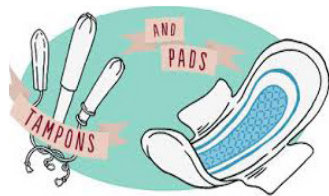




Read about Park View's Author in residence and the books that he helped the students create.
Page 14

Read about the controversies surrounding menstruation in modern society.
Page 6



January-February 2016

THE PATRIOT PRESS



Park View High School
400 W. Laurel Avenue
Sterling, VA 20164

Coach Mullins Teaches Players it's Not Always About Winning

by Jordan Landrum

Michael Mullins, the head football coach at Park View High School, coaches for a program called Champions League, a non-contact football league with players ranging from ages 3 to 16, with all the players having special needs of some kind. This program is predominantly for kids with Down's syndrome but there are other exceptionalities who get involved as well. Several years ago Michael Mullin's wife Cammi was teaching third grade, in her class was a girl, Lauren Buckley, who had Down syndrome. Lauren and her entire family love football, and she wanted to play, so her mom, Maureen Buckley, approached Mullins about sponsoring a league for players with special needs. Maureen Buckley is the outreach coordinator for the Down Syndrome Association of Northern Virginia. Five years ago, when the



Left: Park View football players teach special needs kids how to play football. Right: Many special needs children benefit from this program, including the girl pictured above who enthusiastically catches the ball while running to try and score a touchdown.

photo by Michael Mullins

league was started, Mullins was the football coach at Freedom High School, and for a while the school's football program kept the league going after his departure from Freedom until recently. "Mrs. Buckley approached me this summer because the new coach at Freedom did not want to continue to support the Champion's League. She needed a home

for the league, and I jumped at the chance to reconnect with the league," said Mullins. He then decided to bring Champion's League to Park View, resuming his involvement with the league. Champion's League plays their games on Saturday's at 11 a.m., during the months of September and October. The high school football players are also involved in Champion's League. They

participate by interacting with these kids. Mick Mullins describes a normal game during Champion's League, "We start with a warm up session that concludes with Patriot Jacks. We then have the players and parents line up to form a tunnel, and we have the player introductions as the players run through the tunnel. We then run offensive plays from the 20 yard line. There is

no tackling, every play is a touchdown, each player gets to score at least one TD per game, and then do a touchdown celebration." There are no special teams and each game ends in a tie. When Mullins speaks as to how this league positively impacts the people involved, he said, "The players love getting to be actual football players and they enjoy being treated like everyone else. They also like the interaction with the high school players who, for them, are like NFL stars. The coaches and players get a chance to give back to those who do not get to do the things we take for granted. It is a humbling and rewarding experience for us. It puts life into perspective and you always leave feeling better than you did before the game."

First Fruits Provides Opportunities For Students to Give Back

by Darlin Gonzales Munoz

Every year the Reston Bible Church organizes an event called First Fruits, where students volunteer to help raise money for families in need in the community. This year, around 200 students volunteered with most of them being from Park View High School. The volunteers met up at Park View at 7:30 a.m. to discussed the schedule for the day, and then they went off to their first job. Each group was assigned four houses, two were completed in the morning and two in the afternoon. The students, along with the adult volunteers, raked leaves, trimmed bushes, and any other yard work the client needed.

Each group is also



photo by Kisha Lim

Left: Students do simple chores to raise money for families in need in the Sterling community. Right: Students pose for the camera after finishing their hard work.

assigned a family that they would be shopping for. After all the jobs were completed, they headed off to the grocery store. "Giving the food to the families is hands down the best part. Seeing the look on their faces, filled with gratitude

is just the best feeling. These families have nothing, and just knowing that I have helped them makes me feel, as a person very good about myself," stated sophomore Tyler Stevens. Junior, August Muller, one of many

student volunteers, enjoys First Fruits because he loves giving back. "It makes me feel like I'm contributing back to society cause a lot of times I feel like I just sort of sit at home and do nothing, and I'm not being a productive

member, so things like first fruits were I'm helping feed a family and cleaning up other peoples yards, it makes me feel like I'm productive." This is Muller's second year volunteering and says he looks forward to first fruits every year. "People were amazed to see that teenagers were willing to give up their Saturday morning and come out to help their community. Waking up early on a Saturday was tough and the work was hard but it was worth it. I'm definitely doing it next year. It was an amazing experience," stated junior Elizabeth Rivera.

Patriots Showcase Their Talents

by Kisha Lim

On Tuesday November 24th, the juniors and seniors of Park View High School were able show their talent off in front of the whole school. There was a total of six performances and faculty hosts, Michael Vereb and Matthew Poth.

To start the show off, junior Carmen Brown performed a beautiful color guard routine to the song “Take Me to Church” by Hozier. The curtains opened up and Brown was center stage in a dim setting. As she started performing her fellow friends screamed and hollered encouraging her. After the first performance the hosts brought a special guest up on stage; Jeff Marsh in a turkey suit. Mr. Marsh answered questions about his turkey suit in turkey language and got a few laughs out of the crowd.

The second performer, senior Kayley Galambos, sang a song titled “Somebody to Love”. The student body got her started by clapping to the beat of the song and soon after that she become more

comfortable. To end the performance Galambos hits a high note and the crowd goes wild, making Galambos smile as she is singing.

After a little break in between, senior Barak Nicholes took the stage. Nicholes did a comedy routine called “Verbal Punctuation”. He first started out by hushing the crowd and explaining his act, then proceeded with telling a story using sounds to replace the punctuations. The noises and his acting is what got the crowd to burst into laughter.

The next act is another singing act and was done by junior Crystal Rivera. Rivera sang the song “Someone Like You” by Adele. The crowd whistled and screamed “Let’s go Crystal,” and phone flashlights were also being waved in the air. Rivera had a phenomenal stage presence and voice.

Juniors Khiem Nguyen and August Muller, and senior Ryan Mooney, took on the crowd next and performed the song “Thinking Out Loud,” by Ed Sheeran. The guys called themselves the

“Bow Tie Bros,” and were looking very spiffy in their collared shirts and bow ties. Nguyen and Mooney played instruments, while Muller did both the singing and playing of the piano. Towards the end of the song Muller unexpectedly stopped singing and said, “Ladies and Gentlemen Khiem Nguyen,” and Nguyen shredded his guitar for his solo. “Khiem is amazing at guitar,” said junior Matthew Anaya. The solo definitely won the crowd over.

Last but not least, senior Mayco Avelar sang karaoke to the song “Promise” by Romeo. Avelar was definitely comfortable on stage and was engaging the whole crowd. In the middle of the song he said, “Who wants to dance some bachata?” Throughout the whole performance there were smiles and laughs all around the auditorium.

From Nicholes’ unique comedy act, to Nguyen killing his guitar solo, Park View’s 2015 Junior/Senior Talent Show was a success and was enjoyed by the whole school.



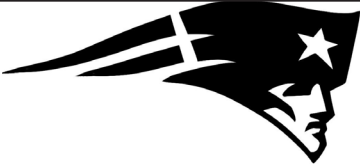
Photo by Liana Jackley
Junior Carmen Brown does a color guard routine.



Photo by Liana Jackley
Juniors Khiem Nguyen and August Muller, and senior Ryan Mooney, perform for the Park View student body.



Photo by Liana Jackley
Junior Crystal Rivera sung “Someone Like You” by Adele.



STEM Proves That Girls Can Do Anything Boys Can Do!

by Darlin Gonzales

THE PATRIOT PRESS STAFF:

ADVISER:
Nicole Cobb

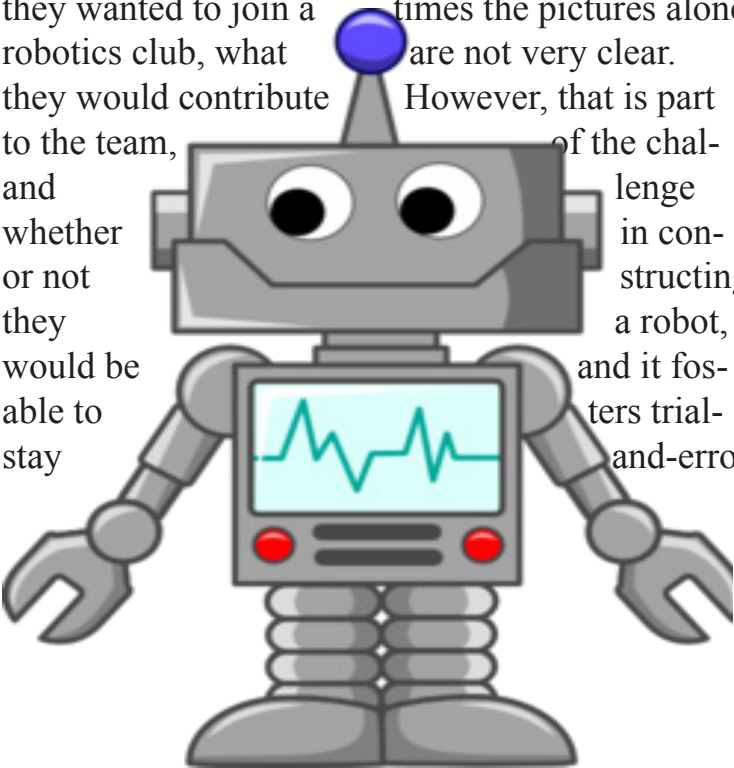
EDITOR-IN-CHIEF:
Amy Hensler

ASSOCIATE EDITORS:
Destiny Colbert,
Darlin Gonzales Munoz,
Liana Jackley,
Kisha Lim,
and Ibtisam Tora

