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Park View High School
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Sterling, VA 20164

Applying Tech Ed Skills to Mother's Day

by Jennifer Nunez De La O
Technical Education (Tech Ed) is a class offered at Park View, but most students do not know there is also an applied Tech Ed class for students with certain disabilities. They recently created a handmade jewelry holder for Mother's Day. The class consists of Mr. Gregory Mitchell, Ms. Joanne Hajics, Ms. Ronda Coker, Ms. Ana Garcia, and Mr. Richard Freeman. The class itself, not including teachers, has six other students. Applied Tech Ed is known not only for learning how to use machines, but also to help the students learn to work together and develop life skills.

In class, students cut, measure, sand objects, and familiarize themselves with machines with the



Photos by Jennifer Nunez De La O
Applied Tech Ed students construct Mother's Day projects.

help from teachers. Recently, the class gathered recycled materials such as old wood pallets, door hangers, and reusable cloths to make beautiful Mother's Day gifts.

Everyday these students are learning new techniques and lessons, and most of all, new ways to learn and work with different items. The class is also able to teach them skills that they will use every day such as listen-

ing, following directions, and communicating. Mrs. Joanne said, "They can do everything, it's just they need time to do it." Applied Tech Ed has given the students many different projects in which they can all project their creativity. Throughout the school year they have created stools, piñatas, and piggy banks. The best part of the class is seeing how these students take their time and effort and engage

it into their projects, making it the best they can. Every student has a favorite part throughout the process of making the gift, whether it is just sanding or painting, they all enjoy it. Rosa Garcia, a student from the class stated, "I enjoy painting the most, but I also enjoy working together as a team." Orsis Canas, another Applied Tech student also enjoys painting, "I like to take my

time to do it. I like for it to be perfect."

Ms. Garcia stated, "We want them to learn how to use the tools and to have fun making a present for their moms all from scratch." Making these Mother's Day presents not only brought them closer to their moms, but it also brought the class together. Ms. Joanne said, "These kids can do anything they set their mind to, with guidance and patience they can do anything it just takes them time." This project not only showed the students new skills, but also gave them the feeling of knowing they are able and capable of doing anything. Ms. Coker stated, "It's always a good day when you learn something new."

Greeting The Delegates With Open Arms

by Darlin Gonzales

The international Youth Summit is a program where delegations from different countries come to the United States and are hosted by Loudoun County High Schools. Park View High School students hosted delegates from Italy, Germany, and Costa Rica.

The delegates arrived in the United States and met up with their host families at Park View. They only stayed for two weeks, but those two weeks were filled with exciting field trips, memorable events, and important meetings.

"This year, we went on field trips to the Newseum, Holocaust Mu-



Photo by Tran Le
The delegates and their hosts pose in front of the national monument.

seum, and Monuments trip around D.C.; they heard from former Secretary of State Madeline Albright, and had an opportunity to hear from a guest speaker from Cambodia who lived through very tough times

during the Genocide in that country," stated Mr. Thomas Wellington, one of the teachers in charge of organizing the summit. All of the delegates in Loudoun County came together at the summit and

had discussions about human rights issues as well as political issues. They discussed what problems were occurring in their countries and also sought out ideas as to how they could improve and/or

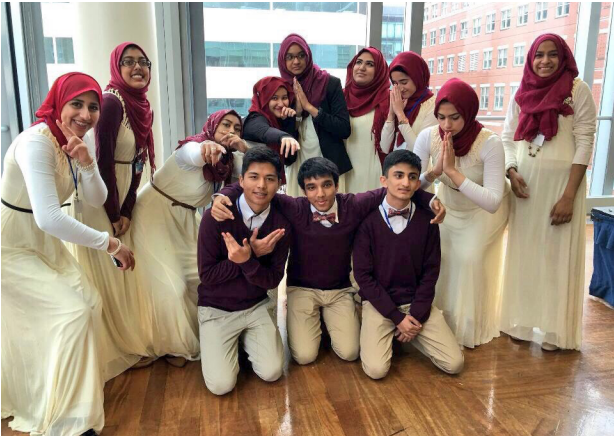
solve these problems. "I really enjoyed hosting. At first it was awkward having a stranger in your house, but as you start talking to them, you get along with them and it feels as if it's just a friend staying over. I have always wanted to do it since last year when I visited Germany and stayed with a host family," said junior Jeovanny Gonzalez.

