

the Newsstreak

November 9, 2022

BRIDGING THE DIVIDE

The Unified Basketball team plays in home game Oct. 20.

SEE D1

SUPPORT Sophomore Isabella Baker runs down the tunnel of football players and cheerleaders to high five junior Aaron McAfee. Unified basketball played against Turner Ashby, Spotswood and East Rockingham high schools Oct. 20.
PHOTO BY JIREH PEREZ

Harrisonburg High School
1001 Garbers Church RD.
Harrisonburg ,VA, 22801
(540) 433-2651
@hhsmedianow
hhsmedia.com

TABLE OF CONTENTS

NEWS A3-14

A14 BREAST CANCER AWARENESS MONTH

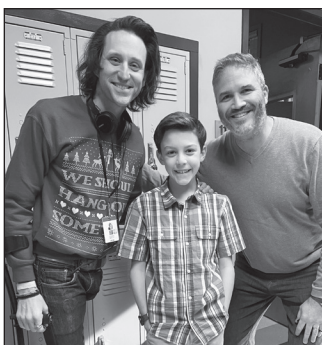
PINK OUT Freshman Stella Jones, sophomore Aubree Ringwald, sophomore Chloe Dameron, juniors Grace Bush, Logaan Whiting, sophomore Autumn Sinnett and team manager Davis Bert cheer for the team from the bench. PHOTO BY ADRIAN KAVAZOVIC



FEATURE B1-14

B14 ALUMNUS SUNDQUIST REFLECTS ON APPLE TV SHOW

LAST DAY Josh Sundquist, Logan Marmino and show runner Matt Fleckenstein pose on the set during the last week of filming. PHOTO COURTESY OF JENNIFER MARMINO



OPINION C1-14

C2 HOMECOMING PROPOSALS

WILL YOU GO TO HOCO WITH ME? Sophomores Josiah Wickline and Aubree Ringwald pose for a photo after Josiah asked her to Homecoming. PHOTO COURTESY OF JOSIAH WICKLINE



SPORTS D1-14

D1 UNIFIED BASKETBALL PROVIDES INCLUSION

SHOOT THE BALL Post-grad student Ella Schminkey-Ward shoots the ball at the unified basketball game against Broadway High School. PHOTO BY JIREH PEREZ



STAFF

EDITORS IN CHIEF

ADVISER Valerie Kibler

PRINT Riley Thompson

YEARBOOK Kasey Thompson

ONLINE Silas Spears

SOCIAL MEDIA Jolie Sallah

MANAGING EDITORS

PRINT Adrian Kavazovic

YEARBOOK Clare Kirwan

ADVERTISING Autumn Sinnett

PAGE DESIGNERS

NEWS

A1, A2, A10, A11, A12, A13, A14
Riley Thompson
A3, A12, A13 Evelyn Lewis
A4-A9 ADS

OPINION

C1, C2, C7 Riley Thompson
C4 Ashlyn Sattva
C5 Camryn Johnson
C6, C14 Adrian Kavazovic
C3, C8-C13 ADS

FEATURE

B1, B2, B3, B10 Kasey Thompson
B4-B9 ADS
B11, B14 Riley Thompson
B12, B13 Silas Spears

SPORTS

D1, D12, D13 Clare Kirwan
D2 Adrian Kavazovic
D3 Louis Gibson & Gigi Perez-Torres
D4, D5, D14 Jolie Sallah
D6-D11 ADS

STAFF REPORTERS

Nami Abbas
Jailene Bautista
Kate Bodle
Paola Clemente
Elsie Corrison
Toby Corrison
Gidey Desta
Isabella Fitzwater
Angie Godinez
Wren Hamner
Jennifer Lopez
Miguel Lopez
Axel Loza
Tyrrell McCurdy
Isaiah Moats

Maryam Mohammed
Ginny Nedza
Layla Ortiz
Jireh Perez-Torres
Billy Perritt
Meryangeliz Quinonea
Perla Reyes
Joshua Saldana
Maria Salgado Sierra
Terrya Shifflett
Markia Smith
Makayla Suffecool
Tony Tran
Emilie Vo
Zikien Wright

NEWS

Seniors work towards completing November college application deadlines

RILEY THOMPSON
editor in chief

With the main early decision and early action deadlines coming up November 1, seniors have been working towards the final countdown of their application process. Seniors Azalea Twining and Lydia Brown are both applying early decision to very different schools.

"I'm applying early to the Columbia-Juilliard Program. Part of the reason I'm applying early is because it's so hard to get in. I want to make sure my chances are as good as possible," Twining said.

Brown's top school has been the University of Virginia (UVA) for the past couple of years.

"I am applying early decision to UVA," Brown said. "I have wanted to go to UVA since before I can remember and if I got in, I would go, so I decided that the best option for me was to apply early decision and get it over with so I can find out mid-December."

Applying early decision leaves a better chance for both Twining and Brown to get into their dream schools.

"An advantage is that there's probably a higher chance of me getting accepted, especially because I know that that's the best case scenario for me in terms of college. A sort of con of that is I could possibly get a better offer somewhere else, or if I don't get in, then I need to put a little bit more effort into other applications. I think it's going to be okay either way," Twining said.

Being able to take her time on her one UVA application has been the main advantage for Brown.

"Only having to focus on one application for the time being and being able to find out mid-December and then getting to focus on other applications if it doesn't

work out is the biggest advantage of applying early decision to me," Brown said.

Getting into the Columbia-Juilliard program would alleviate the financial stress that comes with college for Twining.

"My main fear with applying early was that I wouldn't get enough financial aid and then not be able to go, but at Columbia, if your parents make under a certain amount, it's full tuition remission. [You] just go on work study, so that's not really a fear I have anymore," Twining said.

In addition to the main essay, the small supplemental essays have been difficult for Brown.

"I haven't finished my Common App essay yet, but I finished the supplemental essays for UVA. Those were really hard for me because they have really restrictive word counts, they're 50-110 words. Mrs. Johnson has helped me with a lot of that and figuring out what I want to write, so it's definitely been stressful, but I've had a lot of people help me so far," Brown said.

Due to Twining's specific goals in college, she has more parts of the application process to complete.

"Because I want to do composition and voice, it was sort of hard to

find a program where I could really do both. In a lot of those programs, I have to apply separately, if I want to double major and so that's a lot of work. Luckily, it's all things I like to do, so most of the actual stressful stuff is the FAFSA and the Common App," Twining said.

The additional requirements of applying to Columbia-Juilliard has provided extra stress for Twining.

"I have to do pre-screens and then live auditions, so I have to submit three videos each in a different language with a live accompanist. I have to record them and submit all of them for pre-screens. Each school

"I have wanted to go to UVA since before I can remember and if I got in, I would go, so I decided that the best option for me was to apply early decision and get it over with."

-Senior Lydia Brown



BIG DECISIONS Lydia Brown and her younger brother Henry, visit Davidson College in North Carolina. Brown decided to apply to UVA early decision. PHOTO COURTESY OF LYDIA BROWN

has a slightly different requirement, so one English, one German, one French or one eighteenth century Italian one. With composition, I have to submit three to four contrasting pieces, each longer than four minutes with scores and recordings. It's a lot," Twining said.

Getting help with your application from teachers is Brown's biggest advice for completing college applications.

"Definitely reach out to your English teacher for help and also just start writing. The hardest part, at least for me, was to sit down and start writing, but as soon as I did that, I found that it was a lot easier to get my ideas out," Brown said.

Man on the street



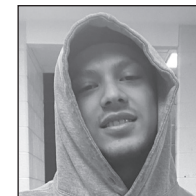
Senior Joseph Adams

"If you take AVID, it's mandatory for you to apply for early decision and early action," Adams said.



Senior Nico Samatar

"My mom wanted me to apply early and you have a better chance of getting in. I like to know early. I'm applying to JMU, UVA and Stanford," Samatar said.



Senior Refeal DoBronx

"I want to pursue my career and be an influencer. I want to go to Stanford University," DoBronx said.

Harrisonburg High Schools

**BLACK STUDENT
UNION IS
MEETING!**

**MEETINGS
NOV 4TH & 18TH
DEC 9TH**

**EVERYONE IS
WELCOME AND WE
ENCOURAGE YOU TO
JOIN US**

**The meeting will be
held in Outside
Cafeteria**

Amira's Mobile Notary, LLC

(757) 450-9548

akavazovic95@gmail.com

390 Tanzanite Dr. Harrisonburg VA 22801

Specialists in Braces, Invisalign, and Clarity for Children and Adults

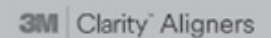


KRAY & GIARDINA
ORTHODONTICS

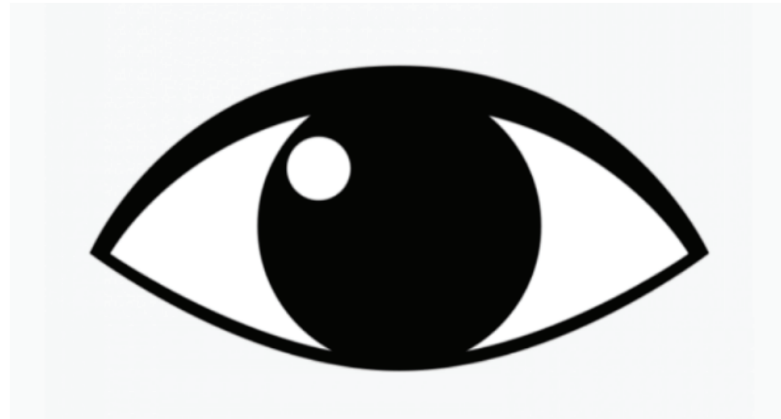
*Congratulations, Seniors!
Another Reason to Smile!*

Drs. Kray & Giardina
2505A Evelyn Byrd Avenue
Harrisonburg, Virginia 22801

540.433.8814



WELLS & BESHOAR



DOCTORS OF OPTOMETRY

1964 Evelyn Byrd Avenue Harrisonburg, VA 22801

(540) 217-0096

Serving Harrisonburg's EyeCare Needs



WE'RE HIRING

TOSS DOUGH. MAKE DOUGH.

JOIN YOUR LOCAL DOMINO'S TEAM

[JOBS.DOMINOS.COM](https://jobs.dominos.com)



DAN'S BODY SERVICE, INC.

Collision Repair Experts



**2591 Harpine Hwy.
Harrisonburg, VA 22802
Phone (540) 434-8889**

dansbodyservice.net

BLACK'S PAINT & FLOOR COVERING

625 West Market Street

Harrisonburg, Virginia 22801

(540) 433-9207

<https://harrisonburg.abbeycarpet.com>

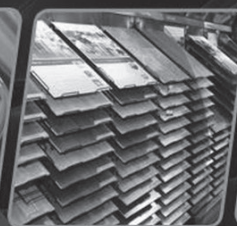


**Custom Floor Coverings | Ceramic & Hardwood
Floors | Window Treatments | PPG Finishes |
Richard's and Pratt & Lambert Paints**

Bringing New Ideas to Your Life

BLACK'S
PAINT &
FLOOR COVERING

540-433-9207



BOTKIN ROSE_{PLC}

ATTORNEYS AT LAW

Beautiful Kitchens & Baths – and So Much More




CLASSIC
KITCHEN & BATH
ClassicKitchens.com

Remodels to New Construction.
Start to Finish. Projects Big and Small.

540-437-1990
Mon-Fri 9am-5pm (Saturday by Appt.)
1930 Deyerle Ave.
Harrisonburg, Va 22801

Model United Nations team prepares for conference

JUMANA ALSAADOON
page editor

Model United Nations (MUN) team will be attending a conference at William and Mary. The trip will be held November 4 to 6. Nineteen members are participating. The team has begun preparing to compete with many other schools in Virginia.

Senior Lydia Brown is one of the four captains for the MUN team captains for the MUN team along with juniors Clare Kirwan, Sophia Pimentel Yoder, and senior Lena Fulton-Wright. Brown is sharing a committee with one of the other captains. She will be participating in the November conference. She is looking forward to working hand-in-hand with her co-captain.

"Me and Clare Kirwan are doing a committee together as a double delegate. We wanted to do it together because we are both captains and we have a really strong chance of winning," Brown said.

Behind the scenes, Brown and the other captains have been working together to break down all the committees and assign all of the members to a committee.

"So far the captains have broken

down all the committees and assigned people to where we think they would do best," Brown said.

The team is still waiting for their topics, but in the meantime the captains are helping the new members be prepared.

"For a lot of them it's their first time at a big conference, [we tell] them what they are going to be doing, and help them prepare," Brown said.

This year, Pimentel Yoder is doing a single delegation which means she will be representing a committee by herself.

"For this MUN, I'm going to be doing just one by myself and I've never done one by myself, I'm usually with a partner," Pimentel Yoder said.

Pimentel Yoder's reasoning for doing a single delegation is to expand her horizons in a conference setting.

"We're trying to push ourselves a little bit out of our comfort zones. We have a bigger MUN conference coming up this winter and that is going to be in Washington, DC, so we really want to get good experience to do well," Pimentel Yoder said.

The topics will be coming out soon, then the team will have to start writing position papers on the delegation that they are assigned. After they write po-



BIG ACCOMPLISHMENTS Students at HHS Mini-MUN pose before the opening ceremonies. This specific group of students were part of the World Health Association (WHA) committee, debating vaccine distribution. PHOTO COURTESY OF LAWSON YODER

sition papers, the captains will dedicate time to give helpful feedback and comments on the papers.

"We read all of [the] position papers and we have to comment on the position papers," Pimentel Yoder said.

Man on the street



Junior Felix Young

"I thought it would be interesting because I hadn't heard of a club like it. I thought it would be cool to represent a country," Young said



Junior Olivia Eberly

"I enjoy public speaking and it's a great way to meet new people," Eberly said.



Junior Eljeron Bonga

"I did MUN because it's something way out of my comfort zone. I don't enjoy public speaking, so it was a great way to practice that," Bonga said.



Senior Lily Fleming

"I'm really interested in international relations and I want to go into it in college. I like learning about the topics that we cover at Model UN, it's kind of fun to role play a delegate," Fleming said.



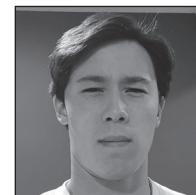
Sophomore Julia Citacko

"I like how Model UN has a structure and how it is sort of a debate because I've done debate in the past and I was interested in the setup of a UN meeting," Citacko said.



Junior Yaseen Mousa

"I saw that it helps you develop public speaking skills and it can help me in the future," Mousa said.



Junior Julien Steines

"I thought going to places like Charlottesville and Richmond would be fun and I wanted to work on my public speaking skills," Steines said.

Student volunteers recount experiences at SVMI

JIAYI LI
page editor

28 high school marching bands around Virginia (VA) competed at the Shenandoah Valley Marching Invitational (SVMI) hosted by the Blue Streak Bands Oct. 8. Many schools including Powhatan High School traveled over 100 miles to compete. This competition, being the largest state competition in VA for high school marching bands, grows each year and continues to invite more high school marching bands.

Due to its size, band directors Daniel Upton and Claire Leeper relied on their band students, alums and parents for the best outcome of the fundraiser. 125 students volunteered and 35 band parents and alums volunteered. They were split between over 20 jobs. Junior Cindy Liu and other students arrived at the high school the following morning to prepare the school for visiting marching bands.

"We got a lot done during the morning. It was a good start to my day, even if it was long," Liu said.

The rest of the volunteers filtered in at 10 a.m., going to their various morning shifts or cheering on the first and smaller performing bands. Marching competitions typically start with smaller bands and end with the biggest bands. When senior Cheyenne Sonifrank wasn't working, she was cheering on the other marching bands on the bleachers.

"Getting to see all of the other bands is always exciting," Sonifrank said. "We don't get to see them usually because we are one of the bigger bands, so that means we perform last."

Sonifrank plans on returning to SVMI next year to volunteer.

"It's sad that I'm a senior and knowing this is my last actual SVMI," Sonifrank said.

There were some difficulties during shifts. As audience members and band buses filled the parking lots, sophomore Dominic Rodriguez, who volunteered to guide parking, felt a lot of stress from the job. Vehicles had filled Harrisonburg High School's parking lot, Bluestone Elementary School's parking lot, the Church of the Brethren's parking lot and part of the

Heritage Oaks Golf Course's parking lot.