REPORTERS:
Kevin Acevedo,
Nabeeha Ahmed,
Edwin Alfaro,
Angie Candelario,
Gabrielle Corum,
Wendy Deras Gonzalez,
Quin Fox-Williams,
Navleen Ghuman,
Chloe Hilliard,
Casey House,
Jordan Landrum,
Katherine Majewski,
Meagan McDaniel,
Weini Ogbagiorgis
Alexandra Poindexter,
Aliyana Raja,
Madelyn Rivera,
Josselyn Rodas,
Hector Ruiz,
Patrick Sorto Ruiz,
Nicole Suc,
Rebecca Thlang,
and Zion Wallace

Park View High School was awarded a \$2,500 grant from Science, Technology, Engineering, arts and Math development Inc (STEAMd Inc). The money will go towards creating a GIT club, (Girls in Technology) as well as using Vex Robotics. STEAMd Inc is a non-profit organization that inspires girls into pursuing a career in science, technology, engineering, arts, and math. They have previously helped two other schools in Loudoun County start GIT clubs. Mrs. Anna Nunez, the sponsor for the STEAM club, advertised the start of the robotics club by putting

a slide in the morning announcements reaching out to any girls interested in participating, no previous experience required. The girls then had to fill out an application asking three questions, why they wanted to join a robotics club, what they would contribute to the team, and whether or not they would be able to stay



after school. The girls have started to build a robot with nothing but pictorial instructions. “We have laughed attempting to correctly orient the parts as demonstrated in the instructions because sometimes the pictures alone are not very clear. However, that is part of the challenge in constructing a robot, and it fosters trial-and-error

learning. This helps with cultivating an engineering mindset,” stated Mrs. Nunez. The girls will continue to build the robot and finish in the upcoming weeks. They will have the chance to learn how to program the robot and test it as well.

Mrs. Nunez hopes to participate in the local Vex Robotics competition at the end of the year in April. “We will see how many balls our robot can dunk into a net for the highest points. The game is called “Nothing but Net” She also hopes to spread the word around about the opportunity girls here at Park View now have.

Band Takes the Win!

by Rebecca Thlang

Park View High School is proud of their marching and concert band’s success over the last few years. This year, there are 123 students taking band. The marching band has won many awards for overall first place in class 1A at Woodgrove High School US Bands, Western Loudoun Invitational Indoor, and the Rock Ridge Band Day. They also have a superior rating for the Virginia Band and Orchestra Director’s Association (VBODA) State Assessment. Mr. Brian Morton, the new band director at Park View, is proud of the dedication the band has shown. Mr. Morton said, “Fortunately we have many students that work hard in the program. Some students are motivated to work all the time and it is really inspiring to have.” Students in marching band practice in the afternoons from Tuesday to Thursdays for two hours and 15 minutes, while concert band practice for an hour and 15 minutes twice a week before a concert.

Many band members dedicate their time to the concert and marching band. Many practices are before and after school because there is very little time in a class period

to get everything done. The band is divided into smaller sections due to the many different instruments such as flute, clarinet, saxophone, bassoon, oboe, trumpet, trombone, baritone, tuba, and many percussion instruments. The bands are constantly working on fundamentals: warm ups, scales, and pieces of music that help them focus around these fundamentals. These hard-working band members strive for perfection as they continue to make their mark in competitions in Virginia. Park View’s band will have a VBODA Concert Band Assessment in the middle of March. If both the marching band and the concert band receive a superior rating, they will receive the VBODA State Honor Band Award. Some students will also have individual audition for All-District band in the beginning of January. Band members will be traveling to Gatlinburg and Pigeon Ford, Tennessee to perform at Dollywood Park. Park View will continue supporting their marching and concert band as they continue to impress audiences with their spectacular performances and their masterful skills.



Photo by Victor O’Neil
The Park View band stands tall, prepared for an amazing performance.



Photos by David Sweet
Top: Park View mens choir sings a beautiful song for all to hear. Bottom: The Womens Choir performs a breath-taking number.



Park View Students Shine at All County

by Hector Ruiz

Park View High School students attended All County Chorus held at Briar Woods High School on Friday, November 13th and Saturday, November 14th.

All County Choir is a competition where choral students from the entire county go and compete to see which school is better at sight reading music. Sight-reading is how well you perform music at sight, without preparation. The students do not know their music selection until they arrive to the competition. To audition, the students have to sight read a few pieces. The teacher would decide if they made it in or not. Competitors have a selection of 12 to 15 different pieces of music, and then they narrow the list down to four to six pieces of music. Park View

Students that attended the competition said it was an amazing experience. It was a place to improve their sight singing and they saw techniques from other schools.

Sophomore Erin Schartiger attended and sang in the competition. She joined chorus because she enjoys singing. Schartiger said, “I was not surprised when Mr. Sweet had told me that I had made it in All County since I had been going to this competition for the past three years.” She found it a little difficult when she had to sight singing in front of the entire class. Junior Zack Morris decided to take chorus because he likes to sing and heard that it was fun. He mentioned, “The test to get into All County was a piece of cake because I was confident that I was going to get

in when he took the test.” Junior Michael Willard has been taking chorus for the past six years. He stated, “The only downside of being in chorus is that it consumes some of your free time and you have to commit to it.” Michael mentioned, “It was a little difficult at first but since I’ve been practicing for a few years so it wasn’t that hard.

Alexis Ceritos mentioned, “Everybody performed really well and the crowd seemed to like it and it really didn’t feel like it was a competition, it felt like a performance.” The students that attended All County had to have talent and experience to perform well in the competition.

“American Sign Language is for Patriots”

by Weini Ogbagiorgis

Park View High School’s World Languages and Culture Department has recently welcomed their newest member, Mr. Ken Thigpen. Mr. Thigpen teaches the first three introductory levels of American Sign Language. Unlike the last ASL teacher at Park View, Mr. Thigpen is Deaf. He has an extremely diverse teaching background; teaching at different levels, states, to types of schools. He has previously taught at Gallaudet University in Washington D.C., Hagerstown Community College in Maryland, and Blue Ridge Community and Tech College in West Virginia. Mr. Thigpen discussed the differences between teaching ASL and Deaf culture in high school versus at a college level.

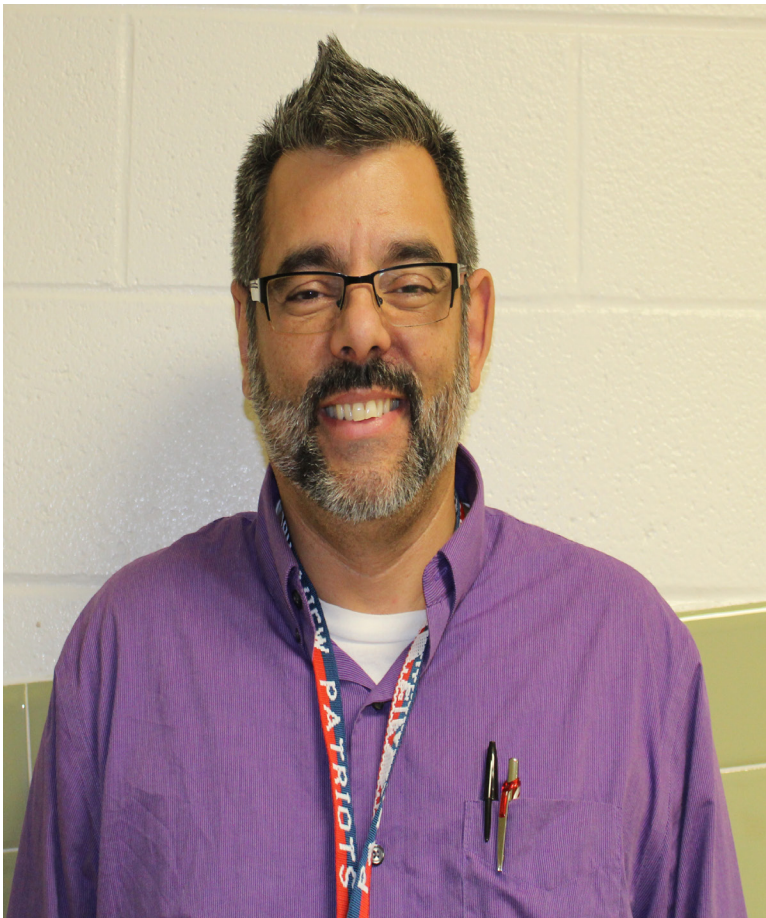


“While teaching high school I have various options in how I choose to teach my students, for example I can use videos and games. I also get to see my students more often,” Mr. Thigpen stated.