"Saying goodbye sucked, but the memories made up for it. It was a great experience; I would recommend hosting to anyone who loves meeting new people especially from other countries," stated Gonzalez.

Park View’s MSA Takes on D.C. Regional MIST

by Weini Ogbagiorgis

On the weekend of April 1st-April 3rd Park View’s Muslim Student Association (MSA) participated in the DC MIST competition against other neighboring high schools’ MSA’s. MIST, which stands for Muslim Interscholastic Tournament, can be described as “an interactive program of competitions and workshops geared towards bringing high school students together in order to develop a strong identity.” This competition begins at regionals but if a team is successful during these rounds, then they can advance and participate in the national level of the competition, which happens to be held in Canada this year. This year’s venue for the regional DC Mist competition was held at The George Washington University, in Washington DC. Some schools that Park View com



MSA poses for a group picture in their color coordinated outfits.

Photos by Nailah Islam

peted against were South Lakes High School in Reston, VA, Hayfield Secondary School in Alexandria, VA along with many other high schools in the DC, Maryland, and Virginia metropolitan area. There are an array of competitions or events available at the DC MIST that members can choose to participate in. Every year there is a theme and this year’s is “Race Against Time”. All the competitions and events are derived from the selected theme. Junior Afreen Ahmed,

“This year I got to enter a piece that I worked on into the 2D art competition.” Meanwhile if participants are not busy competing they attend events set up for them to go and observe. “During MIST Talks we get to hear the stories of well-known Muslims and their journey,” explained junior Hibba Khan. A “MIST Talk” is an imitation of Ted Talk and this year the participants got to experience hearing from the producer of internet sensation “Fousey-tube”. The weekend of MIST is spent either participating in

competition, watching competition, or listening to guest speakers. The Mist competition is welcoming towards everyone who would like to participate, Muslim and Non-Muslim. “This was my first year going to Mist and it was very eye-opening. I didn’t know much about the religion of Islam and after those three days it taught me a lot,” expressed Junior Kevin Nunez. He then went on to state how much fun he had and the excitement he has to participate again in the competition next year.

“As a non-Muslim you can truly learn a lot as Kevin said. You don’t have to be Muslim and you can still have fun,” Khan expressed. “The hype is real, that’s why you should come to Mist,” junior Jia Effendi stated. She described MIST as extremely spirited and fun. “Although you may be rivals because you go to different schools, it’s nice to see everyone come together because of one common religion,” Effendi expressed. Although they will not be advancing this year, it can be easily seen our fellow PV peers genuinely enjoyed the experience. Park View’s MSA encourages anyone interested to reach out and participate next year and join the competition.

SUCCESSFUL FIRST FAMILY GAME NIGHT

by Josselyn Rodas



A cafeteria full of families participating in all the activities.



Junior Sean Wesley puts his art skills to use by doing face paint.

Park View High School’s very own Family Game Night was a success. Many families, and students reunited to have a family friendly night full of games. A lot of Park View students came to volunteer and participate in the event. The Sterling community united together from several of the schools to have fun on this one night. The school was full of families and friends; everyone had the chance to connect with one another. The night included free food with games and activities everyone could participate in. Junior Matthew Anaya joined the festive night and was accompanied by his group of friends. Anaya said, “Family Game night was so fun. We all had a blast and I hope there’s another one next year!” The event con-

sisted of games and challenges that could all result in winning several prizes. One of the games was putting a cookie on top of the participants forehead and trying to reach it to their mouth with no hands or help whatsoever. It was included as one of the top favorites by the students. All the games were kindly donated to the PBIS team because of Ms. Tonya Smith, from the math department, who organized the games. The event took a lot of hard work and effort from the PBIS team. They made several phone calls, emails, and direct contact regarding the donations for the food, games, and raffle tickets. Mrs. Victoria Wu, of the English department, attended the event, “I brought my son, Marcus, to the event and he had a blast! He especially enjoyed the face painting

and games.” Many students came with their siblings and family which of whom unquestionably enjoyed the night. PBIS is already planning next year’s Game Night; this year, about 650-700 guests arrived. Get ready, because next year Family Game Night will have twice as much fun with more games and activities.

