachers say, "Remember this! It will be on the SOL!" or the even better, "Don't worry about this; it won't be on the SOL." Some teachers are mainly teaching to the SOL. This really has frustrated me because the SOLs are basically made for schools, and not the students. I am not always learning to the fullest, but instead being taught all of the simple and unimportant things that will help me do well on a test that should not matter to my high school career.

Because teachers are getting a ton of pressure from the school, they do not get many chances to actually teach things outside of the SOL curriculum. However, I think the school and the teachers should be much more focused on the final exams at the end

of the year. When I apply to a college, they aren't going to see how I scored on a standardized test. They will be looking at my GPA, the classes I took, http://teachingunderground.blogspot.com/ and the extracurricular ac-

tivities in which I participated.

I understand why the SOLs are important, but they have become deadweight on a students' shoulders. Not only are the students expected to pass all of their classes and do well on the exam, but they are also expected to score well on an exam that really only matters to the school and the school district.

In my opinion, the SOLs should stop as soon as a student hits high school. Aren't the expectations we have to meet high enough already?

Though the SOLs are intended to measure how

Regulations"

Hugh vs. the World

"USDA Lunch

Hugh Moffitt

Reporter

People who enjoy buying food from the snack window or the vending and soda machines should prepare themselves for some bad news. Starting July 1st, the USDA will begin the rollout of their "Smart Snacks in School" program.

The program will effectively ban all junk foods in U.S. public schools. Usually, these regulations only affect the lunch line, but "Smart Snacks in School" will ban all junk food. Not just from school lunches, but from student stores (like the window next to the lunch line), and all vending machines.

Next year, the snack window will only be selling fruits, vegetables, dairy products with fewer than 200 calories, and breads with at least 50% whole grain wheat. This is just the latest in the efforts by First Lady Michelle Obama and the USDA to restrict the types of food given in schools. In February, Ms. Obama proposed that all junk-food related marketing at schools be banned -- for example, scoreboards with the Coca Cola logo on them would have to be redesigned.

As everyone who has ever had school food from West Potomac knows, the quality of the "healthy" food sold here is questionable at best. With more stringent regulations and budget cuts, I also fear what this could mean for the already low-quality food. It seems that with our current service, we get wholewheat hamburgers and chicken nuggets that bounce, instead of truly healthy food.

The snack window, a major source of revenue for the school if the long lines in front of it are any indication, will be losing its best-selling products. Cookies, sodas, and chips will all be gone. The implications of this stretch could beyond the lunchroom, however. With schools already losing money due to budget cuts, these new regulations could require the administration to station even more security personnel near the exits of the school lunch to clamp down on upperclassmen leaving during lunch, a rule that security is already stretched to enforce now,

For Pairfax County as a whole, these new regulations will mean more unpopular food, less money for schools, and more unhappy students. Meanwhile, bureaucrats will cheer and proclaim the new rules as a victory, while kids will eat even less fruits and veggies at school.

While I can see the potential usefulness of these policies towards elementary school students, older students should be trusted to make responsible choices. Or simply allowed to eat junk food if they so desire (which they can bring in from home anyway). These regulations will not achieve what their proponents believe they will -- why punish everybody?

Let kids think for themselves

Jensen Wainwright

Focus Editor

Teenagers are thrown into high school, a mass melting pot of ideas and beliefs where they are expected to be able to sort out what they believe in, and what they do not. Along with high school, students are also forced with the tough decision of whether to separate themselves from their parents' beliefs or not. This time is necessary in someone's life, but unfortunately a lot of teenagers find themselves suppressed by their parents' overbearing and strongly developed beliefs. Consequently, they are unable to develop, and grow their beliefs as they wish.

When it comes to a parent's beliefs versus a child's beliefs, it is a very slippery slope to a seemingly never ending argument, or the beginning of family tensions and awkward dinner table conversations. For most, defying parents' conservative politics for something more radical has been in trend since the 1960s, when leftist politics started influencing the youth. This sparked the idea that all teens are just hopeless rebels, and that the only hope for them is when they grow up and are mature to formulate their own opinions.