Although Mr. Thigpen is Deaf, this does not interfere with the class at all. It makes the class more interesting and authentic for his ASL students. “It just takes a different approach to teach them,” Mr. Thigpen said as he described what it is like teaching students who only know a little sign language. “It’s a different environment now having a Deaf teacher. The class is a lot more interactive now compared to when I had a hearing teacher,” sophomore Brandon Sharpe, ASL level two student stated. “You have to infer and use context clues because we don’t know every sign he uses but it helps us understand ASL more,” Sharpe

explains, along with writing being a very prominent component in the class. Sharpe made it apparent that he enjoys the fun environment of his ASL level two class and is pleased to have Mr. Thigpen as his new teacher this year.

“I love how he understands us and I like learning the language a lot,” sophomore Adonay Cruz, who is an ASL level one student, portrayed how he felt about the class and learning ASL for the first time in his life. He also expressed how he is very excited to continue his ASL path for his remaining years of high school. Lastly, Thigpen really enjoys working with the Park View World Language and Culture department, along with his students for his first year as a patriot.



Weini Ogbagiorgis
Mr. Thigpen gives the camera a big smile.

Top Tweets About Honor

- 9th** @NotZeusmus Honor is to respect or be supportive to a person, religion, country, or organization with integrity.
- 10th** @kenia1104 Willing to show integrity no matter what the situation is.
- 11th** @judehogan88 Honor is an intimate relationship with the truth, a nonbeneficial action to better yourself and the lives of others, worthy or not.
- 12th** @samgertig Always do the right thing even if the people around you aren't

PBIS At Park View High School

by Josselyn Rodas

As many know, Park View High School has Positive Behavioral Intervention and Support lessons each month. The head of PBIS council is Mrs. Sarah Letina and each month has its own topic that are meant to educate the students here. For example, for the month of September, the theme was respect. Mrs. Letina says, “We have a PBIS team, comprised on an administrator, a counselor, a social worker, and teachers. We met this summer for a team meeting where we chose the lessons and thought about the values and behaviors and things we thought were important for the kids to know.” Also, Park View’s PEER students made a video to go along with the topic. The lessons are found in the daily announcements once a month that has a theme and an activity to go along with it. The lessons are not limited to only English speakers; it contains a Spanish version to it so everyone can participate. Mrs. Letina believes “It has been more productive in having the lessons be bilingual. I think it’s great because our native Spanish speaking students have more confidence to participate and be a part of Park View for all of these lessons.”

The first month of school had its first PBIS lesson. The theme of that month’s lesson was

‘Respect’. It contained a video, a worksheet, and an activity. The video was made by the PEER students. Junior Matthew Anaya says, “I enjoyed being a part of the PEER’s PBIS video. It was very exciting because I got the chance to create something that would be seen by the entire school. It demonstrated some of the most important bullets of what respect is. The last part was especially fun.” It was a short video showing different events that show the meaning of respect. These PBIS lessons always are presented as a PowerPoint and are presented after the daily announcements.

Last month’s PBIS theme was about “Pride”. This was the theme to question the differences and similarities to “School Pride” and “National Pride”. The theme was based on Veteran’s day and contained again, a PowerPoint and worksheet. The worksheet had a Venn diagram to compare and contrast the idea. Also, students got to design their own national flag.

PBIS lessons are not meant to be “busy” work, or to waste unnecessary time. It is meant to educate students on the topics and to bring familiarity. This is meant to bring awareness to the theme.

THE PATRIOT PRESS STAFF:

ADVISER:
Nicole Cobb

EDITOR-IN-CHIEF:
Amy Hensler

ASSOCIATE EDITORS:
Destiny Colbert,
Darlin Gonzales Munoz,
Liana Jackley
Kisha Lim
Ibtisam Tora

REPORTERS:
Kevin Acevedo,
Nabeeha Ahmed,
Edwin Alfaro,
Angie Candelario,
Destiny Colbert,
Gabrielle Corum,
Wendy Deras Gonzalez,
Quin Fox-Williams,
Navleen Ghuman,
Chloe Hilliard,
Casey House
Jordan Landrum,
Katherine Majewski,
Meagan McDaniel,
Weini O
Alexandra Poindexter,
Aliyana Raja
Madelyn Rivera,
Josselyn Rodas,
Hector Ruiz,
Patrick Sorto Ruiz,
Nicole Suc,
Rebecca Thlang,
and Zion Wallace

Poth Helps Patriots Understand Sacrifice

by Amy Hensler

History teacher, Mr. Matthew Poth, is one of 18 middle and high school educators selected by National History Day (NHD) to participate in Understanding Sacrifice, a highly competitive, year-long program sponsored by the American Battle Monuments Commission. Poth stated that the Understanding Sacrifice Program is about, "Identifying a service member who died during World War II (WWII) that is still buried in Europe. So what we do, is we read a bunch of books about WWII and the allied invasion starting in Sicily, Italy and then up through Italy into France and Rome. We research those [countries and battles], and we research a fallen hero, so somebody who died and is buried overseas, and then we write lesson plans that are going to be used



Photo by Amy Hensler
Mr. Poth teaches his class an important lesson about sacrifice.

nationwide based on the person who died and our research." Poth chose to study Marine Sargent Charles Perry, who was "one of the very few marines that fought in Europe. He was an OSS (Office of Strategic Services) agent who parachuted into France to train the French resistance, but he died while he was going to the ground."

Poth is a veteran, so this program really

resonated with him. He first heard of the program through his fellow colleague and librarian Ms. Kathleen Britto, and he thought it was a great fit. Poth joined the Marine Corps because he felt that he was not ready for the responsibilities of college and felt compelled to join after the terrorist attack that occurred on September 11th. "9/11 had happened when I was in

high school, and I had always wanted to join the military and defend the nation and kind of fight for freedom. It just sort of aligned and made sense, and I felt like it was my calling," Poth stated.

Because of his veteran status, he was always fascinated with WWII. He stated that he, "Felt compelled to investigate the past and look up a fallen brother and just spread the infor-

mation." He hopes that students who might receive this knowledge will learn empathy and relate to the civilians that were subjected to the brutalities of war. He wants kids to know that war is not just about the two sides that fight each other, that there are "civilians [that] get caught in between, and so I hope when students look at my lesson plan about the French resistance, and the average man, and the average woman, and even the average child, that said 'the Nazis' are bad, and we want our country back,' and fought to the nail in significantly worse conditions than either side likes to remember or does remember. So, I hope that they realize what war truly is and how terrible it can be for everyone involved."

Pride, Value, Honoring our Veterans

by Weini Ogbagiorgis

On Wednesday, November 11th, officers from the Park View High School SCA and each class gathered together to organize a small breakfast reception for Veterans Day. The officers wanted to recognize all the work and efforts that the veterans of the community have done.

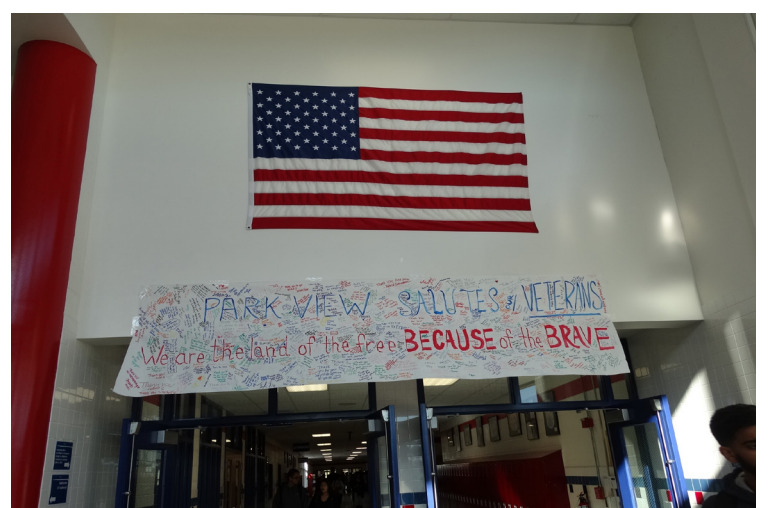
This breakfast was not only dedicated to the service men and women of the community but also fellow Park View staff that have served our country. "It was really just a time to honor our Veterans for the service

to our country, and we were able to connect with them personally on a deeper level," said senior Ryan Mooney. He described this as day that he was very pleased to be a part of and able to help organize for those who fight to protect us everyday. The class officers were very involved in the organization of this event and are pleased to have been able to show their appreciation towards these men.