STEM CLUB KEEPS IT GREEN AND CLEANS FOR EARTH

by Josselyn Rodas and Liana Jackley



Although Earth Day is April 22, the STEM club was already on the job. The idea of the event was planned by STEMs president, junior, Iris Le. The club decided to paint Park View High School’s spirit rock. The rock was meant to remind everyone of the importance of Reduce, Reuse, and Recycle every day; not limited to just Earth Day. Junior president Iris Le, freshman vice president Eric Mendez, and junior Nhan Le, all painted the tree for Earth Day. Painting the rock actually took a while. It took two after schools day to complete and perfect. The students who participated decided each role they would take. Also, they came up with the theme of “Every day is earth day.” Ms. Lisa Klug, Earth science teacher, believed, “I think they did a great job!” Also, the next meeting STEM started working on making houses and lighting them up with solar panels.

Also, on Saturday April 16, environmental teacher Anna Nunez gathered student volunteers to do a pre-Earth Day clean up at Claude Moore Park. Hiking two trails while picking up litter along the way, the group filled 15 recycling bags to the brim. The clean up made students more conscientious about disposing trash and more knowledgeable about recycleable items.



Photos by Liana Jackley
Students cleaning up Claude Moore for Earth Day.

Patriots Enter Cavalier Territory

by Ibtisam Tora

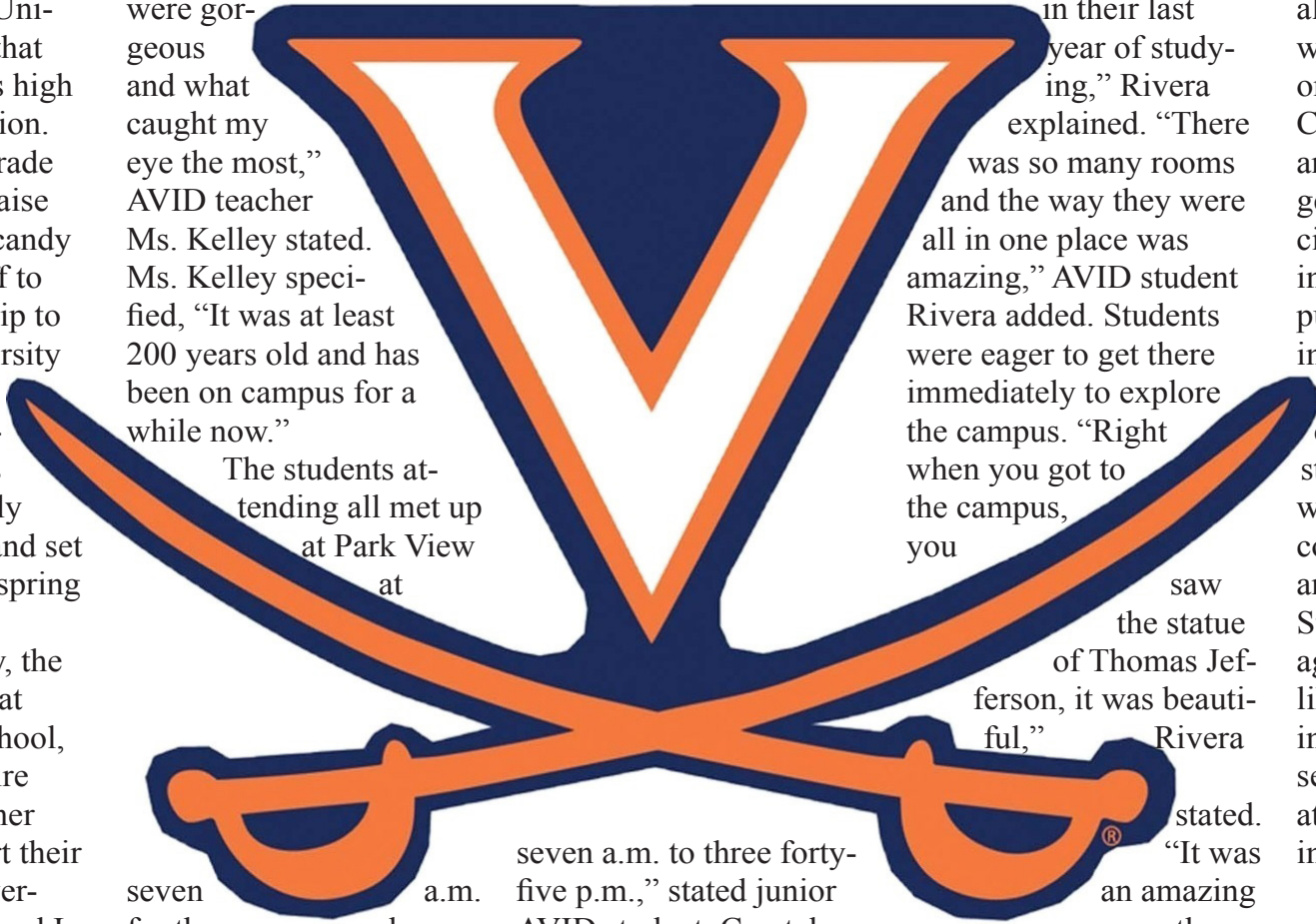
On March 18, 2016, a group of Advancement via Individual Determination (AVID) Students from Park View High School took a trip to the well-known University of Virginia that is recognized for its high standards of education. Students from all grade levels helped fundraise this trip by selling candy to students and staff to help fund the bus trip to and from the University of Virginia. After a good month of selling countless boxes of candy, they finally reached their goal and set a date before 2016 spring break. Ms. Brittany Kelley, the AVID teacher here at Park View High School, helped plan the entire trip with several other teachers to transport their students to the university. “The students and I worked hard to help raise enough money for our source of transportation,”