"I was on parking duty, and because we got slammed in the [HHS] parking lot, they told me to go run over to Bluestone [Elementary School] and guide people into [their] parking lot," Rodriguez said. "Then all of the parking lots were full including the Bluestone ones. I was over there without an adult, and people were mad at me, and I had no other place to send them. I even got flipped off."

Vehicles also filled the Church of the Brethren's parking lot and part of the Heritage Oaks Golf Course's parking lot.

28 high school marching bands around Virginia (VA) competed at the Shenandoah Valley Marching Invitational (SVMI) hosted by the Blue Streak Bands Oct. 8. Many schools including Powhatan High School traveled

over 100 miles to compete. This competition, being the largest state competition in VA for high school marching bands, grows each year and continues to invite more high school marching bands.

Due to its size, band directors Daniel Upton and Claire Leeper relied on their band students, alums and parents for the best outcome of the fundraiser. 125 students volunteered and 35 band parents and alums volunteered. They were split between over 20 jobs. Junior Cindy Liu and other students arrived at the high school the following morning to prepare the school for visiting marching bands.

"We got a lot done during the morning. It was a good start to my day, even if it was long," Liu said.



MARCHING Senior Lydia Brown plays the melophone while performing their show "Masterpiece." PHOTO BY BRADY SHIFFLETT

PERFORMING Senior Wren Amaya Orellana pulls a silk sheet out of the stage as part of the performance. PHOTO BY BRADY SHIFFLETT



The rest of the volunteers filtered in at 10 a.m., going to their various morning shifts or cheering on the first and smaller performing bands. Marching competitions typically start with smaller bands and end with the biggest bands. When senior Cheyenne Sonifrank wasn't working, she was cheering on the other marching bands on the bleachers.

"Getting to see all of the other bands is always exciting," Sonifrank said. "We don't get to see them usually because we are one of the bigger bands, so that means we perform last."

Sonifrank plans on returning to SVMI next year to volunteer.

"It's sad that I'm a senior and knowing this is my last actual SVMI," Sonifrank said.

Eberly, Gibson, Eans prepare for first FAACL showcase

UNDERCLASSMEN DECIDE ART, DANCE PROJECTS FOR FINE ARTS SHOWCASE

EVELYN LEWIS
page designer

Preparing for the upcoming Fine Art Academy's showcase (FAACL) is a daunting task, no matter what grade the students are in. For freshmen Issac Eberly and Abby Gibson, this is their first time going through the process of creating a FAACL project.

Eberly, a Dance 1 and Art 1 student, chose to make art for his showcase, drawing the evolution of his artistic style during the COVID pandemic.

"I'm doing a drawing of my face, but in four different parts, and it's [going to] be different art-work. There's [going to] be plain colors and rainbow colors and stuff to show the progress. The top left will be all sketched, then it's going to go from left to right [and] in a circle. In the top right, I'll be starting to add more color and more detail. The final [box] will be as detailed as possible and as many realistic colors as I can add," Eberly said.

The piece is influenced by his dad who pushed him to advance his artistic abilities.

"I was a fine artist, but my dad wanted me to push myself because I was only using pencils, so he bought me all these new markers and paints to try to help me improve. He was a big part of my art and I like [having] his style in my work," Eberly said.

Gibson's project is not as set in stone yet, but she has a general idea. She will be performing a dance all about her and her family.

"Each motion and transition is a different movement that represents something about me, so it could be running because I love to run and then a different movement could be my favorite color and that sort of thing. I'm also going to have different sounds playing in the backgrounds that relate to me in some way like waves because I love the beach and the ocean. I wanted to show all these different things that make up [who I am]," Gibson said.

Gibson's project will turn out to be around two minutes, with her doing all the background sounds, editing the music and making choreography.

"I'll be doing the background sound first so that I can choreograph to it. I have to find all these sounds and put them with the song, I'll probably just do it on GarageBand. Then after I'm done, [I will] brainstorm all of my movements and transitions and then start to put them together. [I'll] switch some things out because I don't like them and I'll move some things around and then eventually put [it] all together," Gibson said.

For sophomores, this is the first showcase that they share with the public, while freshmen only share with their class. Sophomores, Donovan Eans and Lila Hostetler are collaborating with other students for their pieces while sophomore Jillian Pyle is working solo.

Eans is in the music strand, working with junior Bazil Gibson to compose a piece called "Messengers of messengers," all about the brain and the pathways inside of it.

ALL SMILES Sophomore Donovan Eans poses with his guitar that he uses in his FAACL showcase project about the inner workings of the brain. PHOTO COURTESY OF DONOVAN EANS



PRACTICE MAKES PERFECT Freshman Abby Gibson turns in an attitude arabesque while rehearsing her FAACL piece. PHOTO COURTESY OF ABBY GIBSON

"I'm playing guitar and he's playing piano. We composed it together, kind of built off of each other's ideas, and we have this collaborative song about brain connections. It's [about] the messengers and the pathways inside your brain going from one place to another, and we're going to represent that with the two instruments working together," Eans said.

Hostetler, a drama strand student, is working with sophomore Anna Yoder, a dance strand student. Their piece is about how a serial killer thinks and functions.

"We're focusing on the diseased mind of a serial killer and how the mind works throughout that and creating a story off of it," Hostetler said.

For both students, this is their first time working together. Hostetler was unsure how it would go since she's had bad experiences collaborating on group projects in the past.

"I really like working with other peo-

ple, especially when they're just as passionate about the idea and they're actually hard-working instead of slacking off," Hostetler said.

Pyle, a creative writing student, is working alone on a poem about the similarities she shares with her dad.

"I am writing a poem about how similar my dad and I are. We have a lot of similarities that I never realized we had. My project includes a corkboard with a bunch of annotations that he had in a book because we both annotate our books and it brought me to think about how cool that was," Pyle said.

Pyle tends to write poems more than other types of writing, but this one is different from anything she has done before.

"I do tend to go towards poems just because it's a better way to express myself, but I've never shared something so personal, like this project. This project is about my family and I've never shared stuff like that before," Pyle said.

National Honor Society officers step into leadership positions

CAMRYN JOHNSON
page editor

There are so many different clubs, sports, and academic activities that our school has to offer. National Honor Society (NHS) is an organization the juniors and seniors at HHS can apply for. This is an opportunity given to students who perform well academically in school, and are making a difference in their community. Last spring before the 2021-2022 school year ended, members of NHS had an election for the new leadership officers. These officers stepped into their new roles once the elections were over, and will continue in their roles until this coming spring elections arise.

Senior Niranjan Aradhey was elected Vice President of the National Honor Society last spring and had begun to step into his new role.

"I am Vice President, which means that I help out all the officers with whatever they need help with. I've found volunteer opportunities, and helped run meetings. I was voted Vice President last spring after a round of nominations and then final voting. I have been helping run meetings with the other officers from then on," Aradhey said.

Many students join the National Honor Society for a variety of reasons. For Aradhey, the volunteer work is what drew him.

"I have volunteered at different places in the past and the National Honor Society seemed like a good organization to join because of that. I have enjoyed learning about the different volunteer opportunities because it has expanded my knowledge of what's going on in Harrisonburg," Aradhey said.

Aradhey has some goals for what he hopes to bring to the NHS with his new leadership position.

"As Vice President, I hope to keep the club running smoothly and continue to have our members out in the community volunteering," Aradhey said.

There are many different leadership roles one can run for in the National Honor Society officer elections. For senior Linnea Siderhurst, the role of secretary seemed to be appealing.

"I'm the secretary of National Honor Society which means I am responsible for taking and sending out the minutes after each general meeting and I am in charge of attendance. Beyond that, all of the officers

contribute to running meetings and planning everything as a team," Siderhurst said.

Siderhurst joined NHS for her own personal reasons, but her views on the club seems to have changed throughout her experiences so far.

"I wanted to join the National Honor Society originally because I knew it would look good on college applications, but I ended up really enjoying the people in it and it made volunteering fun! My favorite part of NHS is getting to do service events with friends because it makes it fun and we know we are helping [to] make a positive impact on Harrisonburg," Siderhurst said.

Another member of National Honor Society who decided to take up a leadership role last spring is senior Anish Aradhey. Aradhey seems to really be enjoying his new position as Service Officer.

"As a Service Officer, I keep track of everyone's hours. Each member has like a certain amount of hours that they're required to complete. So I get to scroll through all of the things that people say that they're doing in their community, which is really exciting. It's a lot of fun seeing what all my peers and friends are doing to make NHS and Harrisonburg a better place," Aradhey said.

According to Aradhey, the election process wasn't too complicated this past spring. Aradhey described what the election process was like for him and the others.



"It was pretty quick. Closer to the end of last year that we ran elections and what that is, is you just submit a short description of why you want to run for one or more NHS offices. And then the whole chapter has a window to vote, and then you get introduced to your new office routine. So it was pretty easy. All I had to do was fill out a short description of why I wanted to run for this position, and then the current officers organize the voting for the new officers that are coming in," Aradhey said.

This spring, new and old National Honor Society members will be able to run and vote for new NHS officers for next year's 2023-2024 school year.

"I wanted to join the National Honor Society originally because I knew it would look good on college applications, but I ended up really enjoying the people in it and it made volunteering fun."

—Senior Linnea Siderhurst

National Honor Society officers for 22-23 school year

Man on
the street



**President,
senior Imaan
Shakoor**

"My job entails creating meeting presentations, making sure all members are up to date on volunteer opportunities, coming up with a service project and multiple service opportunities throughout the year, and communicating with local organizations to find opportunities," Shakoor said.



**Vice president,
senior
Niranjan
Aradhey**

"As vice president, I hope to keep the club running smoothly and continue to have our members out in the community volunteering. I have enjoyed learning about the different volunteer opportunities because it has expanded my knowledge of what's going on in Harrisonburg," Aradhey said.



**Secretary,
senior Linnea
Siderhurst**

"I am responsible for taking minutes and keeping attendance at the meetings, but I also help the other officers plan service events and other club activities. I'm excited to meet all the new members this year," Siderhurst said.

Varsity volleyball supports breast cancer awareness month

ASHLYN SATTVA
page editor

One in eight women are diagnosed with breast cancer every year according to The National Breast Cancer Organization. The month of October is breast cancer awareness month. To show their support, the varsity volleyball team wore pink uniforms.

The pink uniforms show the importance of breast cancer awareness to the surrounding Harrisonburg community according to junior and defensive specialist Logaan Whiting.

"I think that our pink uniforms show how important breast cancer awareness is to Harrisonburg High School volleyball. Multiple players and coaches know someone on a personal level who has or had been affected by [breast cancer] and it shows we fight alongside them," Whiting said.

Wearing these uniforms honors something more personal in Whiting's personal life.

"Pink-out is important to me, because I have a family friend who is really special to me that has been battling breast cancer for a while. She took me and my mom in when we needed her and she was always there for us, so her diagnosis was really hard on us," Whiting said.

Junior Rylee Stroop's personal connection to the pink-out games makes the uniforms even more special.

"[The] pink-out is significant to me because of my grandma who beat breast cancer. The pink uniform represents the people that have beat and are still fighting breast cancer. At the same time it is to show respect and honor those who have lost their battle," Stroop said.

Sophomore Veronica Gutierrez takes the chance while wearing the pink uniform to honor her grandma who beat cancer.

"Pink-out has been a tradition for many years at HHS and we were all excited to put on a pink jersey for the games. I really appreciate how our school supports the people who have been affected by breast cancer. Wearing pink jerseys reminds



PINK OUT Freshman Stella Jones, sophomore Aubree Ringwald, sophomore Chloe Dameron, juniors Grace Bush, Logaan Whiting, sophomore Autumn Sinnett and team manager Davis Bert cheer for the team from the bench. PHOTO BY ADRIAN KAVAZOVIC

everyone that breast cancer is still a very urgent problem that should not be overlooked. Our pink-out games give me a chance to be thankful that my own grandmother beat breast cancer," Gutierrez said.

Junior Analise Etchebarne believes the importance of wearing pink and showing support helps validate the women who have had breast cancer.

"[Breast cancer awareness] is important because a lot of women have gone through it and making [people] aware [of it] and validating it matters," Etchebarne said.

With almost the entire team having a personal

connection to breast cancer awareness, Etchebarne is no different.

"[Breast cancer awareness] is important to me because I grew up with [my aunt] and she's my family, so it was really hard," Etchebarne said.

Having "pink-outs" and wearing the pink uniforms is just one small way Harrisonburg High School's athletes show their support for breast cancer awareness month. Many athletes have a personal connection to people who have experienced or been affected by breast cancer. By talking about breast cancer we can help spread awareness that this is still a common issue.

Man on
the street



Sophomore
Teagan Miller

"We had a pink out game, we decorated the gym, wore our pink jerseys and had cupcakes. It made us feel unified and together. It was good helping support that," Miller said.



Senior Kai
Blosser

"October is breast cancer awareness month, and I feel it is important for us to show our support towards anyone suffering from breast cancer," Blosser said.



Junior
Thaneisha
Cedeno

"We had our pink out game and we always enjoy our pink out game because we get to wear the pink jerseys and represent breast cancer. Sometimes we do little hairstyles and put little ribbons in our shoes [which] is an activity that brings the team together," Cedeno said.

FEATURE

Protests rage on in Iran, Kaussler sisters experience emotional turmoil

CLARE KIRWAN
managing editor

‘Women. Life. Freedom.’ This chant is heard from corner to corner of the Islamic Republic of Iran after 22-year-old Masha Amini was beaten to death for not wearing her hijab correctly. Iranian officials said Amini’s death was due to a heart attack, but she had no previous heart conditions, according to her family. Amini’s death jump started the biggest social movement Iran has ever seen, after mostly concentrated economic-political protests in 2009, 2017 and 2019.

“[People in Iran] have a dress code. If they don’t wear their hijab the way that the government wants them to wear it or if they’re not wearing what’s considered appropriate or if their makeup isn’t appropriate then they will [punish them]. That’s why a lot of women are getting killed or beaten or put into custody,” junior Soraya Kaussler said. “There’s a lot of protests going on, but it’s not being talked about because the media isn’t covering it and the internet [is] shut down in Iran. It’s a huge issue, but [nobody] really knows about it and knows what’s going on, which is why it’s so important for us to share and spread information.”

The dress code in Iran requires women to wear a hijab or head covering, cover their lower waist and arms with tunics or coats known as roo-poosh and cover their legs down to their ankles. Women across Iran and the world have begun taking off their hijabs in support of the movement and in honor of Masha Amini.

“[The death of Masha Amini] made men and women mad and they started protesting in the streets. They’ll take their hijabs off and throw them in the fire or they’ll cut their hair. It’s [symbolism for] cutting the chains off. They’ll just protest and the morality police will get mad and they’ll beat them up and take them into custody. I’ve seen lots of posts where they just shoot them and throw them against walls,” freshman Shirin Kaussler said.

The morality police is responsible for

imposing the strict dress code in Iran, making sure women wear their hijab correctly and limiting other forms of freedom of expression. They have taken to violently trying to contain the protests.

“Hijabs themselves aren’t bad. It’s about giving women the fundamental right to choose,” Soraya Kaussler said.

Soraya and Shirin Kaussler are no strangers to the persecution of minorities in Iran. Their mother is Persian and her parents had to flee Iran while they were pregnant with her.

“She had to flee because our religion which is the Baha’i religion is proscribed in Iran by the Muslim government. Our grandparents were put on an execution list and two days before they were set to be executed they found out that they were on the list. They had to take everything and

flee. They fled from Iran to Sweden, which is where my mom lived for the entirety of her life until she went off to college,” Soraya Kaussler said.

The Kaussler sisters have grown up in Harrisonburg and despite the small presence of Persians and Baha’is in the area, they have stayed in touch with their culture.

“I think our faith shapes a lot of our culture and the way we live. There’s also no Baha’is in Harrisonburg, me and Shirin are the only ones. There’s a very small population of us,” Soraya Kaussler said.