Parents refuse to understand that forcing your children to go to church is not going to make them religious if that's not what they believe; trying to ingrain hatred of homosexuality, races, or other religions into your children isn't going to make them that way. Keeping children away from what is not

accepted, or in most cases, what parents don't understand, is not going to turn their children to brainwashed children--they are more likely to turn them against it. Teenagers need time and freedom to develop their own opinions to avoid them becoming mindless puppets.

Popular culture claims to hate these parents. The Westboro Baptist Church is an example of a group of parents who breed hate into their children and force them to walk the streets with "God Hates Fags" blazoned on signs on their chests. But those popular parents could be doing the same thing, but on a smaller scale, subconsciously forcing their children into conservative or liberal politics, or into religion when they have clearly expressed no interest, or no belief in at all.

According to research from ParentingScience.com, children with "authoritarian" parents tend to be less social, have lower self-esteem, and be less resourceful. This is no surprise, since adults who parent this way tend to lack nurturing and a deep understanding of their children. The research also indicates that children from authoritarian households tend to be the victims of bullying more often than children from less authoritarian homes. Not restricting your child's beliefs will leave them better off later in life, which is contradictory to what many strict and curt parents believe.

Restricting children's, or anyone's, beliefs, cuts them short of what they need to be able to develop into someone who can think for themselves.

STYLE

Nearly Gone: The struggle of the writing process

Paola Flores-Rivera

Style Editor

Writing a book can be a fun, yet difficult process, even with several years of experience. For Elle Cosimano, the author of the new YA novel "Nearly Gone," writing was a altogether profound adventure. On a book tour for her novel, she recently visited West Potomac, where she talked about, among other things, how much of an adventure writing truly had become for her.

Originally working as a real estate agent, with a college major that wasn't anything closely related to writing, Cosimano decided to change direction in her life by acting upon her long-dormant passion for writing. Starting to write nearly 15 years after college, Cosimano said "It was hard at first to go back to it, since I'd been away from writing for so long."

She talked about how writing a mystery novel was also different for her because she normally wasn't inclined to read mystery, so she needed to do a lot of research in order for "Nearly Gone" to work as a mystery set in a realistic, modern setting. "Research is very important in

the process of writing a novel," said Cosimano, and she found herself engaging in a great deal more than she expected, because she wanted her main character to be different from those in other YA novels, but still built upon her own feelings and memories from her teenage years, she asked other friends and relatives

about their own experiences as teenager in high school.

During a book tour visit she made West Potomac March 28,

Cosimano also detailed the steps she took to write her novel, particularly the research aspects. She explained, "there

won raffled copies of her novel.

are four types of research: physical, emotional, technical, and business." For the physical, she said that aspiring writers must always ask themselves about what places they can visit to gain first-hand knowledge about them? For "Nearly Gone,"

Cosimano visited police stations, attended criminal justice classes, and also observed crime scenes and learned about how data was collected from them.

Writing with emotion is a little bit different though, Cosimano noted. "For starters," she said, "it's verv helpful if you write what you know."

> Sometimes make characters seem believable, authors have look to deep inside their personal emotions and put themselves their char-

Author Elle Cosimano with several WPHS students who

acters' shoes, and how they would react in various situations.

She also advised students who enjoyed writing to continue doing what they were doing and pursue their dreams.

"Nearly Gone" is about Nearly Boswell, who attends West River High School in the Northern Virginia area — in fact, the setting and

place of the novel is modeled very much upon West Potomac and the surrounding area. Nearly is a genius but somewhat of an anti-social loner with few friends. But when a series of murders at the school begins, of students who are connected to her in some way, Nearly must put the clues of the mystery together with time running out as the murderer becomes ever closer to making her the last victim.

About the character's unique name, Cosimano said, "At first I was looking through baby name books to choose a normal name. But then I thought about how the main character is always in-between, or she's nearly this or that. So, I decided to name her Nearly because it suited her, and was unique." As to how good a mystery "Nearly Gone" is, she said that "so far no one has predicted the ending before reading the entire book."