Along with the breakfast, there was a table set up in dedication to the Prisoners of war and soldiers miss-

ing in action. It was there to show respect for those who are not able to be with them because they either passed or went missing during their time of service. "It is customary of the military to have a dedicated place to remember those people," Mooney said as he explained the importance of the table.

Park View students were delighted to plan this, for those who have helped protect us, in effort to express our gratitude of the huge task that these heroes have done.



Photos by Weini Ogbagiorgis
Top and bottom- Park View students sign a banner to put up in the foyer to honor our Veterans.



Does My Period Scare You?



Amy Hensler
Chief Editor

From an early age, girls are conditioned to be ashamed of their body’s most natural biological function that happens every single month. Period shaming is widespread and unfair. It is a daily occurrence that is the cause for shame and embarrassment for girls across the world. Society conditions girls to think that periods are something dirty and private, and that the very mention of a period should bring humiliation and mortification, yet it is rarely thought about how this stigma can bring detrimental causes. Basic things that are often overlooked can mean the world to someone else in a different situation. For many under-

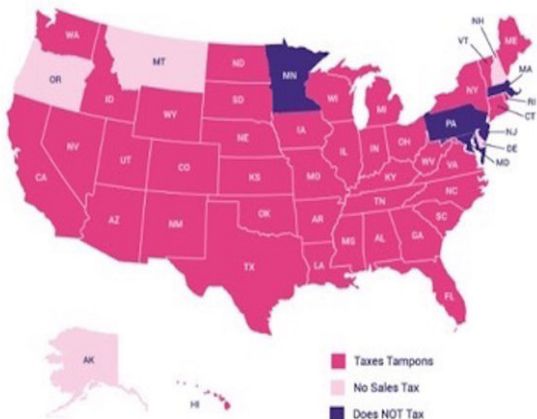
privileged women in the United States, such luxuries as menstrual products, are incredibly hard to come by. Periods have a large impact in many people’s lives, yet somehow they are demonized and made out to be monsters that deserve to be shut in the closet forever. Currently 40 states consider tampons and other menstrual products “luxury items” and therefore are taxing it that way. The luxury tax, which is commonly referred to as the “sin tax,” applies to products or services that states deem nonessential. Last time I checked, sanitary products are an essential part of life, and are not a luxury at all. The reality of the situation is that the Tax Foundation, as of January 2015, recorded that there are more states that have a tax on sanitary products than there is on soda and candy. How can someone justify soda or candy as essential, but when it comes to a product that at least half of your population is buying for reasons that are out of their control, it is classified as unnecessary? According to a Huffington Post study, the average woman will spend about 2,000 dollars on tampons in her lifetime, and because of the fact that menstrual products are not

covered under the use of food stamps, this tax can lead to a hefty total for women who do not have disposable funds. Having access to sanitary pads is not a luxury – it is a basic human right. Many female inmates in US prisons do not receive adequate access to sanitary napkins. Chandra Bozelko, an inmate at York Correctional Institution in Niantic, Connecticut, documented her experience with this particular injustice on The Guardian. She stated that every two inmates were given 5 pads to share per week, which totaled to about 10 pads total for each women per month. With limited money that an inmate could spend, and inadequate supplies in the prison commissary, she stated that it got so bad that women would have to resort to reusing pads just to get by. Bozelko is not the only documented case where this has happened. The American Civil Liberties Union in Michigan filed suit in December 2014, because inmates in Muskegon County Jail stated that access to pads and tampons were so scarce their civil liberties were being violated. And can you argue that they were not? Having access to sanitary pads should be a basic right for every female,

regardless of where they are. Many homeless women in America suffer from the same injustices during their time of the month, and it can come with great consequences. They often have limited, or no access to sanitary care products during their cycle, which can put them in the same predicament as incarcerated women. Honestly, the whole process of shaming a girl because of a natural body process is backwards behavior. You should never feel as if your period invalidates you. Poor education and society has shaped menstruation to be something horrible, but we should be treating it for what

it is. A completely normal and natural process that is essential to a women’s health. Being able to talk openly about periods is the first step to making this completely normal process more understood in modern society. Before we can take the major steps necessary to help women across the country, we must first accept it as a community. Taking simple steps, like donating pads or sanitary products to local homeless shelters, is a lot more beneficial than you may think. Even if you do not have the funds to donate, just being able to openly talk and acknowledge the stigmas surrounding menstruation is an enormous help.

Which States Tax Your Period?



upworthy.com

The Glass Castle: Memoir of Resilience



Ibtisam Tora
Reviews Editor

Author, Jeannette Walls, is known for her impeccable written memoir, *The Glass Castle*. It is known for its tragic yet sweet events that occur throughout the book in Jeannette Walls point of view. Walls included her three siblings, Lori, Brian, and Maureen Walls and her two irresponsible, selfish parents Rex and Rose Mary Walls.

Juniors who chose to take the AP Lang course were given, *The Glass Castle*, to read for an assignment. Many argued with the fact that the book was somewhat depressing and traumatizing when really, most students established that it had opened their eyes to an environment that has probably never been presented to them in their time of growing up. It was discovered that Walls wrote the book in her point of view but, not in her current

age but in a young age, inputting no adult knowledge when serious events came up. She let herself keep her innocent character throughout the memoir to let people truly capture what she and her entire family went through to be where they are today. She allowed the readers to have an idea of how Rex, the father, was with working and involving himself with his children, as well as letting the juniors see how lazy, and self-seeking Rose Mary was for a so called mother.

The Glass Castle has delivered a message to the students of Park View High School, explaining to the class of 2017 that with countless hardships involving, a father who spent all his hard worked money was thrown away for alcohol and gambling and with a mother who had earned a degree in teaching that allowed her to receive countless opportunities to have supported her family, be thrown away for a unrealistic dream of becoming an artist. Readers who crave something in the context of a dramatic and realistic memoir should look into an award winning book.

A Student’s Voice on Gun Control



Kisha Lim

Copy Editor

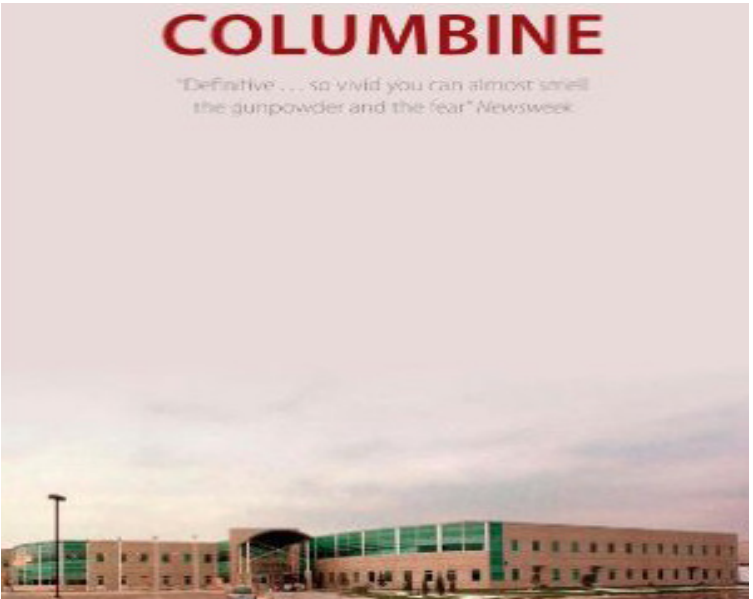
According to USA Today, since 2006, there have been more than 200 mass killings in the United States; a quite frightening number if you ask me. A high portion of that number goes to just school shootings alone.

A priority schools have is safety, but how can the outside world be fixed to decrease school shooting incidents? It surprises me how a random person, or even someone you have shared a conversation with, could possibly come into a school with the mind set of killing. I am currently reading the book *Columbine* by Dave Cullen, and it gives insight on what was going on in the minds and lives of the teenage duo that came into their high school one day armed and ready to kill on April 20th, 1999. From experience, I know that teenagers will act before

thinking when their emotions get the best of them. According to NPR News, the teenage brain’s rational part will not be fully developed until about the age of 25, but that fact does not set up an excuse for killing. As advanced as we are as humans, people still act recklessly in times of anger and despair. In this case, mental illnesses need to be taken into account when distributing guns. President Obama proposed a huge amount of money to increase access to mental health care by increasing service capacity, as a way to keep guns out of the wrong hands.

Guns are the weapons often being used by the attackers; how can the government prevent all this? It is safe to say that our gun control laws are in need of

revision and stricter reinforcements. Stricter laws will decrease the amount of crime. Based on President Obama’s 2015 Executive Action, those who want to sell guns in their stores must have a license and failure to do so will lead to a \$250,000 fine and criminal penalties. President Obama also instructs FBI to make background check systems more accurate and efficient to be able to detect if prohibited persons attempt to purchase a gun. Guns were not created for reckless use, but were created for protection. If laws were revised and guns were only distributed to those that understand the sole purpose for them, then our nation will possibly see a change in mass shooting statistics.



www.amazon.co.uk

An Inside Look on POTS



Liana Jackley
Photo Editor

“You have a severe case of POTS,” said Dr. Abdullah, one of the leading cardiologists in the United States, “[It is] an acronym for postural orthostatic tachycardia syndrome.”