EMPOWER Women have been at the forefront of the biggest women’s rights movement Iran has ever seen. After the death of Masha Amini, who was killed for not wearing her headscarf properly, women have taken to cutting their hair and burning their hijabs to show solidarity with Amini in their fight to end the regime. GRAPHIC BY CLARE KIRWAN



"There's other Persians, but in school there's not a lot that I know of, so it's hard to be able to relate to people because of cultural differences. Every culture has different ways that they do things. Being in a predominantly white friend group, it's hard to relate to things they do culturally and they can't relate to what I'm doing. There's always a cultural difference, you just have to see past it in a way," Soraya Kaussler said.

Shirin Kaussler describes Persian culture as incredibly welcoming, with a love for hugs.

"Coming to the house you're immediately greeted with food and hugs, it's a lot of affection. We won't push you away if you want to come over. If you eat your entire plate, more food is immediately pushed on. My mom would never want somebody to leave our house being hungry or not feeling welcome," Soraya Kaussler said. "You walk into Persian or Baha'i events and it's so different because the environment is more welcoming in a sense. Everybody is happy."

The Kaussler's still have extended family and friends in Iran, the conflict has taken a mental toll on them as they watch on from the states.

"It's hard because in a sense you feel guilty because I get to live here. I get to have the freedom of how I dress and wear my hair down and I don't have to cover it up. Then you see women and girls who are risking their lives by protesting and showing their hair or cutting their hair. They go there knowing that they're most likely going to die and be killed. It's scary because these people I have relations with and we have a lot of family there," Soraya Kaussler said.

The Baha'i religion is different from the Muslim religion which dominates Iran. The Kaussler's do not wear hijabs and have a different experience from many Iranians.

"It puts a lot into perspective of how privileged we are [with things] you don't even think about it. I don't think about how every morning when I brush my hair and put it up in a ponytail or wear it down how people in Iran are fighting and sacrificing their lives just to have that

simple right," Soraya Kaussler said.

The death total has climbed to at least 233 deaths, around 32 of which were people below the age of 18. A large portion of the deaths belong to ethnic minorities, such as Iranian Kurd, of which Amini belonged to.

"One of our distant family friends, her two sons, went to go protest for women's rights in Iran and one of them ended up getting shot by the morality police because he was speaking what he thought. The older brother was yelling at the police to stop shooting at his brother. They ended up shooting him twice and he died sadly. The father wanted his body because the morality police took the body. They told the father 'if you want your son's body, you'll have to pay the money from the two bullets we lost by shooting at him.' That was pretty traumatizing for them," Shirin Kaussler said.

“It affects everyone, especially women. This is one of the biggest women’s [rights movements ever].”
—Junior Soraya Kaussler

His death hit close to home for the Kaussler family, showing that the impacts of the crisis are felt around the world.

"It puts into perspective how horrible the situation is that your son was killed going to a protest to support women's rights and just to be able to get his body back you have to pay for the bullets that they lost [even though] they have a trillion," Soraya Kaussler said. "The mother went out on the news and spoke about how her son died fighting for the women of Iran. He was only 18, he was very young."

The Iranian government has begun to shut down mobile data and service. If protests continue, the government is said to shut off the entire internet.

"It's sad [because] we can do things by sharing and posting, but a lot of big news [outlets] aren't talking about it. A lot of younger kids are dying, even our age. Many girls, 16 year old girls, were just killed, but it's not covered by media. They're killing anyone who speaks their voice or posts anything," Shirin Kaussler said.

The government has said little about the protests, but has publicly announced that they believe the riots are orchestrated by Israel and the U.S., despite a complete lack of evidence, according to



WOMEN, LIFE, FREEDOM Junior Soraya Kaussler and freshman Shirin Kaussler wear matching shirts that show Masha Amini and the saying 'Women, Life Freedom' in Persian in support of the women's rights movement in Iran. PHOTOS COURTESY OF SORAYA KAUSSLER

BBC.

"I've been posting on social media about what [is happening]. I'm reposting what I see. There's this one Instagram called 'The Rich Kids of Tehran' and they're posting about everything that's happening that I'm reposting. It's [gotten] pretty bad," Shirin Kaussler said.

Despite the lack of major media coverage and the internet shut down, the Kaussler sisters and many others have taken to posting on their social media accounts. Those in Iran are risking their lives to take videos, pictures and post on any site, according to Soraya Kaussler.

"There's not much you really can do other than inform people and tell them what's going on, we're doing that through [social] media. There's so much more that I wish I could do," Soraya Kaussler said. "A lot of women are cutting their hair in solidarity and taking off their hijabs, but it's really hard because we feel like we can't do anything."

A number of organizations are also raising funds to help empower, mentor and inform women in Iran and across the world. Posting, reading, donating and



more can help Iranians in their fight for gender equality.

"There's so many people, so many women risking so much, their lives basically for this. It feels like posting on social media is not doing enough, [but] I don't know what else we can do," Soraya Kaussler said. "It affects everyone, especially women. This is one of the biggest women's [rights movements ever]. It's a huge historical moment."

Consider donating and reading about these organizations dedicated to serving the women of Iran:

Iranian-American Women Foundation: <https://www.iawfoundation.org/>

Women's Committee of the National Council of Resistance: <https://women.ncr-iran.org/womens-committee-of-iran-ncri/>

United for Iran: <https://united4iran.org/en/>

FUN Drum major and senior Adam Vanwyk leads the band at the pep rally. PHOTO BY ADRIAN KAVAZOVIC



Students participate in Homecoming court, spirit week

JOLIE SALLAH
editor in chief

The excitement of Homecoming week includes spirit days during the week, after school activities such as powderpuff flag football and king of the court and the last football game of the season at home, all leading up to the Homecoming dance on Satur-

day night. Each year the court is elected made up of six underclassmen and six seniors. The duties of the 12 kids include walking across the field at the football game with the rest of the court and then finding out if they were crowned or not at the Homecoming dance.

The underclassmen elected to the court were juniors Ellie Alcombright, Emily Antunez, Zuli Loya-Menjivar, So-

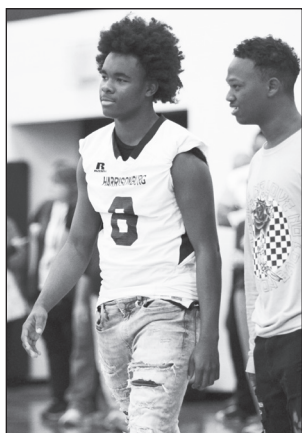
phia Pimentel-Yoder, sophomore Aron Medhin and freshman Na'im Sampson. The seniors elected were Josie Edwards, Donte Harvey Wright, Kate Nichols, Cheyenne Sonifrank, Jayden Walker and Jayla Walker. At the dance, Na'im Sampson and Sophia Pimentel Yoder won underclassmen royalty and senior royalty was Jayden Walker and Donte Harvey Wright.

LEADER Senior Lizzie Gotay plays the role of one of the captains for the competition cheer team. The team performed their routine at the pep rally, the first one in three years. "I really enjoy being a captain for this team because I am so proud of each and every one of [my teammates]. Performing at the pep rally was something that was really exciting for me. I love the adrenaline of performing in front of my peers," Gotay said. PHOTO BY ADRIAN KAVAZOVIC

Underclassmen Royalty



Junior Sophia Pimentel Yoder
HOMECOMING PRINCESS "It was nice to have my parents [at the football game] supporting me," Pimentel Yoder said. PHOTO BY ADRIAN KAVAZOVIC



Freshman Na'im Sampson
HOMECOMING PRINCE "[Winning] felt good, it was a good way to start high school," Sampson said. PHOTO BY ADRIAN KAVAZOVIC

Upperclassmen Royalty



Senior Jayden Walker
HOMECOMING KING "It was a very exciting moment to beat my sister, [Jayla]," Walker said. PHOTO BY ADRIAN KAVAZOVIC



Senior Donte Harvey-Wright
HOMECOMING KING "I thanked God for the opportunity and stayed humble through the whole process," Harvey-Wright said. PHOTO BY ADRIAN KAVAZOVIC



PULL Senior Johnny Rivera-Caceres prepares for tug of war at the homecoming pep rally. The freshmen class won. "I felt bad we lost, but I wasn't disappointed because [the seniors] won the yelling contest," Rivera-Caceres said. PHOTO BY ADRIAN KAVAZOVIC

TRUMBO

*"Powering Your
Future Since
1948"*

ELECTRIC, INC.

HARRISONBURG
FOOT & ANKLE
CLINIC

www.HarrisonburgFootAnkle.com

Dr. Lee Dr. Hori
PODIATRIC FOOT & ANKLE SURGEONS

2105 Evelyn Byrd Avenue
P.O. Box 1314
Harrisonburg, VA 22803

Phone: 540.434.2949
Fax: 540.433.8870



BRING. THE. DRAMA...

TO DRAMA CLUB!

See Mr. Gibson
in Room 217
for info!





Build

INFINITE CONNECTIONS

BRIDGEWATER COLLEGE

800-759-8328 | bridgewater.edu | admissions@bridgewater.edu





JAMES MCHONE
JEWELRY

75 Court Square, Harrisonburg, VA 22801
 (540) 433-1833 | mchonejewelry.com
 Mon-Fri 9:30AM-5:30PM Sat 10AM-4PM
james@jamesmchonejewelry.dpsites.com
 Instagram: @jamesmchonejewelry



From our Family's Farm to your
Family's Table

Affordable, Local Beef

Individual Cuts, Bulk Shares and all beef
Dog Treats

Visit us at the Red Barn on the farm or
the Harrisonburg Farmer's Market

1515 Mt Clinton Pike, Harrisonburg, VA
540-383-3825 Glendorfarm.com





Meet your future *with confidence.*

Take the first step toward having more peace of mind in retirement with our exclusive *Confident Retirement*® approach. I'll work with you to create a plan tailored to fit your needs:

1. Covering essentials
2. Ensuring lifestyle
3. Preparing for the unexpected
4. Leaving a legacy

Call me today and learn how you can live more confidently today and tomorrow.



Andrew M. Huggins, CFP®
Private Wealth Advisor

The Myrias Group
A private wealth advisory practice of
Ameriprise Financial Services, LLC

540.434.4956

4030 Quarles Court
Harrisonburg, VA 22801
andrew.m.huggins@ampf.com
ameripriseadvisors.com/andrew.m.huggins
CA Insurance #OF31557



tropical SMOOTHIE CAFE



Great Outdoors
Landscaping, Inc.



**SHOP OUR NEW
INVENTORY TODAY!**

[STEVENTOYOTA.COM](https://www.steventoyota.com)

2970 S MAIN ST, HARRISONBURG, VA 22801 | (540) 726-0570

Hurricane Fiona hits Puerto Rico hard, impacts felt in Harrisonburg

CLARE KIRWAN
managing editor

A hard worker who never gives up. Someone who loves to smile, party and help people. A rich culture filled with African, Indian and Spanish ancestors. Stunning beaches, mountains and a national rainforest. An incredible display of diverse music and outstanding food. Artists and singers. History that lines the streets of Old San Juan. Kind hearted, humble and someone who is always willing to help.

The characteristics described are that of Puerto Ricans, according to Skyline Middle School teacher assistant Evelyn Cruz. Cruz is Puerto Rican and proud. Born and raised there, she has strong familial and cultural ties to the island. When news of Hurricane Fiona reached Harrisonburg, Cruz was scared.

"After hurricane Maria the word hurricane is a scary word in Puerto Rico. When Fiona [became] a threat to Puerto Rico, people panicked. We were worried about the possible devastation ahead. Everyone was getting the basic supplies needed, they were scared. During the hurricane people couldn't sleep due to a lot of rain and flooding. The wind was strong enough to knock down the power [in all of] Puerto Rico. After the hurricane, people gathered to help each other, that is what we do," Cruz said.

Fiona hit Puerto Rico as a category 4 hurricane on Sept. 18, 2022. According to CNN, the hurricane has been confirmed to have caused 11 deaths, with 14 more undergoing investigation and 10 more indirectly related.

"My entire family lives in Puerto Rico. They were very concerned, but very prepared. Thankfully they didn't get flooded. Flooding was more in the mountains. My parents are in a home because they have Alzheimer's, [so] I was at peace [with] the fact that I knew it was not a flooding area and [they] had a generator," Cruz said. "My parents owned a business that is still run by my sister, we sell everything you could think [of], it's like a little Home Depot and Walmart. I was at peace [because] I knew that my family was going to be taken care of and were going to be safe."

Cruz visited Puerto Rico and her family a week after the hurricane hit.

"I was surprised not to see devastation like the hurricane before – Maria; however, in the mountains there's a lot of devastation and people are still without power. This situation can last for months because Puerto Rico's power structure is very cheap and old. I don't know why they can't fix it," Cruz said.

Junior Hector Rodriguez is also Puerto Rican. His family was one of many that were left without water and power after Fiona hit.

"During the hurricane it was hard to see my neighborhood destroyed. Almost all my family lives there and thank God the hurricane didn't affect them too much, they just went awhile without power or water," Rodriguez said. "My family now has power and water, but there are many people that I know that lost their homes and their only car and were pretty much left with nothing. Everybody is trying to do everything they can to put their part in and help the community."

Like Cruz, Rodriguez is very close to

his Puerto Rican culture and his community there. He believes the resilient Puerto Rican spirit helps the island bounce back from devastation like this.

"I think something that makes Puerto Rico special is that we come from a small little island where everybody has to work twice as hard to keep up with the rest of

“After the hurricane, people gathered to help each other, that is what we do.”

–Teacher assistant Evelyn Cruz



STICKING TOGETHER Evelyn Cruz, her brother Ricardo Cruz, her father Angel Cruz and her mother Millie Cruz take a picture together holding family photos. PHOTO COURTESY OF EVELYN CRUZ

FAMILY Siblings Ricardo, Carmencita and Evelyn Cruz, and their brother-in-law Pedro Morales, pose together. PHOTO COURTESY OF EVELYN CRUZ



the world. Every little win means a lot to everybody, if it's a sport or music or any other thing everybody is proud to be Puerto Rican," Rodriguez said.

According to the New York Times, at least 20 houses were destroyed, 200 more were damaged and the entire island lost power. Freshman Arianna Figueroa watched on as some of her favorite places were destroyed.

"Before the hurricane there wasn't really much talk about it other than one might be coming soon. Once the hurricane had actually reached Puerto Rico I was very scared. Not only because of what could happen

to my family, but also because I knew no matter what category the hurricane was, it would hit the island hard, considering how small it is. After the hurricane I was very happy to find out that my family was okay but very upset to find out that some of my favorite places on the island were ruined or no longer there," Figueroa said.

Puerto Rico is about 3,500 square miles, smaller than the state of Connecticut. Its small size has created a tight knit community, but Figueroa's experience with the culture has been a little bit different.

See more on hhsmedia.com

ASVAB test offered at HHS, all students encouraged to participate

EVELYN LEWIS
page editor

Before enlisting in the Army, Navy, Air Force, Marines or any branch of the National Guard or Reserves, people must take the Armed Services Vocational Aptitude Battery (ASVAB) test, a standardized test that determines their strengths in a multitude of categories. In addition to determining your strengths, it also determines what field you're most suited for. Anyone above grade 10 can take the test, but students in JROTC must take it every year they can. Junior Alondra Guzman, a JROTC student, has started preparing for this year's test.

"Last year [when I took the exam], I did badly because I was not prepared for it. I don't like working under pressure [because] when [I am] working under pressure I just start guessing. I'm going to prepare for it this time since I already know what it's like. I want to get the book and start looking over it," Guzman said.

The test consists of 10 timed sections that include general science, arithmetic reasoning, word knowledge, paragraph comprehension, math knowledge, electronics information, auto information, shop information, mechanical comprehension and assembling objects. Since the test has more than the standard subjects, and the fact that it is administered to people outside of high school, the test is at a different difficulty level than other high school tests.

"A lot of adults take it, so I do think in the grand scheme of tests we take throughout high school, it probably is one of the more difficult ones because it's related to something that you're doing

after school. It also depends on your strengths and weaknesses. I think the older you are, it will probably be easier because you've had more time in school. That's why ninth graders usually are not taking it because they haven't really had a lot of instructions of preparation in order to be prepared for it," Angela Albanese, the schools testing coordinator said.