With so many mysteries following predictable patterns, Cosimano's debut novel may prove to be as unique as the name of its main character. You can find the novel at WestPo's library, or on the shelves of area bookstores.

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Passion for Fashion: Color Psychology Outfit choices can show moods and feelings

Matavin Williams

Reporter

As a lover of fashion, I have always looked at fashion styles but I haven't necessarily thought about why an outfit looks good when put together in a certain way. So, let's put on our (fashionable!) thinking caps to try and determine what influences a person's style!

One big factor that goes into putting together that perfect outfit is simply how it feels. When a person is feeling happy they will subconsciously wear brighter colors. An outfit says more than you than you think, not only by the style of clothes, but also by the colors chosen.

Colors not only affect mood, but can demonstrate it as well. For example, the color yellow represents joy and friendliness, purple inspires passion and wisdom, red symbolizes daring and romance, blue represents peace and sincerity, and green suggests life and safety. The color blue is often worn by people on trial because it is a safe color that evokes trustworthiness and professionalism. Yellow is a popular color for rain jackets because on a gloomy, cloudy day, the color yellow bring a dash of sunshine and joy to a darker day.

Sophomore Kaitlyn Crosby wears colors and styles that correspond with the weather and season. "In the spring," Crosby says, "wearing colors that are bright and colorful remind me of spring flowers and brighten up my day."

Celebrity styles also influence personal styles. When I first watched the Oscars, I loved the styles I saw so much that the next day I came to school wearing a suit and tie. When we see our favorite celebrities in commercials, or on billboards, we want to look like them so we dress up like they do.

What is most common as a factor influencing fashion choice is cost. If a certain style costs too much, we might save up for it or, if you're frugal like me, probably not buy it at all. This influence is extremely important, but it usually isn't the number one reason for buying an outfit.

Lastly, one of the main reasons people wear something is if the style looks good on them and make them feel good. If an outfit doesn't make you feel good in it or, in your opinion, doesn't look good on you, you'll probably not wear it. Sometimes, an outfit that looks good on the rack or mannequin doesn't work as well when you actually try it on.

Other people's opinions can also be a factor but usually personal preference comes first. I've had shopping trips where I find much that I like and even looks good on me, and other times I walk away with nothing. It's the luck of the day and a stop on the path to finding your own style.

Personal style is all your own and no matter what anyone says, you are the only person who can truly decide your own style. It's your choice on what outside influences you will let inspire your own personal style. So, what inspires you?

CLASS OF '14: SO MANY FA

Emily Wear



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CALIFORNIA

SAN DIEGO STATE UNIV. Kurt Stange

> UCLA Collin Guieb

SHASTA COMMUNITY COLLEGE George Williams IV

GAP YEAR

RUSSIA Sami Al-Saadami

FRANCE Mari Toapanta

TEXAS & PUERTO RICO Katherine Valdez

MINNESOTA

CARLETON COLLEGE Tegan Wilson

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Lesya Melnychenko GEORGE MASON UNIV.

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ILLINOIS

COLUMBIA COLLEGE Dan Evans

INDIANA

ST. AMBROSE UNIV. Alimany Kargbo

KENTUCKY

UNIV. OF KENTUCKY Ellen Parish Mary Grace McPeek

TENNESSEE

UNIVERSITY OF TENNESSEE Jonny Dalch

AADISON UNIV. Boykin Janae Brown efa Joe Slattery derson Emily Ainsworth Condon Tangia Perez Paola Rivera-Flores irnan lladay Teal Lewis Leisher Yosef Berhe Molnar Jose Nolasco avs Joseline Incer STATE UNIV. Bryan Zavala

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DISCLAIMER: If your name is missing, spelled wrong, or labeled incorrectly, let us know. We did the best we could!