Long story short- I have fainting spells. My blood pressure decreases as my heart rate spikes, causing my autonomic nervous system to freak out because of the imbalance, which makes me go timber. It was a relief to find out what was

wrong with me and to put a name to my condition. I have had POTS since late November of 2014; it started gradually than it took off at full force, to the point I was fainting everyday for two and half months until we found a physician who had an answer.

It is hard sometimes because I have always pushed myself to the limits, using “mind over matter” as a mantra, but POTS is out of my capacity to overcome purely by mental will power. No medicine, treatment, or surgery can make it go away; there is still a lot unknown about this syndrome. The worst effect of POTS is what it puts my family through- always worrying and being on edge, trying to determine the

balance between precaution and normality, listening for the sudden thud!, that makes their heart skip a beat. I can see the alarming terror in the eyes of my close friends and family when I start to feel the symptoms and no words can express the amount of guilt I feel for putting them through these episodes. I have lost count of the number of times I have passed out and hit my head only to wake up to beeping machines in the

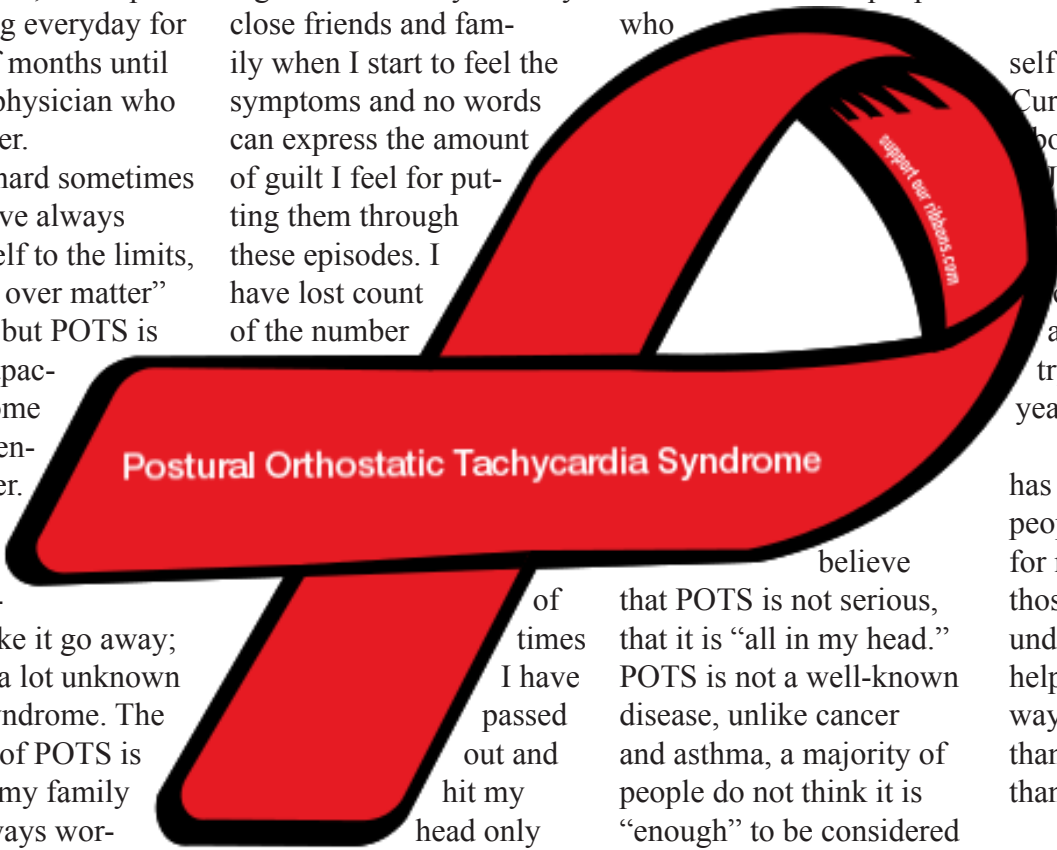
back of an ambulance and EMT’s pinching me, flashing lights into my eyes and shaking me roughly, so I stay awake.

I encounter people who believe that POTS is not serious, that it is “all in my head.” POTS is not a well-known disease, unlike cancer and asthma, a majority of people do not think it is “enough” to be considered an illness until they experience it firsthand. POTS has

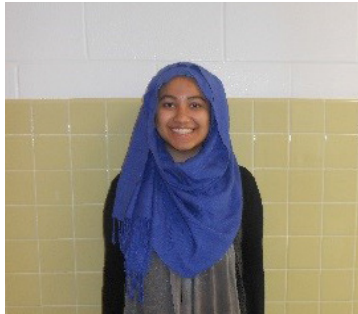
a way of warping your life. I have come to learn to take it day by day and that as long as I have this condition, I cannot keep pining to live the life I once did.

I took it upon myself to find a new normal. Currently, I am homebound, seeing doctors at Johns Hopkins Hospital, taking my prescribed blood pressure medications, and as much as POTS-ly possible, trying to be a regular 17 year old.

Most of all, POTS has shed light ont the people who are truly here for me in the long run. To those who are trying to understand and who have helped me every step of the way so far and to come: thank you. Thank you, thank you, thank you.



Suffragette: A Stirring Story



Nabeeha Ahmed
Staff Writer

In today’s fast-paced modern society, Suffragette reflects on current issues, showing a flashback of the early feminist movement. It focuses on legal issues like voting rights, and the suffragettes that fought for them. A suffragette is a woman seeking the right to vote through organized protest. The movie shows the perspective of the women’s working class in the UK.

Carey Mullington portrays Maud Watts, a 24 year old laundress in 1912. She has a kind husband and a wonderful son. Though she, along with many other young girls, have been sexually abused by her male supervisor, Maud does not give a thought about voting rights. She is brought into the Suffragette movement when she reluctantly volunteers to testify in the place of her colleague Violet, who cannot because she is beaten by her husband on the day of her

testimony. Getting into trouble numerous times, Maud is reluctant to call herself a suffragette. One morning she wakes up and has a brief conversation with her husband about how their daughter would be raised if they had one. Realizing at that moment, how much she’d want her daughter to not end up like herself, and make her life better the way a man can, she takes out the suffragette pin she put away in a drawer much earlier and pins it to herself, going to a secret rally to hear Emmaline Pankhurst speak that night. This marks the beginning of her dedication to secure the right to vote.

Suffragette has a very good storyline. It’s realistic that the main character is a woman who doesn’t think about voting rights and seems to be okay with the life she lives. She pushes the issues with her supervisor away at first, despite the fact that she’s not the only victim. The movie shows the character development and the realization that hits Maud as she goes through new experiences. It expresses her own motherhood and dedication to her son that does not get hindered by any force that tries to take it away, along with the strong, loving sisterhood and compassion that is built as the story goes on. A message that spoke out to me was that meeting the

oppressed makes all the difference. Talking about what’s uncomfortable makes people see the truth that often goes ignored, because sometimes it’s hard to truly understand what people go through if one doesn’t actually get exposed to their perspective. An issue that causes people to not understand what certain people go through is that many people don’t want to let their fears and experiences out there. It isn’t just about problems like sexual harassment, which most people think of when these topics are brought up. I could be anything that many tired people face frequently just because of one’s sex, that they themselves think is not important enough to bring up. Because of this, many people submit to what they’re living with. Though Maud did in fact face problems that the Suffragettes tried to fight, she didn’t want to do much about it until she talked to other women about troubles that came from society because of one’s womanhood. Suffragette showed how much mothers were both dedicated on securing the right to vote, and caring for their families. I admire how much Suffragette emphasized the relationship between Maud and her son.

There was previous criticism on the fact that there were no women of color, referring to Sophia Duleep

Singh. She was a prominent suffragette in the UK and daughter of Mahajara Duleep Singh, who was the last king of the Sikh Empire in India. She and Emmeline Pankhurst led a riot on November 1910. However, Suffragette focused on the working class women, and takes place during 1912-1913. The trailer and movie poster made it seem as though Pankhurst, an upper class woman, is shown more often. One would need to actually watch the film to understand the true focus in Suffragette. Though I would love to have Singh shown in this movie considering she is rarely mentioned when talking about the movement, I understand that Suffragette focuses on one woman’s story. Because of the interesting storyline, I couldn’t help but feel it was cut short, even though we know that

women in the UK did obtain the right to vote later. You feel the desire to follow through Maud Watt’s story and what she did the rest of her life. You want to know about her son and how he ended up. The film gets the watcher well into Maud’s life and slowly builds up the desire to follow through her fictional life until some sort of satisfying end, something that isn’t shown.