Albanese is in charge of coordinating and preparing for the test, but on test day, military representatives and recruitment officers do the administering.

"People from the recruiting offices come in and administer it on the day of. We'll have some representatives from different branches of the military volunteer to help. Then a representative from the recruiting office actually administers and proctors the exam. That proctor will tell you how much time you have. They'll tell you when to start. They'll tell you when to put your pencils down, you get a break and then you move on to that next section. It's very structured," Albanese said.

Sections on the test range from six to 55 minutes with the test being approximately three hours long. Last year, junior Keilyn Alvarez had to take the test for JROTC and used every last second of the time given.

"[The test] was kind of difficult. It's obviously not [going to] be easy for just anyone, but it's cool to take the test and see what you get in each section. They go by sections and they give you the [number of] minutes to work on that. You can't go back. It's on paper and you circle your choice. After the time is done that's it," Alvarez said.

The scoring of the test is built to showcase what students are good at in each section to

"A lot of adults take [the test], so I do think in the grand scheme of tests we take throughout high school, it probably is one of the more difficult ones because it's related to something that you're doing after high school."

-Junior Alondra Guzman



A BIG HONOR Students in the JROTC program carry the nation's colors onto the football field for a game Sept. 30. Junior Alondra Guzman participates. PHOTO BY BRADY SHIFFLETT

help them find the correct career in or out of the military. Albanese urges students not interested in joining the military field to also take the test.

"You don't have to be wanting to go into the military to take it because there are a lot of other reasons why students might be interested in the information that you get. The results are cool because they give you jobs and careers that might be really good for you based on your strengths. Your score report is not just a number, students [can] login and look at what strengths and interests [are] specific to them," Albanese said.

Man on the street



Sophomore
Andrew
Johnson

"I don't have a plan after taking the ASVAB. I'm planning on trying to do my best when I get there," Johnson said.



Junior Keilyn
Alvarez

"I don't really think I plan on using it, it's just mandatory for JROTC students," Alvarez said.



Senior Alondra
Guifarro

"I have to take the ASVAB because I am in JROTC," Guifarro said.



Junior Jostyn
Martinez

"I want to join the marines since I took the ASVAB," Martinez said.

Students plan walkout in protest of lawsuit filed against HCPS

SILAS SPEARS
editor in chief

Six adults, Deborah Figliola, Kristine Marsh, Timothy and Laura Nelson, and John and Nicole Stephen are suing Harrisonburg City Public Schools (HCPS) over a school district policy that allows for teachers to withhold students' preferred name and gender pronouns from parents. The group of six claim their First Amendment rights to freedom of speech and freedom of religion are being violated.

According to the 2022 Model Policies on the Privacy, Dignity, and Respect for All Students and Parents in Virginia's Public Schools, teachers are required to ask students what their preferred name and pronouns are and are then required to use those moving on. If a student's preferred name and pronouns are different from those given at birth, teachers are not required to communicate that preference to the student's parents.

According to the lawsuit filed, "Public schools should never hide information from or lie to parents about a child's mental health. And schools should never compel teachers to perpetrate such a deception. Yet Harrisonburg City Public Schools ("HCPS") has done just that—implementing a policy and practice ("Policy") on the treatment of transgender students that forces teachers on pain of discipline to use any pronouns or names requested by a student, while actively hiding information about that request from the child's parents."

In reaction to the lawsuit being filed, students and members of Harrisonburg High School's Gay Straight Alliance (GSA) are holding a walk out. Senior Finn

Maddox, a member of GSA, is helping take the lead and spread information on the walkout.

"It's happening statewide. Schools across Virginia are walking out in support of pushing back against the lawsuit being filed against the school board. Essentially, parents are feeling like their rights to parent have been violated by having teachers have the right and requirement to keep preferred name and pronouns from parents if the student asked them to," Maddox said. "Parents pushed back against that, and that is hurting a lot of people. Schools all over Virginia are walking out to protest the lawsuits going to court November 1. So we wanted to show our support and stand up for the LGBTQIA students in our community and just do everything we can to make it right."

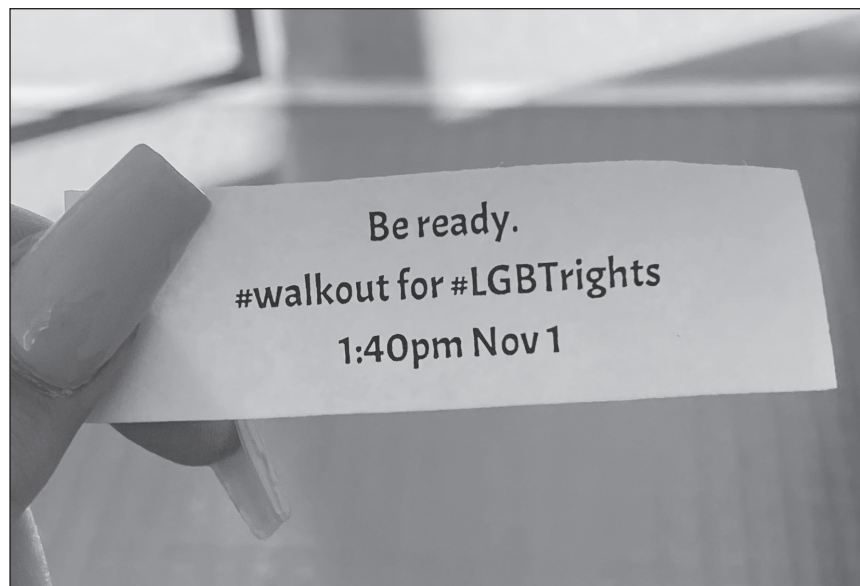
The original policy in place allowed for Maddox to feel safe through their journey of coming out to their school community before making their family aware of their identity.

"I know when I first came out, I was going by a different name at school than I was at home because I knew I was safe. School was a safe space to be able to use my preferred name and pronouns with my friends and with teachers who I knew were supportive rather than my family, because unfortunately it's common in the trans community for parents to be unsupportive.

Home life can become really, really dangerous really quickly. So, luckily, everything for me turned out okay, but I know for a lot of other people it's not. Since that bill, I've seen homophobia and transphobia in this school alone rise. I had a friend who was verbally and physically abused just a couple of weeks ago in the school

“School was a safe space to be able to use my preferred name and pronouns with my friends and with teachers who I knew were supportive rather than my family, because unfortunately it's common in the trans community for parents to be unsupportive. Home life can become really, really dangerous really quickly.

—Senior Finn Maddox



for being openly gay and trans. I know people who if their teachers weren't required to keep that confidentiality they would not be safe."

GSA member and senior Nina Alabanza disagrees with the lawsuit being filed and hopes to show support for their fellow LGBTQIA peers.

"I think it sucks that there are some teachers that are just like, 'Hey, we don't want to go through the trouble of calling people by their preferred pronouns.' It's like it's such a little thing that you can do to make a student's life so much easier. Some teachers are kind of being selfish about that. It is not a big deal [to call someone by] their preferred pronouns," Alabanza said.

The school is required to present neutrality on the topic, teachers can't encourage one side over the other. Because of this, students are the ones orchestrating the walk out.

"The walk out is mainly orchestrated by the GSA. We've been meeting every Monday to plan this. We are making signs, and we are walking downtown to time it. [Sarah] Waldrop and [Seth] Berkeley are helping us with safety and they are the sponsors for GSA. They're not officially allowed to endorse the walkout, because schools are required to stay neutral on the topic, so they're not directly allowed to say 'Yeah we're

going with you and teachers can come with you.' They have to say they're there for safety," Maddox said.

Alabanza plans on participating in walking out with their peers. Alabanza is going against their views to walk out because of the importance that the issue holds to them.

"Right now I just really want to participate and I might speak, but I also just might be part of the crowd supporting the people that do speak. Personally, when there were walkouts in middle school, I never really did them because I'm also very big on we have an opportunity to be in public school, and be given a free education," Alabanza said. "Walking out is kind of disrespectful to the school. But for this specifically, it's like, why is this even happening? Why are they filing a lawsuit for this? If teachers are doing this at our school, I feel like we should be able to make a point. You know, like if they don't respect us, maybe we won't respect them. By doing this walkout it is an exception to my general views on walkouts."

Waldrop and Berkeley are the GSA sponsors. Due to being staff and working in the HCPS system they are required to stay neutral on political topics. Although they are still allowed to support their students and peers.

See more on hshmedia.com

Support the Home Team

For over **ONE HUNDRED YEARS** we've been proud to support our local community. We grew up here, our kids go to school here, and when you buy our stone, we re-invest here. From landscaping and crushed stone to aglime, we're helping to make our community a better place to live and work.

Since 1915, Frazier Quarry has grown to include four locations serving Rockingham, Page, and Shenandoah counties. Contact our Stone Experts for a free consultation on your next project or use our online Project Wizard.



Follow us for project ideas, contests, and more!
facebook.com/FrazierQuarry

540-434-6192 • FrazierQuarry.com

Alumnus Josh Sundquist reflects on experience writing, filming “Best Foot Forward,” passion stemmed from school newspaper position

KASEY THOMPSON
editor in chief

Imagine getting to watch your childhood play out on a screen, to witness your core memories from a new perspective.

Alumnus, author and Paralympic athlete Josh Sundquist got this opportunity. His life, beginning his freshman year at Harrisonburg High School, was recreated into an Apple TV show called, “Best Foot Forward.” The show was released this past summer after four months of filming in Los Angeles, California.

The show itself is based off of Sundquist’s experience as an amputee growing up. He lost his leg at age nine to a bone cancer called Ewing sarcoma. One of the bigger purposes of “Best Foot Forward” for Sund-

quist was being able to represent a character that most kids with disabilities don’t see on screen.

“Overall the show is about Josh’s firsts. Josh’s first time being in public

school, first time being on a public school sports team and his first time going to the movies without parents. We want to show that story and just an eager, enthusiastic and smart kid, but also through the unique lens of a kid who happens to have one leg, which is a character that I never got to see on TV growing up. That’s an aspect of the show that I’m incredibly proud of and excited about. Kids who are growing up now who may happen to have some sort of difference, finally have a show that they can turn on and see someone who looks like them. It is really exciting,” Sundquist said.

Sundquist was home-schooled through the end of eighth grade, however, the show was made to target a younger audience therefore Josh starts attending public school in middle school. Despite these small differences, the storyline is lined up with Sundquist’s real ex-

periences that are also recounted in his books.

“It is technically inspired by my first book called ‘Just Don’t Fall.’ That is a story about my childhood, growing up in Harrisonburg and then losing my leg to cancer. [Also], when I was in high school, I became a ski racer and eventually raced in the Paralympics, so that’s what the book is about. The show is actually really only based on one chapter of the book, which is my transition from home-school to public schools, specifically my transition to Harrisonburg High School,” Sundquist said. “It started [when] a production company contacted me a couple of years ago, and they read [my] book and were interested in doing a show about that and wanted it to be a family comedy. I just really liked the idea, I thought it

made a lot of sense as a show.”

Sundquist’s high school life was different from other students in more ways than one. When he was a junior his dream to go to the Paralympics for Alpine ski racing

became serious which led him to miss part of his senior year. Four years later, he went on to compete on the US alpine ski team in the Paralympics.

“I was like, if I want to go to the Paralympics four years from now, I need to get as much training as possible. After first semester in December, I moved to Colorado and trained full time for the rest of the ski season. I basically missed half of my senior year,” Sundquist said.

The events in the first few episodes of the Apple TV series are almost exactly accurate to Sundquist’s memories of early life at Harrisonburg High School. From there, episodes were created around one real event from Sundquist’s high school life.

“In the first episode, Josh persuades his parents that he wants to start going to public school for the first time. Josh memorizes the yearbook, which I really did. I got my friend Ken Barnes’ eighth

“Kids who are growing up now who may happen to have some sort of difference, finally have a show that they can turn on and see someone who looks like them.”
— Josh Sundquist



LAST DAY Josh Sundquist, Logan Marmino and show runner Matt Fleckenstein pose on the set during the last week of filming. PHOTO COURTESY OF JENNIFER MARMINO

grade yearbook from Thomas Harrison [Middle School and] I memorized everyone’s name and face, so that on the first day I can say ‘hi’ to everyone, by name. I really did that and we really do that in the show. Also, I wore a prosthetic leg to school pretty much every day all through high school. On my first day, there was an upperclassman who saw me limping and deliberately tripped me, which was actually the only real bullying I ever experienced in the whole four years,” Sundquist said. “In episode two, Josh gets an elevator key. Which I really did because I was disabled. I quickly found that people re-

ally wanted to pile into the elevator with me, but I was a very strict rule follower and I knew you could only bring one other student with you. So, it really stressed me out. I just stopped using the elevator. We made an episode about that, but in the episode Josh’s friends have to concoct a scheme to make other kids not want to ride the elevator anymore. That’s kind of a model example from the series where we take a thing that was real in my life that we think is funny or interesting as writers and then we’ll say, ‘How do we make this work in a 20 minute television episode?’”

Sundquist's career in storytelling did not just begin, he discovered this passion for making a difference through media when he joined the school newspaper, the Newsstreak, his freshman year. He became co-editor in chief as a junior and continued to write columns, as training for the Paralympics pulled him away from in-person school. Many of the skills that have helped him succeed and get to the place he is today, he credits to what he learned in the newsroom environment.

"I started Newsstreak when I was a freshman, it was actually one of the main reasons I wanted to transfer to public school [and] go to Harrisonburg. I really wanted to be on a school paper. I was really interested in journalism and writing. There were lots of classes in high school that I learned things that are useful things to know, but there is no class in which I learned more things that are specifically career applicable and more useful in an adult world than in newspaper class because you're running an actual business," Sundquist said. "Today, I give motivational speeches, but the reality is, I sell motivational speeches. I talk to clients and try to convince them to hire me to be their speaker, which is just like selling ads [for the newspaper], just a different product. Also, working with people in a formal position of leadership, I was class president [and] I was SCA Vice President one time, which was cool, but it's more like you're organizing activities whereas as an editor of the paper, I was leading people. I actually had a formal position in which I was making decisions, assigning tasks, overseeing, providing encouragement and corrective feedback to other human beings, which is just an incredibly useful life skill. [It's] one that I employed as an executive producer on the show, I've been self-employed pretty much my whole adult life, so being editor in chief of the paper was one of the few times in my life that I had sort of a formal position of authority or leadership up until being executive producer of the show."

One of the challenges going into the creation of "Best Foot Forward" was finding the right actor to play Sundquist in middle school. One of the major requirements for the role, according to Sundquist, was that the actor actually wear a prosthetic leg.

"We found this amazing boy to play Josh, his name is Logan Marmino. He was 11 when we cast him and started shooting. He'd never acted before, he lives in New Jersey. We did a big casting call, it was a very precise thing we needed. Logan was really the standout, but he'd never acted. He kind of auditioned on a whim, he had never been interested in acting, never did a school play or anything. It was just this incredible, undiscovered talent and we're very glad that he was willing to move out with his mom for four months to film the show last fall," Sundquist said. "He's a really cool kid. He is a lot like me personality wise, he's a really good athlete [too]. He holds multiple national records in adaptive track and field, he plays on an able bodied baseball team, which means he's the only one legged kid on the team, but the fastest kid on the team."

For Sundquist, meeting Logan Marmino was almost like meeting a younger version of himself.

"I actually got to play a minor character in the series, I play Josh's prosthetist, which is the person who makes his prosthetic legs. I got to do scenes in the show where

BEST FOOT FORWARD

Josh Sundquist and Logan Marmino pose in front of the "Best Foot Forward" backdrop. "To not only have an amputee character, but also an amputee actor playing him, it's an important step forward for disability representation on screen and I'm really proud to be part of that," Sundquist said. PHOTO COURTESY OF ASHLEY SUNDQUIST



DEFYING NORMS Josh Sundquist skis in a Paralympic race. "I was like, if I want to go to the Paralympics four years from now, I need to get as much training as possible. After first semester in December, I moved to Colorado and trained full time for the rest of the ski season. I basically missed half of my senior year," Sundquist said. PHOTO COURTESY OF ASHLEY SUNDQUIST

I'm talking to Josh and giving him advice. I got to have this very surreal experience of giving advice to my 12 year old self saying, 'I know how it feels to be you, here's my advice,' which was a really cool and a wild experience. To have such an impressive kid portray me on screen was just a huge honor," Sundquist said.