Fort Hunt Rugby Wins State Title

Warriors' perfect season nets second State Championship in three years

Ray Rhatican
Sports Reporter

A victory over rival West End on May 31st not only completed the first undefeated season in Fort Hunt Rugby's short history, but also yielded the program's second state title in only its fourth year in existence. The Warriors were dominant in the 30-7 victory that capped a stellar season that saw the team ranked 27th in the nation by Rugby Mag. Unlike their 2012 counterparts who entered the playoffs as the lowest seed and eventually won the championship by just 3 points, the 2014 Warriors made this one a no-doubter, winning every league game and racking up the maximum possible playoff points to secure the top seed, and then handled business in the postseason.

After the game, the team was finally able to celebrate after holding back all season long. Team captain Ethan Hall said, "You know what? All the conditioning, all the hard work that we put in, all the practices, really paid off. I'm glad to be here and be a part of this good team." Senior Austin LaGow added, "This is the best feeling I've ever actually felt. This is the best way that I could possibly have ended my rugby career."

Turf almost a tough call for softball

Initial beliefs about turf caused some athletes to express concerns

Taylor Haas

Reporter

With the construction of two new turf fields now commenced, not all sports teams are looking forward to the change. As rumors circulated about the fields, West Potomac's softball team was outraged at the prospect of several feet being removed from their field in order to accommodate the turf practice field.

Before the turf field project could begin, West Potomac was required to raise the \$100,000 in engineering and startup costs necessary from the community before county funding would kick in for the total estimated \$1.5 million necessary to pay for the fields and lighting. With this goal now accomplished, West Potomac will join 20 other local high schools, like T.C. Williams and West Springfield, already equipped with turf fields.

In a letter posted on TurfWestPotomac.com, Assistant Director of Student Activities Barb Mahony stated, "There will be fewer practices canceled due to inclement weather and home games will not have to be relocated to rival schools when a grass field would be unplayable." She listed several other benefits, including safer paying surfaces for athletes and available practice space for local athletic leagues.

Members of the softball team, however, expressed some serious concerns once construction began. During one practice, the team went out onto the field to see a stake in the middle of center field. Many on the team, including junior Torie Bolger, believed this indicated that a subsantial amount of space behind the stake would be taken away for the turf field. A smaller field

would create issues for the softball team, including an easier field for home runs by other teams. This fear was put to rest when it was clarified that the stake was for an unrelated project.

There was also worry about the possibility that any reduction of the field might cause West Potomac to not meet certain standards for competition. Junior Maddie Miller asked, "Why softball? Is the practice field so important that girls need to have a part of their field taken away?"

While some space is being removed from the softball field, the plans call for only a thin "pizza slice" of about 15 feet from the space near the right field fence, mainly foul territory. The school is also working to improve the field by looking into the possibility of acquiring a tarp to cover the infield in order prevent game cancellations due to rain.

As a result of this, the teams' opinions have largely changed. "It benefits a lot of sports so that's good," Bolger noted. "I just didn't want it to consume our entire field, but they're making it so it doesn't, so I'm all for it now."

Next up for the softball team will be an effort to have the school re-sod the outfield. Currently, the bowl-shaped slope of the outfield causes rainwater to drain into the field and remain there, interfering with practices and games. Re-sodding the field will help to increase player safety by creating a smoother playing surface and reduce the amount of rescheduled and canceled games due to weather-related issues.

While some may remain irate over the loss of playing space, West Potomac's softball team will not greatly suffer from changes caused by the arrival of the tuf field, and may even see other benefits as new construction comes to the school.

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REFLECTIONS

A freshman looks back on her first year

Rebecca Tamblyn Reporter

West Potomac was a big adjustment for me, as it must have been for any incoming freshman or newbie to the school. Freshman year has been a great time of learning and growing in almost every area of my life. My academics have changed, my athletic life has been adapted, and my relationships have been multiplied greatly. I have been super blessed this year at West Potomac, and I'm so glad I was able to be a part of this school and town.