Suffragette is a heart-felt story of history, sacrifice, loss, ambition, sisterhood, and love. I give this film a four out of five stars. While this is a good movie for everyone to watch, I highly recommend this movie to anyone interested in the history of women’s legal and social inequality.



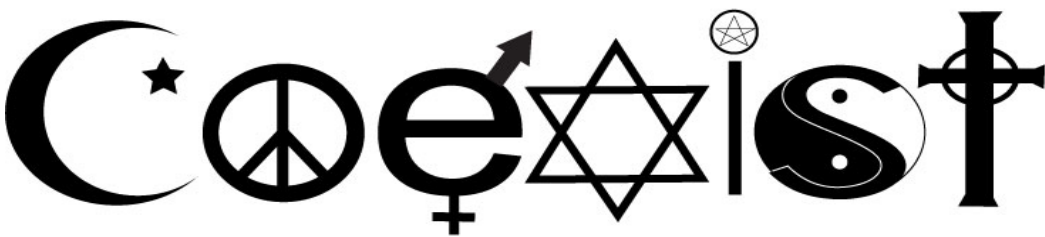
What is Interfaith United?

by Alexandra Poindexter

Sophomore Saboor Malik created Interfaith United, a new club that promotes tolerance and understanding of different faiths including Muslims, Jews, Buddhists, Atheists, Agnostics, etc., for the 2015-2016 school year. “All are welcome in this club as we try to make the world a more peaceful, accepting, less violent place to live.” Said club’s sponsor, Mr. Lary Hinders. Sophomore, Saboor Malik invited Mr. Hinders to serve as the club’s sponsor. Ms. Atkinson serves as the club’s Co-sponsor.

Interfaith United was Malik’s idea. This is Interfaith United’s first year as a club at Park View. A few students who participate in IU are sophomore, Sam Ashat and senior, Amy Hensler. “Before the end of the year, IU hopes to visit a number of places of worship (synagogue church, mosque, etc.) to help in developing an understanding of other faiths.” During club meetings, they mostly plan events for the club . So far this year they have gone to see a movie about a young girl who was shot for promoting educa-

tion for Muslim girls, placed pumpkins on the cafeteria tables in the fall, sent a signed banner to the French Embassy following the Paris tragedy, held Peace Day, and Held Thanks Day. “Along with our trips to places of worship, we would like to positively impact a problem we see in the world. We have yet to determine what problem to address.” If you’re interested in being a part of IU, they meet in room 219 at 4:00 pm Wednesday afternoons.



<https://inkslingerblog.wordpress.com>

Preparing for Prom

by Rebecca Thang

Everybody at Park View High School is looking forward to prom. However, in order to actually plan prom of 2015, the Junior Class are working hard toward making prom a success. With the theme, “Take a Chance,” the Junior Class hopes to promote fundraising with candy sales, chocolate sales, and merchandise sales. “We hope to raise \$20,000 for prom and plans to increase ticket sales,” said Ms. Nicole Bartow, the sponsor of the junior class. So far, the Gertrude Hawk holiday candy brochure and the Junior-Senior Talent Show has helped raised money for prom. Upcoming fundrais-

ing will come from the coffee/hot chocolate bar in January and the Junior-Senior powder-puff football in May. While the prom committee will not be forming until late January, any junior interested in helping to raise money for prom and make prom decisions may be on the committee. Park View patriots can continue to look forward to prom on Friday, May 20, 2015 at the National Conference Center at Lansdowne starting at 8 p.m. until midnight. Students should continue to support prom by contributing to fundraising here at Park View.

Joe’s café

Joe’s café is an American style café that serves breakfast and lunch!
45665 West Church Road
Sterling, Virginia 20164
703-444-1118
Mon-Sat: 7:00 A.M. -1000 P.M.
Sunday: 8:00 A.M. - 9:00: P.M.



Joe’s Pizzeria

Joe’s Italian Pizzeria serves lunch and dinner, including the popular buffet option that runs Monday through Friday. Joe’s Pizzeria also provides the pizza we sell every Friday in the school foyer!
22360 S. Sterling Blvd.
Sterling, Virginia 20164
703-444-9500

Park View Hosts Annual Craft Show

by Josselyn Rodas

On November 14, 2015, Park View High School held the annual Craft Show in the foyer. The event is meant for all of the Sterling community to come and participate for public benefits. Also, the participants craft all their goods and use the profit made to benefit the school and for other uses. The event is open to anyone interested in some of the opportunities offered such as buying hand made goods and helping out the community.

There were 13 booths set up with different crafts for sale. Each stand specialized in something unique. Something Old > Something New was a stand that sold frames of mosaics. Also, there were necklaces that were made of repurposed game pieces. Not only is it a profit but, “It is a hobby. It’s a hobby, it’s a craft, but it’s also me giving back to the community” said the owner of the stand. All the profit made, is sent out for three scholarships in Eastern Loudoun for students who are planning on becoming teachers.

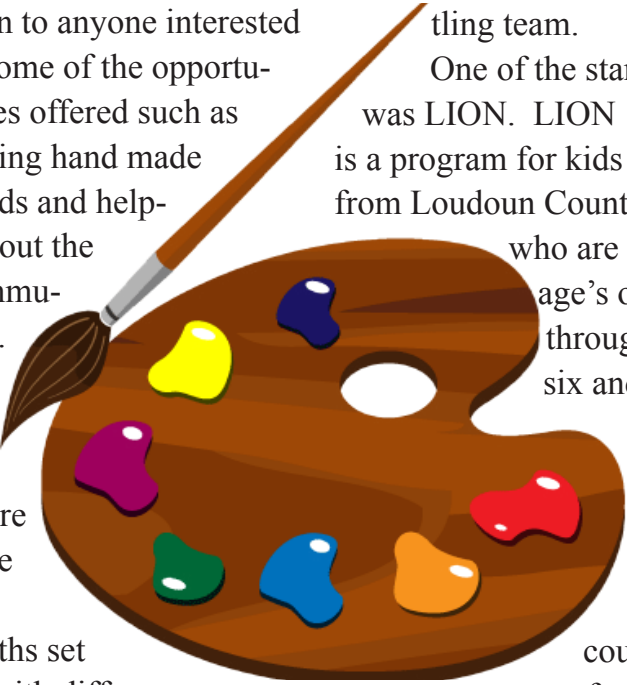
Another interesting stand was Wind Chimes. The wind chimes were made out of old glass bottles and chimes. They were all hand made by the producers of the stands.

The glasses are cut by a circle glass cutter. 90% of the bottles were made of used alcoholic beverages. “My friends are kind enough to bring them to me and they are just a collection,” said the seller of the wind chime bottles. Actually, 100% of the money goes to Park View’s very own wrestling team.

One of the stands was LION. LION is a program for kids from Loudoun County who are age’s one through six and

could get a free vision test. When someone visited the stand, they received a free analysis on the vision of their eyes. One could receive a perfect score, it was a very fast process. A machine, almost camera like, is used on eyes with flashing lights meant for the younger children to be amused.

There were many stands to benefit the Sterling and Loudoun County. The crafts were all unique and a variety of them were handmade. It is a good that the Sterling community does. From supporting Park View to 100% profit, the craft show is something you cannot miss.



Wrapping Up in Winter

by Jennifer Nunez De La O

Temperatures have dropped to unbreakable levels which means it’s time to bring out the hot chocolate, sweaters, boots and scarfs. Just because it’s winter it doesn’t mean you have to resign on style, it just means we have to be a little bit more creative when it comes to getting dressed in the morning. Great style, even in the depths of winter, is very possible for both guys and girls.

When it’s really cold outside, sometimes your go-to every day style no longer fits the weather. This is when you have to find creative ways to layer your clothes or just have fun with it and make it your own style. During the months that winter stays we want to look our best but yet still feel comfortable.

According to StyleCaster, there are six ways to stay fashionable when it’s cold out. One of their ways of making winter styles easier for everyone is layering your clothing. There is a reason why layering is such a big trend this season; it is a very practical way to dress when it is cold outside so do not be afraid to pile layers. Turtlenecks and long

T-Shirts, a jacket, or a coat, will keep you warm. Some days are a little bit classier than others in that case you can pair a dress or a shirt over a pair of leggings or tights will work just fine.

Another way to stay fashionable in the cold is wearing boots with almost everything you wear. If you have a great pair of high knee boots pair them with a short cute dress. If you have nice ankle boots, you can still make use of them, pair them with some cuffed jeans or a dress. One of the easiest yet prettiest way to make your winter outfits looking nice is wearing scarfs. Scarfs can be worn in a variety of ways that can easily change the mood of your outfit. They are an easy accessory that can spice up your look for the winter.

Guys, have a lot of accessories that they can pair with their outfits on a cold winter morning. A way to stay warm for guys is to wear hats or beanies. Another great way to stay warm on a cold day is by wearing Under Armor. Under Armor is an athletic style undershirt that will keep you warm under your

casual shirt. A warm colored pair of gloves will also keep you warm and it fits perfectly fine.