For Marmino, it was even more of an honor. He had followed Sundquist on social media, looking to him as a role model, for years before getting the part of Josh on "Best Foot Forward." Stepping into the role was not difficult for Marmino as an amputee himself.

"Matt, the main writer of the show, did such a good job of really capturing everything that an amputee really goes through. Being able to act like Josh was being able to just be myself because a lot of the core moments in the show are things that I've already gone through," Marmino said.

Despite not having past experience in the world of entertainment, Marmino jumped for the role with the intention of representing a figure that isn't portrayed on the big screen often.

"I never had any prior acting experience and I wasn't looking to act. What made me really want to be a part of this project was to spread awareness. That was my number one goal," Marmino said. "I am now able to be a role model for the amputee community and the disability community, and able to spread more awareness because of the show. Being able to meet so many amputees and people with disabilities, it hasn't just made an impact on me, it's definitely made an impact on everybody else with a disability and everybody else that are amputees."

His role in "Best Foot Forward" has helped Marmino make major steps in motivational speaking and becoming a figure for amputee and disability awareness.

"Josh has already been a very big motivational speaker and comedian, he's already been out there, especially on social media. So, being able to also be a big influence in kids lives with disabilities has just been an honor. Even tomorrow, I'm going to different schools to talk about disability awareness," Marmino said. "I've done it before the show, but now that the show is out, I get to be a big part in amputee awareness. It's amazing, I'm so honored that I can be that person."

Over 20% of the cast and crew of the series had a disability. Because of this, Marmino felt the script and show itself truly captured the realities of being a person with a disability.

"It was a very disability safe environment. It just made it so much of a better experience," Marmino said. "My biggest takeaway from being on the show and acting like Josh was [to] not let anyone tell you what you can and can't do."

Sundquist is proud to bring representation to the screen and for more kids to be able to see someone on TV that looks like them.

"Growing up, I don't think I ever saw any one legged people on any shows, much less a show starring an actual kid with one leg," Sundquist said. "To not only have an amputee character, but also an amputee actor playing him, it's an important step forward for disability representation on screen and I'm really proud to be part of that."

See more on hhsmedia.com

OPINION



WILL YOU GO TO HOCO WITH ME?
Sophomores Josiah Wickline and Aubree Ringwald pose for a photo after Josiah asked her to Homecoming. PHOTO COURTESY OF JOSIAH WICKLINE

Homecoming signs are best way to ask someone to dance

LOUIS GIBSON
page editor

Homecoming is likely one of the most exciting times of the year. The dance itself might not be the best part, it may very well be the lead up. If you have been on social media at all over the past few months you may have seen a plethora of posts or stories that circle around the idea of the Homecoming proposal sign. The Homecoming proposal sign is a staple for asking a friend or a significant other to the “big dance.” Sounds pretty simple, it is just a sign. Except it’s not.

This year’s homecoming dance was the first school dance I had ever been to. Leading up to the dance I was so excited to have a chance to create a sign to ask my girlfriend to homecoming. At that point I did have some misconceptions about asking someone to Homecoming. I thought I could just ask two weeks away from the dance and be fine. That’s very much not true. My friends

quickly made sure that I knew that I had to ask about a month in advance. I was a little bit confused, but I went with it. Time to make a sign. After scrolling through Pinterest for way too long for sign ideas I decided to come up with an idea myself rather than steal one from the internet. Naturally I started to make the sign the night before the proposal I crumpled my sign into my school bag and went to school. Found my target, held the sign above my head and thankfully got a yes.

Overall I found there to be no better feeling than seeing my girlfriend’s face when she saw my sign. The pure gratitude that I felt that I had done something for someone special for me was great. I had made her day just by creating a sign. That is what makes it so special. Just asking someone straight up to Homecoming is fine, but you can’t beat the personal touch of a sign. Making the sign is so much more than having a funny pun or it looking super amazing. It shows that you care so much about whoever you are asking to Homecoming that you would make a sign for them.

Sophomore Josiah Wickline is into the idea. “I made a sign because I think it’s a sweet gesture, and it’s lots of fun to do. It’s good to do something you think your date would enjoy and think is funny and sweet,” Wickline said.

Making the sign itself can take time. You want it to be creative, but not corny. It can be hard to come up with ideas for what you want on the sign.

“It took me about 2 hours to make a sign, but that’s also because I’m not the best at drawing or painting. I think it could normally take about an hour to just make a poster if you’re decent at drawing,” Wickline said.

At the end of the day, it is just a sign. You’re just asking someone to Homecoming, there is no need to overthink it. You just go for it. You only live once. Asking someone to Homecoming with a sign might be one of the best things about whole Homecoming festivities. You can make someone’s day with just a sign, it doesn’t get more special than that.



TIPS & TOES

601 Fifth St Landing, Charlottesville, VA
Mon-Sat 9 a.m.-6 p.m.
Sun closed

EST.  2001

SMITHLAND CUSTOM INTERIORS

China Star Restaurant

1741 Virginia Ave K, Harrisonburg, VA
Mon, Wed, Thur 11am-8pm
Tues closed
Fri-Sun 11 a.m.-8:30 p.m.

Must watch movies for this fall season

AUTUMN SINNETT
page editor

Picking a movie to watch isn't always easy, especially when you're in a group. Trying to pick a movie that pleases everyone can be quite the challenge. Lucky for you, this fall, picking a movie doesn't have to be so hard. Below is a list of four genres with three movies in each category. Find a comfy spot, grab a cup of hot chocolate and get to watching.

Horror/Thriller Movies

Horror movies are often a popular pick in the fall season. My favorite horror movie is "Wes Craven's 1996 *Scream*". It's not a very scary horror movie, more comedy with some jump scares. It follows a teen girl and her friends, whose town has recently experienced many civilian murders.

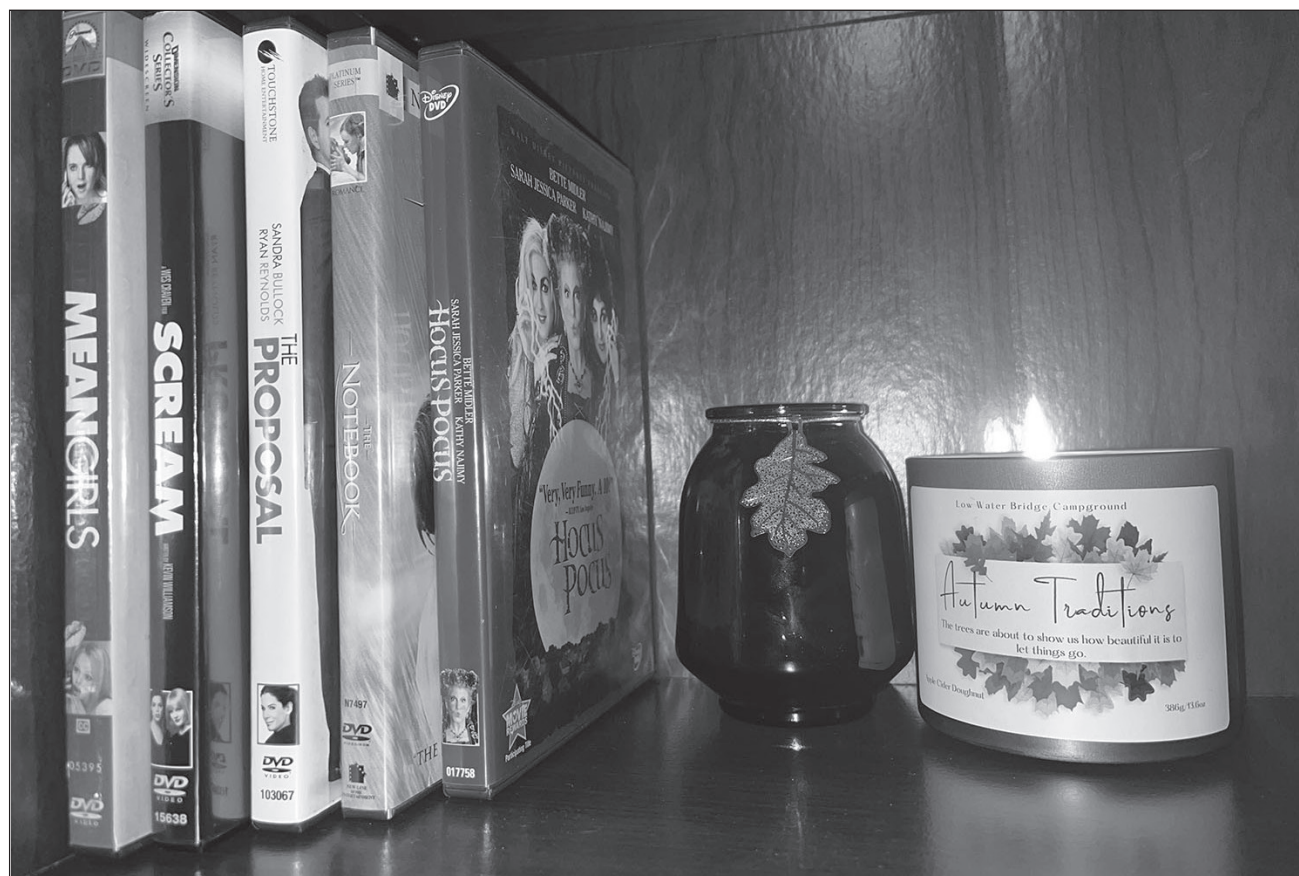
Then we have Andres Muschietti's rendition of the Stephen King classic "It". This movie is a crowd pleaser. Although I do not like it due to the clowns, it is a popular horror movie. I think everyone should watch it once just because it's such a classic horror story. This one follows a group of younger teens and their run-ins with a clown.

Last but not least for the horror movie category is a psychological thriller by Gregory Hobbit called "Fallen". A less known movie for sure, but still very well done. It has a great plot and the acting is well done. The story follows a detective and his run-ins with a serial killer who might have just been possessed by an evil spirit.

Family Movies

On a different note we have movies you're more likely to watch with your family. The absolute best fall family movie is Kenny Ortega's 1993 "Hocus Pocus". This movie is about a boy and his sister versus three witches that they accidentally brought back from the dead. It's a fall classic.

Another good family fall movie is Tim Burton's "The Nightmare Before Christmas". This movie can be watched during early or late fall. It is a mix of Christmas and Halloween in one. Although it's an older movie, it's a



COLD WEATHER Throughout the fall season, many popular movies are watched. Find a comfy spot, grab a cup of hot chocolate and get to watching. PHOTO BY AUTUMN SINNETT

must see. It is about people who control Halloween and accidentally see Christmas town.

A little further on the scarier side for a kid's movie, but still good is Henry Selicks "Coraline". This movie follows a girl in her new house who can go into a different world. In the other world, everything seems to be perfect until it's not.

Comedies/Drama Movies

A classic, funny chick-flick is never a bad option, especially when the weather is getting colder. Mark Waters "Mean Girls" is a crowd pleaser across ages and genders. "Mean Girls" is about a girl who recently moved to the U.S. and started public school. She had previously been living in Africa being homeschooled.

Peter Weir's "Dead Poets Society" is an inspiring and heartbreaking story.

This film falls more in the drama category, but it is still humorous. The movie follows a new teacher and his students' lives. It addresses some of the pressures students experience as well as mental health. Robin Williams gives a great performance as John Keating.

In 2012 "Perks of Being a Wallflower" was released. To this day, I think this movie has one of the best depictions of what the darker part of your teenage years can look like. What is usually looked past or ignored is brought to light through this movie in new ways. Throughout the movie you'll see Charlie experience finding who he is and all the emotions that occur for that to be possible.

Romance Movies

One of the best movies of all time is the late 1990's rom-com "10 Things I Hate About You". This movie has a

strong feminist lead. It addresses what you don't know about people. You don't always know who people really are or why they are who they are.

Another romantic comedy masterpiece is "The Proposal" featuring Ryan Reynolds and Sandra Bullock. This movie follows a woman and her assistant who are getting married for citizenship. They're going to visit his family and experience seeing each other's lives and reasonings in different lights.

Last but not least on the list is 12 time award winner Nick Cassavetes "The Notebook". One of the most well known romance films of all time and is an absolute fall must watch. This movie follows a young couple and their journey through life both apart and together. Curling up under a blanket and watching it is the perfect fall experience.

Halloween, joyous yet frightening holiday

ADRIAN KAVAZOVIC
managing editor

The scary clowns peering through the bushes of the neighborhood, the petrifying decorations on peoples front yards, the sound of hands rustling through the candy bowl; it's finally fall which means it's officially Halloween season. People are preparing for the spooky season across the country. Despite Halloween being a chilling holiday, it brings joy to many people. Seeing the decorations at stores, in the fronts of houses and the enormous bags of candy at Costco is a sign that Halloween is coming close.

Throughout the month of October, many people partake in Halloween-oriented activities such as running through corn mazes and haunted houses and trick-or-treating the night of Halloween. The rush of going through the complex mazes fills you with adrenaline making you determined to continue. The horror of walking through haunted houses peering over the corners to see when something is going to pop right in front of you. The feeling of glee through your body when you knock on your neighbor's door and say "Trick or treat!" and you get your favorite candy is unmatched. These are all things that make the Halloween season amusing for everyone, but for some it is overrated or under recognized.

Some people may find celebrating Halloween hard-core to be childish since you dress up in costumes and eat candy all night. That's what makes it special. Halloween is the one night of the year when cavities don't exist and you can eat all the candy in the world. I believe that there's no age limit for having fun.

One aspect of fall that many people look forward to is being in the presence of anything and everything pumpkin. Pumpkin is one of the popular flavors that

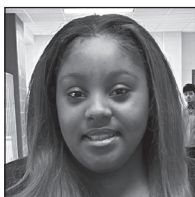


NIGHT OF FRIGHT On the night of Halloween, people around the country go house to houses receiving their favorite candies.
PHOTO BY ADRIAN KAVAZOVIC

represents fall and fills many people with joy. Not only is it a popular flavor throughout the season, it's also amusing to carve them and display them on the front porch. Many people of all ages find cheer in carving pumpkins and creating eerie faces that fill the neighborhood with fright.

Halloween is a holiday that many people find to be a special, different and freighting holiday. People get to dress up and eat candy, carve pumpkins, watch spine-tingling movies and spend their time with friends being filled with terror. This is why many people find Halloween to be their favorite holiday compared to others.

Man on the street



**Freshman
Malaysia
McFadden**

"My favorite part about Halloween is getting to dress up and scare people," McFadden said.



**Senior Oscar
Davila Garcia**

"[My plans for the holiday are] I'm trying to get a suit. Something like that. I'm going to dress up as a killer bunny," Davila Garcia said.



**Freshman
Josiah Fox**

"My favorite part about Halloween is the candy," Fox said.



**Sophomore
Kiele Niel**

"My favorite part about Halloween is going around, dressing up in costumes, and being able to scare everybody," Niel said.



**Junior Ryan
Quimby**

"My favorite part about Halloween is the weather and hanging out with friends doing stuff like Fear Forest," Quimby said.



**Sophomore
MJ Hashin**

"[My plans for the holiday are to] go to D.C. and we are customizing my brother's car and my friend's car like scary. And then drift around," Hashin said.



**Junior Aryan
Rashid**

"[My plans for the holiday are] I will probably just be chilling, like not doing anything. I'll probably go to fear forest," Rashid said.



A TOUCH OF COLOR Cranberry sauce is one of the most neglected Thanksgiving foods, but one of the best and most versatile. PHOTO BY ADRIAN KAVAZOVIC

Man on
the street



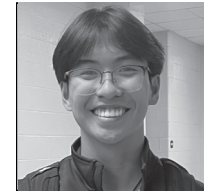
**Freshman
Sophie Butler**

"Mashed potatoes are my favorite because it makes me think of fall and they're really good." Butler said.



**Junior Natalie
Corso**

"One of my favorite Thanksgiving foods would be sweet potato casserole because it reminds me of family." Corso said.