When I started my freshman year, I really didn't know what to expect. Despite my strenuous mental preparation for the oncoming difficulties, I had no clue that the academic level would jump so much from Middle School. During the first weeks of classes I was struggling to keep up with everything I needed to accomplish, and still get an acceptable amount of sleep--a struggle many high schoolers deal with. It seemed that there just weren't enough hours in the day to successfully complete all of the homework and study. Nearly all my free time during the week disappeared from my schedule. I told myself that the only thing I could do was try my best, and that was what I was doing. I also developed my time management skills, which helped lighten the workload. The academic jump was a big adjustment for me, but through this year of sleep deprived nights I have gained many skills to help throughout the rest of my life.

Moving to West Potomac also provided me with the opportunity to be on a school swim team. Swimming is my favorite sport, and just about the only physical activity that I really enjoy. It was a wonderful opportunity to get

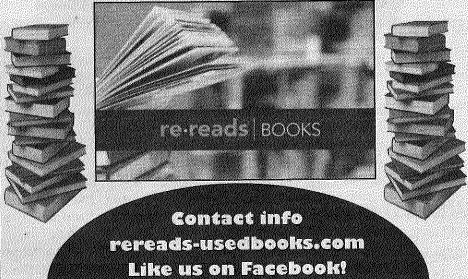
to meet people, and enjoy new experiences. The swim team was for me, a good first high school sports team to be on, as it wasn't too competitive but also had a bunch of great kids on the team. I was able to learn many team skills, and increase my athletic skill during that winter season, and throughout the whole year. Outside of school I was able to join the Fort Belvoir swim team, and gain more skills from that team as well. When I moved to Virginia late in the summer I joined the FBST Jr. national team. Later in the year, about the time the school season was starting up I moved up to the Sr. national group because I felt that I wasn't improving much in the lower group. On that team I experienced a more serious schedule, and learned even more about my sport.

The best part of this year was how many friends I made. I met people at school, church, and swim, and soon found a great group of friends, who I know I will stay in touch with for a long time; hopefully my whole life. At freshman orientation. I felt so overwhelmed with the number of kids. How in the world would I find people I could be good friends with? My worries were completely in vain. Though it did take a while to get established in a new environment with new people, I soon found friends who I was able to enjoy myself with. I am so blessed to have the friends I have here, and I will truly miss everyone when I move to Illinois.

I started as a shy girl trying to find my way around the halls of West Potomac, and I am still somewhat quiet, but through having to put myself out there to meet people I have developed a new confidence I could only gain through the experiences I have had. The social skills I have learned here will help with every area of my life.

My first year of high school has been a major time of adjustment and growth. Academically I have been able to improve methods of coping with stress and high levels of homework. I am a better swimmer and in better shape than I have ever been. After this school

year, I have established friendships that I will cherish forever. I am very grateful for the year that I have had a West Potomac. It has been a year of growth and discovery. I'm pretty sure this year has been the best and most beneficial year of my life.



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For more information, contact the staff at thewpwire@gmail.com

Laraib and Liey say "Goodbye!"

What are your plans for next year?

I will be attending Princeton University!

What is your favorite memory from being on The Wire?

When we had a practice interview session with Mr. Ingram with Little Red Riding Hood as a suspect. The story became interesting and scandalous real fast.

What is your favorite article you have written?

The farewell article for Mr. Russell. Interviewing the administration and his former students was really fun and their stories put his legacy into perspective.

Are you planning on participating in journalism studies in the future?

I'm planning on being on the journalism staff at Princeton if my schedual permits.

take a chance

by the off swife

What are your plans for next year?

Attending The College of William and Mary!

What is your favorite memory from being on The Wire?

Eating lunch with wack, L&L and the late after noons spent jamming out and finishing issues.

What is your favorite article you have written?

My favorite very first article about the class of 2010 graduating at Hayfield HS.

Are you planning on participating in journalism studies in the future?

I want to be a newspaper adviser and high school English teacher, so I plan on studying communications as well as English Education.

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OFFER EXPIRES JULY 15th, 2014