When it is freezing outside, overcome it by wearing a sweater. It is a great addition to an outfit, and it will also provide you with an extra layer for the cold. If you are a person who easily gets cold, StyleCaster recommends to buy wool sweaters. They come in many different varieties and it will definitely keep you war. Sweaters keep you cozy in the winter and they come in many different styles, colors, patterns, designs. A great hint to remember is to stay fit with the colors that you feel comfortable.

Winter comes unexpected temperatures, which means dressing in a stylish way that will still keep us warm. Winter is that season that gets people excited for the snow and also to get ready in the morning. It is possible for both guys and girls to feel comfortable and yet still feel fashionable. There is a style for everyone; just remember to be yourself and dress however you feel the best.



Photo by Jennifer Nunez De La O
Left: Boots are a must-have in this wintry weather. Right: Trendy, colorful scarves are a way to stay both fashionable and warm.

Seniors Take the Win at Winter Pep Rally

Story by Destiny Colbert Photos by Liana Jackley



The seniors took the win at this year's winter pep rally. Since the last pep rally there has been talk about who will take the next spirit stick. Obviously, winning neither the first spirit stick nor the homecoming spirit stick, the discouragement was clearly apparent in the class of 2016. The senior class usually, almost always wins the first pep rally of the year. To many it's seen as a tradition; but with the loss of that they hoped to succeed at the next pep rally,

but again no success. While the seniors began to lose hope, the other classes gained excitement as each day got close to the pep rally. Junior, Cristian Chavez stated, "After the last win, we were even more excited to take another win. Winning the pep rally isn't just about the spirit stick, its bragging rights too." The junior class was hungry for another win but so were the underclassmen. Sophomore, Jose Hernandez said, "I felt like the sophomores deserve to win, and I thought we would." The talk of the seniors not showing up to the pep rally began to rumble in the week leading up to the pep rally. Senior, Seth Hilliard stated, "We started to feel like we didn't stand a chance, and at Park View we take pep rallies seriously." It's clear that the sophomore class and junior class do have more students the senior class, and the seniors took it to heart.

Senior, Chris Claeysen said, "I feel like the pep

rallies are predetermined and in the previous years it was never like that. Everyone felt like they got or had a chance to win. So that's why some of the senior class and I didn't go." Many seniors felt as though they did not stand a chance, but that did not stop some of the students in the senior class to still attend the pep rally and try their hardest; even though many said they didn't think they were likely to win. Things took an unexpected and surprising turn

when the class of 2016 won the pep rally. Junior, Elizabeth Rivera said, "The junior class put in a lot of work and we tried our hardest, and I'm glad the seniors won, but I feel like it wasn't deserved."

To say that Park View takes pep rallies seriously is an understatement, everyone is more than excited for the spring pep rally to see who will take the next spirit stick.

Perseverance is Key for Park View Wrestling

by: Kevin Acevelo

Park View’s, mighty mighty, wrestling team has had a good season so far, but with the lack of players they have been losing points although one of the wrestlers for our team says “that the team works hard to make up for the points they’ve lost”. Another of our teams wrestler says that “Our coach is pretty cool, he knows what he’s talking about because he like us use to wrestle, he shows us where we missed up and what we can improve”. Most of the players

feel that wrestling can end up being a career for them. The team has lost 9 games but Eric Nottingham, one of the wrestlers, says “The majority puts a lot of effort in to make up for the shortage of players. Eric also feels that in the future the team will do better because he says “some of the kids from middle school have a lot of experience wrestling, so they will help make up for the points they lost for the lack of players”. Nottingham explains, “I’ve had 5 personal losses but it

just shows me how much room I have to improve and become better”. Nottingham also likes to do other things besides wrestling, like play football go hunting and fish and he use to play lacrosse, baseball and run track. The next school the Park View wrestling team will be up against is Loudon Valley, so lets make sure to go cheer on our team and hope for the best.



Victor O’Neill
Eric Nottingham pins down a competitor at a home competition.



Victor O’Neill
Junior Joshua Dinoso dribbles the ball to try and score a point for the Patriots.

Basketball’s “hype man” Proves That Hard Work Pays Off

by Chole Hilliard

This winter season’s athlete of the season for Basketball is junior Joshua Dinoso. Dinoso has been playing basketball since the 6th grade. He enjoys playing because it’s “something [he’s] good at.” As for the practice schedule, he thinks that it works well for the entire team, and even though their are morning practices everyone is committed. Dinoso joined basketball to be a part of the team and the sport. Dinoso enjoys the team itself because everyone is close. One thing the team should work on as a whole is communication. As well as playing for the Park View team, Dinoso also plays

outside of school for an AU team when the Park View basketball season is over. In the future Dinoso Plans on playing for Park View his senior year and if he gets the opportunity he would like to play for a college team. Zack Orchant, Head coach of the basketball team says that “Dinosa works hard day in and day out” He also referred to Dinoso as their “hype man” on the bench and in the locker room. Dinoso’s work ethic and desire to work hard day after day never waivers.

Adlam Breaks Records in Girls’ Basketball

by Aliyana Raja

Many basketball players are usually described as hard working, determined and committed. This year’s girls’ basketball athlete of the season, junior Christina Adlam, fits that description perfectly. Adlam started playing basketball at the age of 8. She became interested in basketball because she wanted to try something new and because her mother had played basketball before. Adlam has played on three to four AAU teams for 5 years before playing on Park View’s team. This year’s season has been better than last year and they have even broken some records too, according to Adlam. She doesn’t really have any other interests outside of basketball besides drawing and working out. Her biggest achievement so far this season has been, “Breaking two school records, for sure.” She sees herself

playing this sport throughout college and wants to hopefully get a scholarship. One piece of advice from Adlam to anyone considering joining basketball is that it all comes down to work ethic. “I think that some people might be afraid of trying a new sport because they might think they’re not good enough,” Adlam states. “You might not have the talent, but hard work pays off.” What she enjoys most about her team this year is that they’re all friends with each other. “It’s more fun when everyone gets along.” Adlam says. Her favorite game that has been played so far this season was Riverside because “it’s a new school and it was fun.” Adlam says that she feels good and accomplished that she was chosen to be athlete of the season this year.



Victor O’Neill
Top: Adlam attempts to shoot a basket as another team blocks. Bottom: Adlan dribbles the ball to find an open teammate.



photos by Victor O’Neil
Left: Wagner performs a flawless beam routine. Right: Ashler Wagner performs on the uneven bars.

Wagner Tumbles Her Way to Success

by Edwin Alfaro

Tenth grader Ashely Wagner is the athlete of the season of gymnastics. Her season so far has been great, she says, “The whole team is learning new things.” Her team’s record the last two games 3rd place. Wagner is not one hundred percent sure if there is anything that the team can do to improve. Wagner enjoys gymnastics and its fun good experience and she’s been doing it since she was a little girl. Wagner wouldn’t change anything if she could, she likes to do cheerleading when she isn’t in gym-

nastics. When Ashley first started gymnastics she said she liked it because “everyone gets along.” Mrs. Poplawski the gymnastics coach thought it was hard to choose the athlete of the season because all the girls are doing well. Wagner stood out the most because she was the “strongest performer.” At the last competition Wagner had the highest all-around score. Mrs. Poplawski says, “The team can improve in learning new things and trying not to fall off the beam.”

Patriot Spotlight

by Gabrielle Corum, Zion Wallace, Patrick Sorto, Madelyn Rivera, Weini Ogbagiorgis

Freshman

Jackie Villanueva



Jackie Villanueva is this edition’s freshmen spotlight. “When coming from a middle school to a high school it was pretty scary but I’m adjusting well,” she says. She states that she was feeling pretty excited on her first day of high school. Although Jackie’s experience so far has been good, she also added lots of stress. “My classes are a lot harder than they were in middle school,” Villanueva explains. Pre-AP is one of the challenging courses she has faced in her high school experience so far.

In her spare time, she attends cheer practice and spends time with her family. Although this is her first time cheering, she is striving to get on varsity next year. Villanueva is doing winter cheer/dance.

She does not have a job yet, she wants to wait some time to get stuff done so it will not be too much stress during the school year . She describes the Park View High School community “as a pretty cool environment.” Some advice she tells to herself is to be yourself and to not “let others get to you” or bring you down.

Sophomore

Javier Pleitez



Sophomore Javier Pleitez is a funny and compassionate student here at Park View High School. “He’s a cool guy if you meet him he will be there for you and he is committed to everything he does,” said fellow classmate Jonathan Hernandez.

He takes pride in his academic studies, and enjoys Park View. Pleitez explains, “I enjoy Park View, the people here are nice and willing to help you.” Pleitez, like many students at PV, says that the pep rallies are a very memorable part of his high school experience. “My first pep rally [was memorable] because I was so surprised with how loud and fun it was,” says Pleitez.