**Junior Eljeron
Bonga**

"Turkey is the most important dish on the table, its the item that makes thanksgiving, thanksgiving." Bonga said.

Top five Thanksgiving foods to add to your table this year

THE THANKSGIVING TABLE IS HOME TO SOME OF THE GREATEST FOODS

AUTUMN SINNETT
managing editor

The smell of the turkey lingering through the house, the sound of the Christmas music playing in the background and the sparkle of ornate decorations on the table. The best thing about Thanksgiving is the food; that is if you do it right. Thanksgiving can be the best meal you've had all year long, but Thanksgiving meals can differ for every family, but there are five must haves on the plate for a Thanksgiving dinner and here are my top five.

5. Mashed potatoes

Although mashed potatoes are very popular, I think that's part of why they belong in fifth place. They're very good, but they're not necessarily only Thanksgiving foods people eat them year round. That being said, when you have mashed potatoes with butter and gravy, it's hard to not be happy. It's even better when you have turkey to go with the mashed potatoes which brings us to number four.

4. Turkey

When people think of Thanksgiving, they think of turkey. Whether they're picturing a live one with colorful feathers or one laying on the dinner table, the turkey is a very crucial part of Thanksgiving dinner, but it's not many people's actual favorite part about the meal. Although it's considered the main course, the sides are usually more exciting.

3. Stuffing

Stuffing is one of the most exciting things about Thanksgiving. It's not something you would have often throughout the year, but still amazing when you do. The stuffing can be mixed with gravy or eaten by itself.

2. Rolls

Another well known crowd pleaser is bread. Rolls

at Thanksgiving can be eaten in a multitude of ways. They can go with almost anything else or even by themselves. It's a very simple side,

but it's a classic go-to. Rolls are also one of the perfect go-to mid-night snacks for after Thanksgiving. Rolls are best with cranberry sauce, which brings us to number one on my list.

1. Cranberry sauce

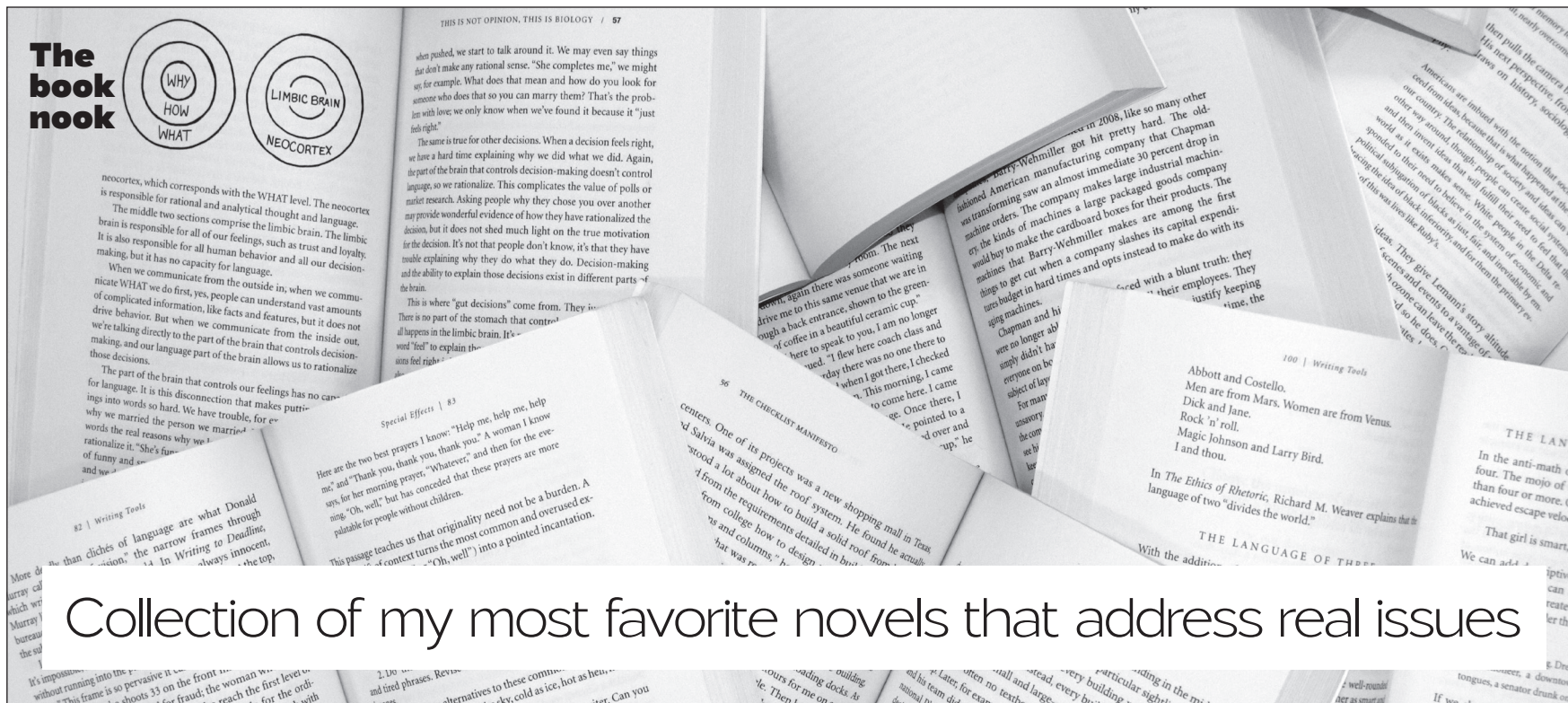
I know that this is a very controversial first place, but I stand by it. Thanksgiving isn't Thanksgiving without cranberry sauce. It can be eaten with multiple things such as or by itself. It adds flavor and color to the meal. Cranberry sauce is often pushed to the side before it's even tried, so This Thanksgiving I

recommend trying it if you haven't.

These foods are necessities for a Thanksgiving feast.

“When people think of Thanksgiving, they think of turkey. Whether they're picturing a live one with colorful feathers or one laying on the dinner table, the turkey is a very crucial part of Thanksgiving dinner

—Sophomore Autumn Sinnett



Collection of my most favorite novels that address real issues

CLARE KIRWAN
managing editor

1. "The Seven Husbands of Evelyn Hugo" by Taylor Jenkins Reid:

A thrilling Hollywood tale: friendships, family, lovers, every interaction we experience that changes the way you go through life. It has vibrant imagery and thrilling plot twists. "The Seven Husbands of Evelyn Hugo" made me cry, scream and laugh in just under 500 pages. Any book that can make me emot that much, is a number one in my book.

2. "The Atlas Six" by Olivie Blake:

This book was a brutal read. It addresses power and classism that exists in our world through a fantastical lens. Instead of economic or political advantage, the characters are given magical powers. They make decisions for the rest of the world, without the people having any say. It is a clear nod to many of the governments we still see today. This book took me forever to read, but the concept was unlike anything else I had ever consumed, and its originality scored it a top spot in the list.

3. "The Five People You Meet in Heaven" by Mitch Albom:

Though Albom is known for his novel "Tuesdays with Morrie", I rather enjoyed his second book "The Five People You Meet in Heaven." It tells the story of the death of a lonely old man. A man who thought he had no purpose in life, only to find that on his journey to heaven he had deeply impacted five lives. It was a tale of lone-

liness, forgiveness and love. Since reading this book I have begun to treat every interaction as one that could alter the trajectory of mine or someone else's life. The message of this book placed it in the top three.

4. "The Harry Potter Series" by J.K. Rowling:

How could these books not make the list? As someone who prides herself on being an avid book lover, there was no way I couldn't place good ol' Harry in this list. In seven books, Rowling takes you on an adventure like no other with a round-glassed boy, a smart aliac girl and a red-headed friend. These books were my childhood and were the stepping stone for my love for reading, securing it a top four spot.

5. "The Sun and Her Flowers" by Rupi Kaur:

This was a stunning poetry novel. Kaur touches on the repercussions of her experience of rape and sexual violence, and the healing thereafter. I couldn't put this powerful collection of poems down. This book has since gotten me hooked on poetry allowing it to place in the top five.

6. "An Emotion of Great Delight" by Tahereh Mafi:

This book explores the aftermath of 911 from a Muslim-American girl's perspective. It is a novel about death, love, conflicting identities and the importance of culture, all during modern warfare. This book was on a topic I knew little about, and a perspective I cannot relate to. Despite this, I sobbed through the entirety of this book. It was an easy read, but as an ode to its title, was an emotion of great delight.

7. "Dial A for Aunties" by Jesse Q. Sutanto:

"Dial A for Aunties" is a comedic dive into the world of Chinese-Indonesian culture. When the main character

accidentally kills her blind date, her four aunties swoop in to save the day (or make it worse). Sutanto uses her ethnic roots to describe household relationships, and love in Chinese-Indo culture. It was absolutely hilarious. It made me whoop, holler and laugh, giving it a solid seventh place finish.

8. "The House on Mango Street" by Sandra Cisneros:

I read this book a couple years ago, but it has really stuck with me. In 110 pages and 44 vignettes, the book tells the story of a Hispanic girl in a low income sector of Chicago. It's tone is depressing, focusing on rape, immigration, dual identity, community and life in poverty. This book has stuck with me long enough to give it the eighth place finish.

9. "Daisy Jones and the Six" by Taylor Jenkins Reid:

This is one of the most unique books I have ever read. It tells the story of an up and coming 80's band. Drugs, sex and rock and roll, told through dialogue only. The characters have big egos and eccentric styles. I had never read an oral history before, so the way the book was constructed gave me reason enough to add it to the list.

10. "The Love Hypothesis" by Aly Hazelwood:

I couldn't end this list without including at least one romance book. While this book had an incredibly predictable structure and unrealistic take on relationships, it was an enjoyable read. It touches on the disparities of women in the STEM field through a fake-dating trope. I can't lie, I loved it, which is why it is the tenth book to make the list.



WALKABOUT OUTFITTER



COME VISIT US AT:

540.434.9900
 90 N. Main Street - Suite 100
 Harrisonburg, VA 22802
WalkaboutOutfitter.com



WISHING YOU A

Happy Thanksgiving

THE STAGESTREAKS



LD & B

Insurance and Financial Services

HHS MEDIA PATRONS

Patrons are members of the Harrisonburg community and others who support the pursuit of excellence in the journalistic publications of Harrisonburg High School. Money generated from the patron program is used to offset costs of attending journalism conferences, to print our paper and to purchase up-to-date technological equipment for our journalism lab. To become a patron, see any member of the HHS Media Staff or stop by room 444. You can also visit www.hhsmedia.com to download a patron ad contract. Patron level is determined by the following scale.

HHS MEDIA SUPER SPONSOR

Brandon Burley
Melissa Hensley
Mary Hickey
Wayne & Dianne Johnson
Elizabeth Kibler
Valerie & Bobby Kibler
Kristen & Daniel Kirwan
Mary & Don Kirwan
Robert & Lynn Phillips
Gretchen Sallah
Larry & Kathy Whitten
Camila Domonoske
Sergio Saldana

WHITE PATRON

Don Burgess
Angela Knupp
Hollie Walter
Kui Hua Wong
Jia Hui Lu

GOLD PATRON

Angela Albanese
Danae Delozier
Laura FM
Caitlin Francis
Cosette Johnson
Fabian Miramontes
Wendy & Bill Thompson
Fred & Jan Sallah
Reyna Kimberly
Saldana

BRONZE PATRON

Danielle Brino
Kirk Moyers

BLUE PATRON

Rosie Johnson

SILVER PATRON

LeSonya Bullard
Sara Gingras
Mark & Virginia Healy
Michael & Loree Huppert
Emilee Hussack
Aman Kavazovic
Ariana Kavazovic
Jonathon Middleton
Wanda Revercomb
Crystal Roach
Kevin, Mary Beth & Grace
Tysinger
Geoff Estes

HHS PATRON

Erin Brubaker
Matthew Denlinger
Kara Durren
Kasey Fisher
Heather Hostetter

GO STREAKS!



BILL THOMPSON DESIGN
THOMP SWRX@GMAIL.COM 540-607-0366



Valley Marvel
TAX & ACCOUNTING

HUGO  KOHL

hugokohl.com | (540) 574-4306



Your class ring doesn't have to be ugly or expensive.

Sapphire and Ruby in Sterling Silver | \$150



CENTROAMERICAN
DESSERTS

La
Bendición
BAKERY

(540) 421-0367

270 DINGLEDINE LANE DAYTON, VA 22821

Downtown
320 S. Main St.
Harrisonburg, VA 22801



The Dayton Market
3105 John Wayland Hwy
Dayton, VA 22821

Fair trade clothing and accessories for women,
men, and children made by artisans around the
world

greenhummingbird.net
540-421-1441


SKYLINE
DENTAL ARTS

1855 E. Market Street Suite 201
Harrisonburg, VA | (540) 513-4500

Free Invisalign Consultations
Evening and Saturday Appointments Available
\$59 New Patient Special



The Coin & Gift Shop

**We buy and sell
Coins~Gold~Silver~Jewelry**

Hours
Tuesday - Saturday 10-5

(540) 434-1938



1855 East Market Street
Harrisonburg VA

www.thecoinandgiftshop.com



Shirley's[®]

Gourmet Popcorn Company

Est. Bluffton, Ohio, USA

www.shirleyspopcorn.com

(540) 208-7601

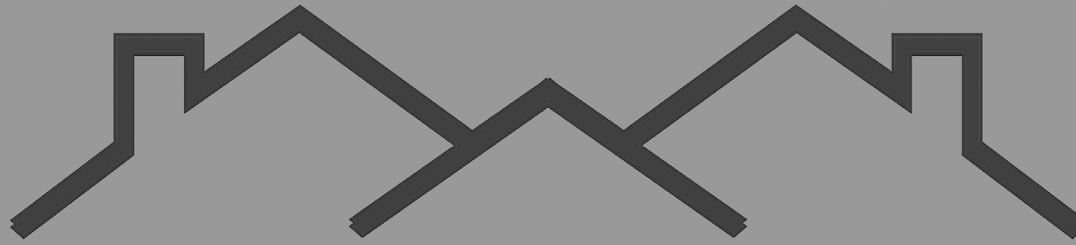
102 S Main St, Harrisonburg, VA

Thank you to our HHS employees!

Sophia Pimentel Yoder, Aspen Long, Addison Fornadel,
Alice Wightman, Gio Portillo Martinez, Caroline Shanholtz,
Bazil Gibson, Lizzie Gotay-Dolmo







Valley Realty Associates

540-236-5800

www.valleyrealtyassociates.com

Top five Halloween candies of all time

WREN HAMNER
staff reporter

Halloween is a universally loved holiday. Scary movies, haunted houses, free candy and dress up leave something for everyone to enjoy. However the debate returns every year: what are the best Halloween candies? Well, consider this article another hat in the ring.

5. Twizzlers

The fifth best Halloween candy is Twizzlers. You don't have to be a licorice connoisseur to know that Twizzlers are a perfectly good candy. You can use the full-size ones as straws, but something about the fun size is just better. They're sweet without being aggressive and they're an all-around enjoyable candy.

4. Sour Skittles

The fourth best Halloween candy is Sour Skittles. Regular Skittles are great, but the sour sugar makes them that much better. There's an array of flavors and all of them are improved upon with a sour addition. Eating too many might make your tongue hurt, but that doesn't mean you won't eat them again as soon as you recover. (They're absolutely worth it.)

3. Peanut Butter Cups

The third best Halloween candy is peanut butter cups. They have that perfect balance of chocolate and peanut butter and the only haters are motivated by peanut allergies. Peanut butter and chocolate is a classic flavor

mix, but Reese's puts a spin on it that you didn't know you needed. If you aren't satisfied with the balance between the two, there's no need to worry, because there are more options available than just the classic cups.

2. Snickers

Snickers bars are absolutely perfect in every way. They mix nougat, chocolate, peanuts and caramel in a perfect balance that no chocolate lover can resist. Their slogan is one we can all relate to: "you're not you when you're hungry" and they just can't seem to mess up this edible masterpiece. They just barely miss the number one place on the list, though, because nothing can quite compare to this next one.

1. Reese's Take 5 Bars

Now wait a second, peanut butter cups were already on this list. That may be true, but Reese's Take 5 bars are a different masterpiece entirely. A perfect mashup of classic Reese's cups and the newer Take 5 bar creates something that nears indescribable. Known for their main five ingredients (peanut butter, pretzels, caramel and peanuts, all covered in chocolate), Reese's improves upon something once regarded as not able to be improved. These bars have been a smash hit throughout the country and don't seem in danger of going anywhere soon.

But no matter what your favorite Halloween candy is, the important thing is to enjoy the holiday (even if to you, that means enjoying it without candy). Happy Halloween!



SWEET TREAT Many people have their opinions on the multitude of candies offered during the Halloween season.
PHOTO BY WREN HAMNER

SPORTS

Unified basketball closes divide between special education program

RILEY THOMPSON
editor in chief

It's that time of year again where the basketball court represents unity. HHS has had a unified basketball team for about five years now. Special education teachers Allie Wells and Haylee Watson are the coaches for the team this year. The ability for these students to play on a team and work with other players is an irreplaceable experience, according to Wells.

"It's important for everybody to have an opportunity to be engaged in sports or extracurriculars, but for these guys especially they really enjoy it. I've seen a massive difference in the way they were interacting with each other, in and out of the school setting," Wells said. "It just brings out a lot of confidence, so that was really good. The fans cheering for them and the basketball players helping out boosted a lot of confidence."

Getting to perform in front of their peers is something many of the players enjoy.

"I think the importance of it is all about inclusion and showing everyone in the school that these students are capable and that they are just like everyone else and can be included into sports as well as academics. I'm super excited for the home game and for everyone to be able to come and see that," Watson said.

Many of the students on the team have had prior experience with playing Unified, leaving even more anticipation for the first home game.

"They were super excited [for the game at Broadway High School]. We just got our matching shirts today, so some of our students are super excited. A lot of them have played before so they know the excitement that comes around playing in front of their peers. I definitely think they're super stoked for this home game," Watson said.

The team aspect of Unified makes the games very exciting for players such as Ella Schminkey-Ward, who is in the post-graduate special education program and has

been playing Unified for four years.

"Running, shooting, passing the basketball and working together with my team are my favorite parts of playing," Schminkey-Ward said.

Having the opportunity to be involved in other aspects of team unity such as having managers and matching t-shirts have really helped the team work together and feel like they are all a part of a team.

"It just goes to show that these students are capable of friendships and capable of being included in sports," Watson said. "A cool thing that we have this year is that we have two students that are our peer mentors, Erica Beck and Kiele Neil, but they actually come and support us. They were our cheerleaders and [made] sure students knew how to get water and stuff like that, so they were kind of our team managers. [It] was super cool because that's how any other team is. Football players have team managers, they have coaches, they have uniforms and everything, so that felt really cool to bring everyone together and have all the different parts."

Seeing the end product of all the players out there on the court is the most rewarding part for Wills and Watson.

"I just love watching the games and I love seeing parents and how happy they are at games. It's a really fun experience," Wills said.

Having her family at games was one of the most exciting parts for first time player sophomore Elyssa Perry.

"I enjoy playing basketball because I had a good time with the team. I had a wonderful time and my family watched me play," Perry said.

Along with the Unified players, some players on the basketball team came out to help and support the players on the court. Senior Jadon Burgess was one of the players that helped out.

"It is a really good experience to see the students get excited about playing along with the support they receive from the people that come to watch," Burgess said.

SHOOT THE BALL Post-grad student Ella Schminkey-Ward shoots the ball at the game against Broadway High School. PHOTO BY JIREH PEREZ



Seniors reflect on last year in high school sports

ADRIAN KAVAZOVIC
managing editor

As fall sports begin to come to an end, that means it's many seniors last year participating in the sport they've been playing for years. Cross-country runner and senior Abby Kauffman and cheerleader and senior Mary Eleanor Hermes have to say goodbye to the sports they've been playing throughout their high school years.

Kauffman is going to miss bonding with her teammates

"It feels sad. We had a cross-country girls' potluck and it was fun to plan it as a senior, but it was also sad knowing I'm going to leave all these really fun, genuine people," Kauffman said. "I like going to meets, [but] I don't know if I'll be participating in doing cross-country or track in college."

Being a cheerleader her junior and senior years, Hermes has become close with her teammates by spending time with them.

"[I will miss] the people and the friendships because I think you can get close to people after spending so much time together," Hermes said. Planning activities over the summer has been one of Kauffman's favorite parts of being on a high school team.

"[My favorite cross-country memory is the social aspect of it. Some years, we had a cross-country camp that the seniors would plan at the beginning of the season and there would be sleepovers and dinners we would have together," Kauffman said.

Having friends on the team motivated Hermes to participate in both sideline and competition cheer for the last two years.

"I had a friend who brought me to a bunch of open gyms [for cheer] sophomore year who graduated last year," Hermes said.

Kauffman looked up to the upperclassmen the past few years, giving her motivation to improve.

"One of the people that I looked up to the most was Kate Kirwan who graduated last year. She did cross-country and track like I did, but she also went to [Governor's] school which I also do now. She was someone that I really looked up to," Kauffman said.

Being in cheer has helped Hermes expand her horizons at school.

"[Cheer] forces me to go outside of my comfort zone and try something new," Hermes said.

Kauffman never realized how large of a time commitment being in a sport can be.

"It was nice going into freshman year having

people I already knew since I was on a sports team [in middle school]. I didn't realize how much time [being in a sport] takes up after school and how long of a season it is," Kauffman said.

Cheer has been a whole new world for Hermes. The difference between her academic life and cheer life are polar opposites.

"The people that I'm in classes with aren't the same as the people who cheer. It overlaps the two worlds for me. Academically, I'm always with the same 20-30 people in classes and that's not the same



THE FINAL STRETCH Senior Abby Kauffman runs in a meet held at the fairgrounds. PHOTO BY TOBY CORRISTON



THE BIG WAVE Senior Mary Eleanor Hermes waves as she walks onto the mat at a cheer competition. PHOTO BY RILEY THOMPSON

grade level. Kauffman has become capable of interacting with students in various grade levels on her team.

"I have more bonds with people that aren't in my grade," Kauffman said. "There's only one other senior girl, so it's not like I'm expanding my friendships a lot within my grade, but it's cool to know people in other grades."

for cheer," Hermes said. "[With] the younger grades like sophomores and freshmen, I never would have met them [without cheer]."

Being on a sports team enables students to create bonds with your teammates regardless of their

Offseason workouts prepare athletes for spring season

CAMRYN JOHNSON
page editor

Recently spring sports have begun preparing for their upcoming season. For many spring athletes, practices are held at least once a week to prepare themselves and the team for their season this year. Off season workouts also provide a great opportunity for new people to come and try out the sport.

For softball, the coaches wanted to get a head start on off season workout this year since in the past, softball has struggled to put together off season practices. Junior Mia Rodamer has been a part of the softball team for three years and has been attending all the recent practices.

"We started [workouts] about three weeks ago and we do them every Monday and Thursday from 4pm-6pm," Rodamer said.

The coaches and players have worked together to decide what the team needs to work on this year. During the 4 hours a week that they meet, they try to focus on those needs.

"We try to do everything. [We work on] all [of] our offensive and defensive work along with [practicing] our plays," Rodamer said.

For softball there have been a few new people coming to the practices this year.

"It's the same people [this year] for the most part, but we have had three 8th graders come out to practice and they're making a big difference," Rodamer said.

Both Rodamer and the team have goals for this year that they hope to accomplish come season time. For Rodamer, she wants to focus on both her batting average and her defense.

"I have some minor goals [like] to hit a .500 and play well defensively at second [base]. As far as the team, I hope we will win a couple more games than last year, so like 5-6 games," Rodamer said.

Baseball is also one of the many spring sports that has started their off season practices. Similarly to softball, they also practice twice a week but their practices seem to differ slightly.

Sophomore Noel Cano-Rocha is a member of the baseball team and has been attending the workouts after school.

"We started them as soon as we could. We have them every Monday and Wednesday every single week," Cano-Rocha said.

Baseball has also been working on certain skill sets now that they are able to come together as a team.

"We have been doing a lot of new drills. A lot of the guys have been working on their game, but now that we have workouts it makes us combine as a team and learn new things. There [have also] been a couple new guys but most of them are the same," Cano-Rocha said.

This year Cano-Rocha has a couple of goals he



SAFE Junior Idaly Alvarez slides into second base during a softball offseason workout. PHOTO BY CAMRYN JOHNSON

GOAL Sophomore Natalie Azpeitia kicks the ball at girls soccer offseason workouts. PHOTO BY PARO CHAUDHURI

hopes to accomplish for himself and for the team as well.

"Some goals I have for this year is communicating and being a leader for the team. I want to hype them up for every game and get their mindset on track. [I also want to] make sure they understand stuff, especially the 8th graders coming up because it's their first season of high school baseball. As a team I wanna win games. I love winning, I hate losing but it happens and I also have fun with the team. I know them all, we all get along, and this year is going to be an amazing baseball year," Cano-Rocha said.

Along with baseball and softball, soccer has also begun their off season work. Comparatively to baseball and softball, the girl soccer team has been hosting off season workouts for some time now. Junior Addison Fornadel is a member of the varsity girls soccer team.

"We started off season workout the first Thursday of school, so the 25th of August. They are every Monday and Thursday [from] 4-5:30pm," Fornadel said.

This year the girls soccer team wants to go back and focus more on the basics of soccer instead of the tougher skills.

"We are working on more of the basic skills right now like passing, dribbling, skills, [and] shooting. That [way]

we don't have to focus on it in season," Fornadel said. So far, the team is still lacking some new faces during the off season workouts for this year but they still have hope.

"We have had a couple [of] new girls, not many though. I think when try outs roll around we will have a lot of new faces," Fornadel said.

As far as goals go, the soccer team seems to be focused more on accomplishing their future goals for the season.

"Some goals the team and I have for this upcoming season are to be prepared enough and in shape for the coming spring season," Fornadel said.

See more on hhsmedia.com



ARM AND ARM Senior Kamari Robinson walks across the field with her parents for her senior night. PHOTO BY BRADY SHIFFLETT

Senior nights hold special meaning for class of 2023

JOLIE SALLAH
editor in chief

With fall sports coming to an end, the class of 2023 celebrates their last home game of the fall sports season. On senior nights, the underclassmen celebrate the seniors last game

by giving them gifts or elaborate decorations to commemorate the night. Senior Blake Tillman was one of the football players celebrated on his senior night, Monday October 24.

"[The game] wasn't [a] win unfortunately, but we got to the locker room, took a lot of pictures and we reminisced [on] all of the memories we had with the football team, the memories throughout the years. It was really great," Tillman said.

The team played Turner Ashby High School and

lost the game 51-21. During halftime cheerleading, football, band and color guard celebrated their senior nights. The seniors were recognized one by one. Tillman was one of the seniors who has played football all four years of his high school career.

"[Being a senior] feels weird. [It] doesn't feel real [and] it feels a little scary, but I'm glad to be in my last year of high school," Tillman said.

Tillman has been with some of the same players for four years and created a bond with them through the love of the sport and the dynamic of the team.

"[All of the seniors on the team are] very connected, they are

the reason we play this sport and we make memories. It might not be a good season, but it's always

fun with the friends we've had for all four years. The connection we made will be for life," Tillman said.

The same night as football, cheer also celebrated their senior night. Senior Kamari Robinson was one of the seniors to be celebrated that night. Robinson has participated in sideline cheer all four years of high school as well and has helped with every senior night thus far.

"[My senior night] was fun, I didn't expect [senior night] to be like that, it's very different to watch seniors do it. It feels completely different to be doing it yourself," Robinson said.

Like football, many of the sideline cheerleaders have participated all four years with the same teammates. Robinson describes the team connection being attributed to all of the time spent together and in result, the bonds formed.

"[The team is] close because it is all of our last years and we are all cheering for the last time. We've built a true connection. I have known all of [my teammates] for years now, so there was always a connection," Robinson said.

“ [The game] wasn't [a] win unfortunately, but we got to the locker room, took a lot of pictures and we reminisced [on] all of the memories we had with the football team, the memories throughout the years. It was really great,”
-Senior Blake Tillman

Robinson may be ending her cheer career in high school, but she reminisces on the memories the team made and will miss many aspects of the sport.

"[I'm going to miss] my friends, I'm going to miss the underclassmen, I'm going to miss cheering at the games obviously. I'm going to miss celebrating after a game when we win [and] I'm going to miss my coach," Robinson said.

On the same night, the band and color guard also participated in celebrating their seniors. The seniors every year wear costumes to the football game. Senior Erin Newman, who dressed up in a dinosaur costume, was no different.

"[My senior night] was great. Seniors in the band decided to dress up as movie characters. I like the community [of color guard because] everyone is friends with everyone," Newman said.

Newman's senior night did not disappoint, the only issue with the night was a slight costume malfunction.

"It was hard to concentrate during the performance [because of] the dinosaur costume," Newman said.

Senior Kai Blosser was another senior that reflected on her last home game on senior night.

"I loved my senior night. There were so many small details that they had added that made the night so special to me," Blosser said.

Blosser played volleyball all four years of high school, she has been through coach changes, a COVID year with a moved season and many different teams. However, the team aspect of volleyball is one of the key components of the sport. Although her high school volleyball career is done, Blosser plans to continue playing in clubs.

"I'm really going to miss the team aspect of it and how fun it is before games or scrimmages," Blosser said.

Since Blosser is the only senior on the team, she was the main focus that night. However, Blosser describes how she liked and missed the aspect of having other seniors along with her to celebrate the last game.

"Senior night was a very happy and sad night for me. I was happy to be able to celebrate with my team and know I made it this far, but then was saddened by the fact that it would be my last year with them. There was a part of it that was really nice to have a night all to myself, though I did miss being able to have other seniors to share the feeling and celebrate with," Blosser said.



ONE LAST WALK Senior Blake Tillman greets varsity football coach Kyle Gillenwater, with his parents. PHOTO BY BRADY SHIFFLETT



ONE LAST TIME UNDER THE LIGHTS Seniors Jayden Walker and Keith Brown run through a poster made by the cheerleaders. PHOTO BY BRADY SHIFFLETT



www.MySummit.bank



“Service Beyond Expectations”



Over 45 locations

in West Virginia, Virginia, and Kentucky



HEY, BLUE STREAKS!

Have you thought about becoming a JMU Duke? Start your college search right here in your own backyard. You'll be amazed at what you'll find. We would love for you to become a part of our vibrant community and can't wait to meet you!



Come see
for yourself!
j.mu/visit



JAMES MADISON
UNIVERSITY®

Let's keep in touch.
j.mu/bluestreaks



Learn more at
everence.com/harrisonburg

Your time is now

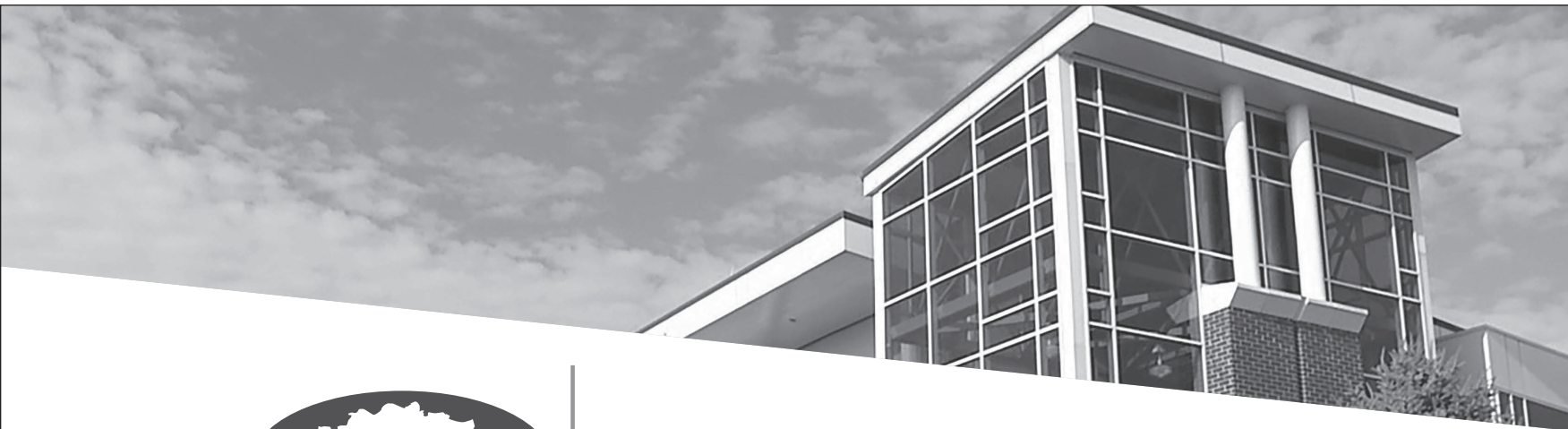
Start, build and grow your financial foundation with services made for you:

- Savings and checking accounts
- Digital banking services with automated tools
- Member access to free financial counseling and education
- Scholarship opportunities for members
- Other financials services



Everence Federal Credit Union | 841 Mount Clinton Pike 540-437-7422 | everence.com/harrisonburg

Everence offers credit union services that are federally insured by NCUA.