While he currently isn’t in any extracurricular activities, his favorite hobbies include mostly hanging out with his friends in and out of school. Going to the movies, the recent movie he saw was star wars which he said he really enjoyed. He loves to play videogames preferably RPG, and First person shooter games, like Call of Duty,

Junior Haydee Portillo



Junior Haydee Portillo is an involved student here at PVHS. She is a member of Drama and World View. “I like to act and it is fun to interpret different characters,” explains Portillo, who has appeared in multiple productions. Portillo’s showcases her musical ability in multiple outlets, including the musical group, World View. “I like World View because we play diverse songs that appeal to different people in Park View and also in the community,” says Portillo.

Her future goals include attending college at the University of Virginia, where she would like to study to become a scientist. She says her favorite classes are music and Chemistry, and her most difficult class is AP U.S history.

Portillo likes Park View because the people are nice and the teachers are involved with the students. Dr. Lončar, guitar teacher and creator of World View, says, “Haydee Portillo is quiet, hardworking, artistic and she gets the job done. She play the guitar well, and sings well and is a team player.” Look for Haydee Portillo in upcoming productions and performances around Park View.

Senior Tariq Mouhajir



Senior year can be a handful, especially for senior Tariq Mouhajir. From participating in clubs and activities such as the SCA, GSA, and the Chinese club and kickboxing, Mouhajir has thoughts about the future that start becoming more frequent in a student’s mind. For Mouhajir, he already has a clue as to what his future career may be like. “I’m going into animation,” Mouhajir explained. “I want to bring animation to life.”

“Kind and open hearted,” is how Mouhajir best describes himself. Senior Haley Luu, a close friend of his, agrees. “He is the type of person I can always go to. He will always try his best to help someone out when they are in need.” Luu said. There are many who say that they will miss high school once they graduate, but there are also others who are glad to be leaving. Mouhajir is one of those students happy to finally be closing another chapter in his life. Senior year can go in a flash for many seniors, and Mouhajir stated, “It feels weird. It is going by really fast.”

There are many seniors who wish they could go back in time and tell their inexperienced selves some wise words. For Mouhajir, he would go back in time to elementary school and tell his younger self these encouraging words: “Be who you are and don’t let anyone change that.”

Park View Teacher Spotlight

by Nicole Suc, Kathy Majewski, Wendy Deras, and Meagan McDaniel

English

Ms. McAteer



Caitlin McAteer describes her first year at Park View High School with two simple words: “Está lit (It is lit.)” She is currently teaching academic English for grades 10 and 11 and has been “excited to be able to work with students who had a great spirit.” McAteer has always had a great love for literature. As she got older she realized that writing was one of the oldest and best forms of communication and it could help bridge communities; as well as be a helpful way for people to better understand each other.

Ms. McAteer attended Wheeling Jesuit University in Wheeling, West Virginia where she received her undergraduate degree studying English, and was later a student at Boston College in Massachusetts for her graduate degree in Irish Literature & Culture Studies. Her advice for students who are considering becoming English majors in the future is “to know ahead of time and decide that you want to do education in particular and when you go (to college/university), work solely towards that particular goal. Choose what area of English you want to be teaching and focus on that area but most importantly get the education degree at the same time.”

A few of McAteer’s current favorite books include The Handmaid’s Tale by Margaret Atwood, The Stranger by Albert Camus, and all of The Chronicles of Narnia books by Clive Staples Lewis. If teaching in the English department was not the profession McAteer would have chosen, her alternative occupation would be to become a risk analyst for the United Nations. McAteer says she was drawn to Park View “for the pep rallies. Everybody said that Park View had a great spirit.” The Park View family as a whole can agree that McAteer’s decision to be a part of our school was a great one. We are all proud to have her join us.

Counseling

Mrs. Dunn



Mrs. Megan Dunn is a school counselor at Park View High School. Mrs. Dunn first taught at Park View High School, but then she went to Loudoun County High School for a couple of years, before returning to Park View. The one thing she likes about Park View is that the students have pride in what they do and in their pep rallies.

During her high school years she played soccer, and went on to play intramural soccer. Mrs. Dun said “I played intramural soccer for one year at James Madison University”. Her favorite thing to do is run and snow ski. During her schooling career she decided that she wanted to be a special education teacher. After her teacher told her that she would be suited to be a special education teacher desired can have her education at James Madison University.

After she got accepted into her dream school, JMU, she volunteered at a school where they needed help with special education. After a couple weeks she decided that special education was, not what she wanted to pursue. She looked into school counseling and she fell in love with the career. She attended James Madison for four years and graduated with a minor in Psychology and a major in teaching. She attended James Madison University for undergraduate school (bachelor’s degree) and Virginia Tech for graduate school (master’s degree) in college.

When Mrs. Dunn is not at school, she is at home being a full time parent to her two kids and relaxing with her husband. The one quote that Dunn lives by is, “Fake it until you make it.”

World History

Mr. Kleffman



Park View welcomes the new World History II teacher, Mr. Kleffman Hunter. His parents were part of the first graduating class of Park View High School and chose the school’s mascot, the Patriot. Although his parents graduated from Park View, Mr. Kleffman graduated from Broad Run High School and received his Bachelor of Arts degree from Radford University in 2015. Mr. Kleffman describes himself as “hard working, light-hearted, and respectful.”

As a junior in high school, his football coach, who was also a fifth grade teacher, took Mr. Kleffman to work with him, and he enjoyed working with the students. This was the moment that inspired him to become a teacher. As his first year teaching, it can be difficult to adapt, but Mr. Kleffman says he enjoys teaching at Park View High School. He would like to continue teaching at Park View for a long time. Mr. Kleffman says what he enjoys the most about teaching is, “The content I get to teach and the character of my students. Mr. Kleffman also feels that “teaching is what I was supposed to do.”

All teachers want their students to strive in academics and become who they want to be by reaching their dreams and goals. Mr. Kleffman’s advice for students is “work hard; with great work comes great rewards.”

Band

Mr. Morton



Mr. Brian Morton is Park View High School’s new band director. He teaches band for 9th through 12th grade. Under his direction, his bands have received many awards, great ratings at band assessments and awards at band festivals. Morton started playing the clarinet in the fifth grade and continued playing throughout college. This eventually led him to get a master’s degree in clarinet.

Morton feels that music is an important part of life. “Everyone can relate to music, just like we can to all the other senses we have.... I believe music covers all grounds and it allows us to record in such a way that on paper, you can’t necessarily do.” To Morton, music helps listeners remember great times and relieve stress.

Morton gives optimal effort to everything he does. “It is not worth doing unless you are willing to put in the time. It is something that will allow you to have good work ethic and be more disciplined” Morton stated. “It doesn’t feel like work when you are doing music.” continues Morton.

According to Morton, “Music is something that will help you in all aspects of life.” Some of Morton’s other hobbies include fishing, playing guitar, and playing tennis. Morton plays tennis with his friends and family. He also enjoys spending time with his dog. Music helps Morton do everything to his highest ability. Morton is a dedicated teacher who has a true passion for what he does.

Park View Welcomes Author in Residence John Parra

Story and Photos by Ibtisam Tora



In the time frame of two days, Park View high school welcomed author/illustrator, John Parra to speak to a group of selected students about expressing emotions and actions with literature and art on November 19-20th, 2015. Loudoun County Public Library is the only Virginia public library to receive the Latino Americans: 500 Years of History grant, leaving the staff excited for this rare event to take place in their very own school library.

Parra is known for being an award win-

ning illustrator, winning The Golden Kite Award from The Society of Children's Book Writers and Illustrators for his known work, Thanks and Waiting for the Biblioburro, and Pura Belpré Honors Award in 2011, and The American Library Association (ALA) and REFORMA in 2015. Students from freshmen to senior year attended this thrilling, two day event to write and draw their very own children's illustrating book. Students broke up in groups of four to five to start off and create their story line.

The teachers laid out snacks for their working minds and bought large amounts of pizza for the entire library to feast on. Throughout the entire project, junior, Jeo Gonzalez, a student attending the Park View's author visit, expressed that, "I think the most important thing I realized while doing this project was that how difficult it was to get all of the art work, the writing and the meaning behind the art in the matter of two days."

John Para himself, would gladly roam around the students

tables, giving them positive feedback as well as advice to conduct their own book together. Laptops, color pencils, paint, etc., were all provided for this important task to reach their goal. Their overall goal for all of this was to finish their bilingual books, colored and completed in order to bind the pages together with a cover and title for it to be delivered to the Salvadoran embassy that would be sent to children in El Salvador. "My group was so good on staying on task to complete the work, even when we got stuck on a

few things," stated Gonzalez.

Each group went up in front of the groups, presenting their finished work, explaining and reading the story to them as if they were reading to a child. Some stories were funny and creative while some were serious and emotional with a meaning behind it. In two tough, packed days, every group managed to complete their work while showing off their artistic and literary talents.