F&M Bank

GO STREAKS

BANKING YOU LOVE FROM PEOPLE WHO CARE. | WWW.FMBANKVA.COM
NMLS# 414464





Scan Me..

ELECTRUM™ LITE

Designed for students and young adults
ages 23 and younger.

**Earn at least 1.00% APY¹ when you make
5 or more debit card purchases each month**

Enjoy these free extras!

- Fee-Free Overdraft Transfers
- Automate Your Savings with Debit Card Round Up
- 5 free non-Park View ATM transactions per month²
- Earn 4.00% APY³ in your Park View Rewards

Annual Percentage Yield (APY) valid as of 11/1/2021. ¹Monthly qualifications must be met in order to earn high dividend rate. If monthly qualifications are not met, you will earn our base rate of 0.03% APY. Fees may reduce earnings. All rates quoted are subject to Credit Union earnings and are subject to change after the account is opened. \$25 minimum to open account and earn APY. ²Park View will waive the convenience fee but surcharge-fee from other financial institution may still be assessed. ³Dividends are paid quarterly into Park View Rewards Account.

**ROZ HI-TECH
MAC & PC REPAIR**

BROWN & CO. hair design

333 SOUTH LIBERTY STREET SUITE A
HARRISONBURG, VA 22801
540-432-0250
WWW.BNCHD.COM



ABOUT ME

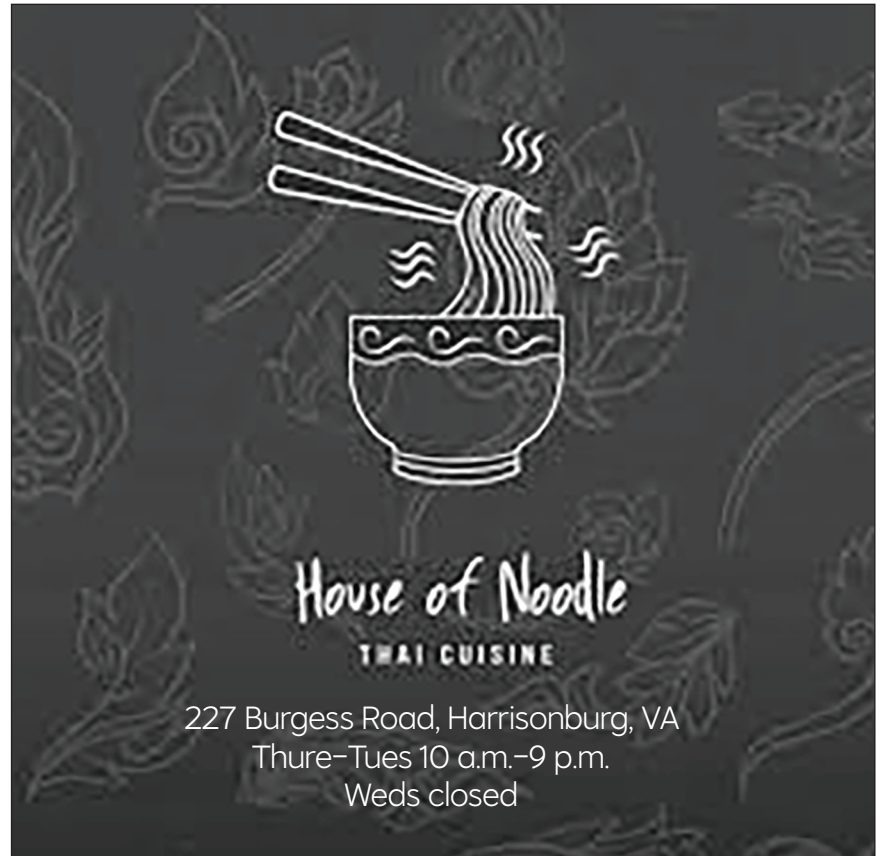
Emmy @beautyemmyc is excited to meet you and start building a lasting relationship. She is native to Harrisonburg and graduated from Harrisonburg High School. Emmy is an excellent listener and a very engaging stylist. She loves all things hair color and can help you maintain your color or change it completely. When she's not working, she enjoys browsing through TJMaxx, spending time by the pool and watching reality shows. You are sure to have fun and feel more beautiful when you are with Emmy.

SERVICES

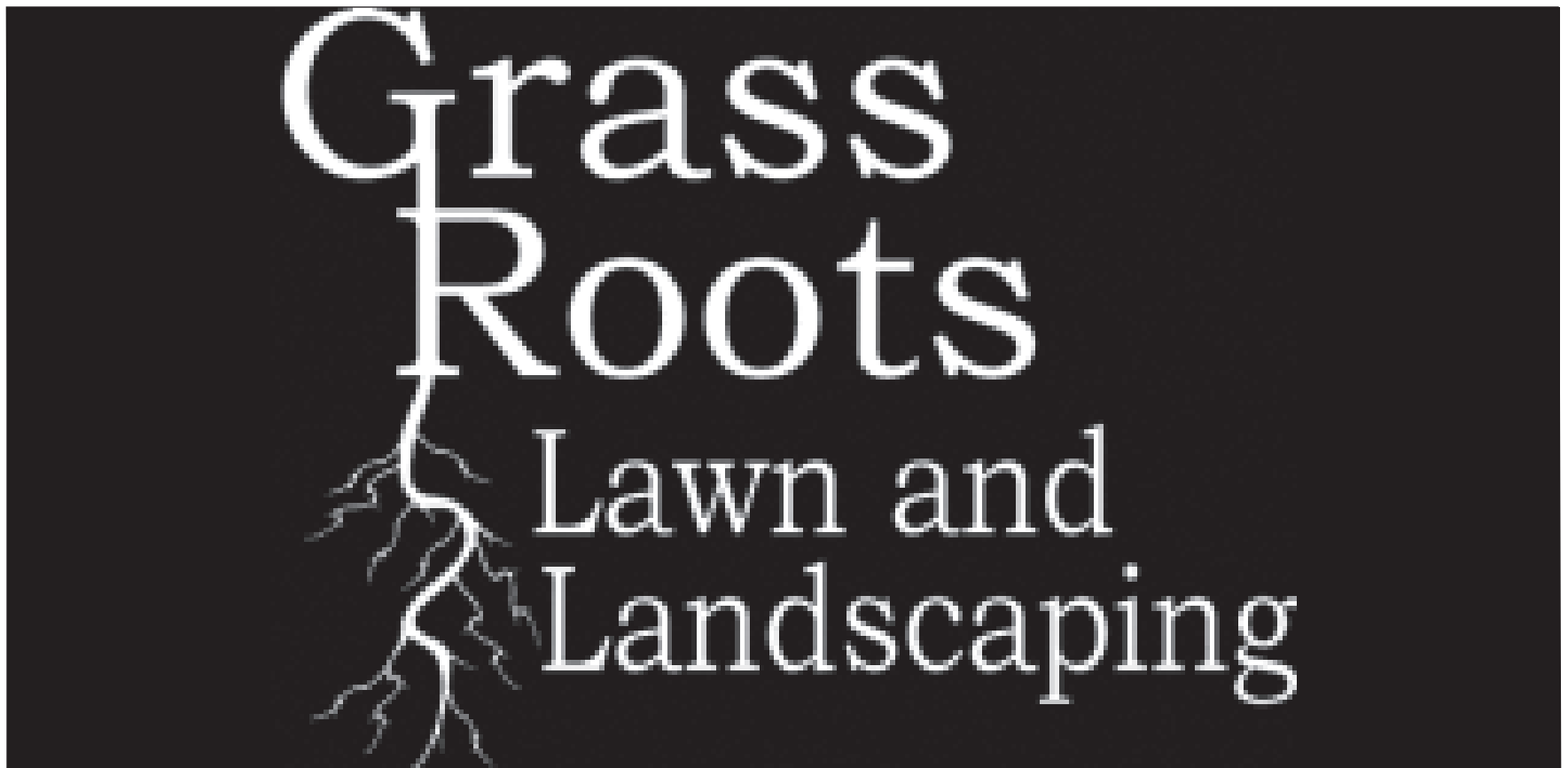
Highlights
Single color
Color Glosses
Haircuts
Brazilian Blowouts
Bang Trims
Facial Waxing
FOLLOW US ON INSTAGRAM
@ BROWN_COHAIRDESIGN



1880 Port Republic Road, Harrisonburg, VA
Sun-Thur 5:30 a.m.-10 p.m.
Fri-Sat 5:30 a.m.-11 p.m.



227 Burgess Road, Harrisonburg, VA
Thurs-Tues 10 a.m.-9 p.m.
Weds closed



Top six moments from fall season sports

LOUIS GIBSON
sports editor

1- VARSITY FOOTBALL HOLD STAUNTON TO SEVEN POINTS IN A DEFENSIVE BATTLE IN THE RAIN

Heading into the big game the Staunton Storm were averaging an insane 42 points a game. It would be quite the tall task for a battered Blue Streak defense. In the pouring rain the Blue Streaks defense stood tall and only allowed a late score to give Staunton a 7-0 win in what would be the now undefeated Storm's worst performance of the season.

RUNNING IN THE RAIN Junior Aaron McAfee runs the ball as the varsity team runs offensive against Staunton at a home game. PHOTO BY BRADY SHIFFLETT



2- TOBY CORRISTON PLAYS TOURNAMENT AT PEBBLE BEACH

Senior Toby Corriston qualified to play a tournament at the famous Pebble Beach Golf Links and Spyglass Golf Links in Monterey, California. A chance that many young golfers would dream to achieve. "I was surprised. It's a pretty big opportunity. There were a lot of people who applied and only 78 people got to go, so I was really just amazed," Corriston said. Corriston would also make it to regionals for the Blue Streaks.

JUST SWING Senior Toby Corriston competed at Pebble Beach. PHOTO BY ELSIE CORRISTON



3- VARSITY VOLLEYBALL COMEBACK FROM TWO SETS DOWN TO BEAT CULPEPER

A down year for the very young varsity volleyball team was not all doom and gloom. A wild finish against the Culpeper Blue Devils. After dropping the first two sets 10-25, 15-25 in blowout fashion, varsity battled back. They won a back and forth third set 25-22 and then won a pivotal fourth set 25-14. Now with all the momentum they put Culpeper away in the fifth, 15-10. It has been a hard season for the Blue Streaks, but this win against Culpeper showcased what they do best, battle. All match long.

DIG Sophomores Veronica Gutierrez, Teagan Miller and Aubree Ringwald prepare to dig the ball after Culpeper serves. PHOTO BY ISAIAH MOATS



4- VARSITY VOLLEYBALL BEATS CULPEPER IN A WILD MATCH AND JV FINISHES CULPEPER OFF IN THREE

Culpeper was one of those teams that the Blue Streaks could consistently beat. Over the last two seasons between JV and varsity the Blue Streaks went 8-0 against Culpeper. In the October 5 match up it was no different. JV Volleyball would bounce back after a horrific first set to win the next two. Varsity backed by a packed student section would be caught into a battle. The first set would be close in a 25-21 victory for the Streaks. The next two sets would be a dog fight. The intensity could be cut with a knife. The second set would be anybody's for the taking. A 29-27 would bring Roger Bergery Court to its feet. The third set would be more of the same. The Blue Streaks clawed their way to a 27-25 victory to take the match in a wild one in the 'Burg'.

CHEER Varsity volleyball players cheer for their team from the bench as they battle against Culpeper on Oct. 5. PHOTO BY ADRIAN KAVAZOVIC



5- VARSITY VOLLEYBALL HOLDS 'KAI NIGHT'

The young Varsity Volleyball team only had one senior in Kai Blosser, though it still was a night to remember. Posters, streamers and balloons decorated the gym. Blosser was recognized by Head Coach Erin Brubaker as her family watched on. The Blue Streaks played hard for their captain's final home game but could not beat a tough Turner Ashby squad and lost the match in three sets. The Blue Streaks finished their regular season 3-17. Blosser has been playing volleyball for the past five years, but has worked on advancing her spiking and blocking as a leader this year. "I feel [like] I have done a good job [this season] been able to be a leader on the court and have helped my team through spiking and attacks," Blosser said.

SOLO SENIOR Senior Kai Blosser was the only senior on the varsity volleyball team this year. The team held 'Kai Night' on Oct. 17 in honor of her. Blosser prepares to jump and spike the ball. PHOTO BY ADRIAN KAVAZOVIC

6- VARSITY COMPETITION CHEER WINS FIRST DISTRICT CHAMPIONSHIP

After sophomore Abby LaJack hurt her foot the week before Districts the Streaks were left without a stunt group and were forced to rearrange the formations. Despite this, varsity competition cheer would win their first district championship in 10 years and the first in 5A. After placing second at mini districts an experienced team with 5 seniors comfortably won by 23 points. The start of an already monumental season. Seniors Lizzie Gotay and Maya Sarco achieved first-team all-district honors. "Getting first place at districts for the first time in 10 years was surreal. We have all worked so hard and being able to see our work pay off was a highlight of the season. Making new titles for the school and making an impact on hhs cheer history was incredible. I am so happy to be apart of it and that I was able to do it with such an amazing team behind me," sophomore Star Lecue said.

FACIALS Sophomore Star Lecue performs a arabesque stunt at a home competition cheer tournament. PHOTO BY RILEY THOMPSON





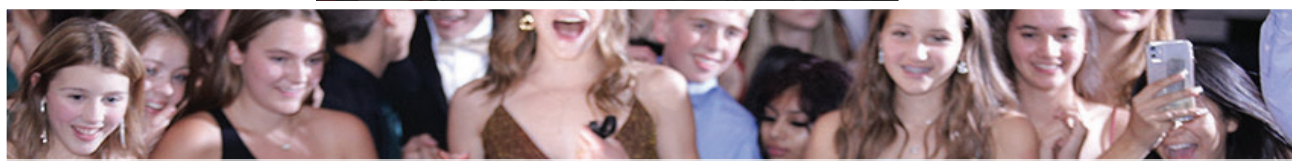
GET IN LINE Sophomore Javier Molina leads the dancing line. PHOTO BY BRADY SHIFFLETT



HOW DO I LOOK Sophomore Jaydin Edlin wears Debo Harvey-Wright's crown. PHOTO BY PARO CHAUDHURI



ALL TOGETHER NOW Tristan Nussbaum and Can Cavusoglu Yalcin do the cupid shuffle. PHOTO BY BRADY SHIFFLETT



First homecoming in three years draws record crowds



BUST A MOVE (Below) A group of freshmen dance together in a circle. PHOTO BY PARO CHAUDHURI

ALL SPARKLES Homecoming Princess junior Sophia Pimentel Yoder and senior Kate Nichols dance in the middle of a circle. "The dance brought everyone together and everyone was able to really have a lot of fun regardless of anything happening outside of the dance," Nichols said. PHOTO BY BRADY SHIFFLETT



DJ SENIORS Jayden Walker and Jadon Burgess talk into the microphone. PHOTO BY PARO CHAUDHURI



DANCE ALL NIGHT Freshman Husna Sharhabeel and senior Grace Adam Elnail dance together. PHOTO BY PARO CHAUDHURI