explained Ms. Kelley. As the students and chaperones were dropped off at the bus stop, they were near an old chapel. “The stained glass windows were gorgeous and what caught my eye the most,” AVID teacher Ms. Kelley stated. Ms. Kelley specified, “It was at least 200 years old and has been on campus for a while now.” The students attending all met up at Park View at seven a.m. for the buses so they could load all of their belongings on while taking role. “It was a full

day trip, from seven a.m. to three forty-five p.m.,” stated junior AVID student, Crystal Rivera. Students traveled all together to the dorm grounds, capturing differ-

ent types of dorms around the university. “We got to see special dorms where students or professors who attended the University got to live there in their last year of studying,” Rivera explained. “There was so many rooms and the way they were all in one place was amazing,” AVID student Rivera added. Students were eager to get there immediately to explore the campus. “Right when you got to the campus, you saw the statue of Thomas Jefferson, it was beautiful,” Rivera stated. “It was an amazing campus, the way the buildings designs were made, how lively it was from morning to

night.” Junior Vanessa Campos who is also a student who takes AVID, took the trip to the university. “We walked around through all the different halls as well as different libraries on the campus,” stated Campos. The students and teachers all ate together in the cafeteria, deciding where to head next in the large school campus. “We all ate together in one of the main cafeterias on the campus too,” clarified Campos. Both students and teachers witnessed the attending college students studying and learning at Virginia State University. Students agreed that more trips like this one would be informative for upcoming seniors who are looking at universities or colleges in their home state.



Park View's "Battle of the Books" Proceeds to the Semifinals

by Rebecca Thlang

This year, Park View High School's Battle of the Books team competed in the semi-finals after earning second place at the Loudoun County Public Schools Eastern Division Battle of the Books Semi-finals. Park View's team competed against Stone Bridge High School, Potomac Falls High School, and Dominion High School.

In Battle of the Books, club members have to read 10 books total each year. However, most of the members read at least four books,

Senior Kayley



Battle of the Books team poses for a quick shot before heading to their competition.

Galambos, president of PVHS Battle of the Books, read all 10 books. "In each round, we are asked 10 questions with one question from each book," said Galambos, "We write our answers on the white board and receive points for each correct answer." Points range from 5 to 20 points

depending on how difficult or easy the question is, and team members have 30 seconds to a minute to answer on their whiteboard.

Junior Erin Casey said, "I enjoy doing this. It helps me expand my reading and get together with teammates and quiz each other." For

the competition Casey felt confident since she and her teammates had studied hard and knew the material. Some of the books that the Battle of the Books members read were *Endangered* by Eliot Schrefer and *Popular: Vintage Wisdom for a Modern Geek* by Maya Van Wagenen.

The members prepared by quizzing each other constantly. They went on Quizlet, an educational website used to quiz students on specific topics, and posted questions about a book while other members answered those questions.

On April 20, Park View's Battle of the Books members will compete in the county-wide competition at Briar Woods High School. Again, congratulations to the Battle of the Books members for making it to the Semifinals this year.

Drama Finishes Off the Year With "Little Shop Of Horrors"

by Hector Ruiz

"Little Shop of Horrors" is a musical about a man eating plant named Audrey II, the centerpiece of the musical. "Little Shop" made its debut May 5-7 in the PVHS auditorium. The premise is that Audrey II, an unusual plant, appears at a plant shop one day and soon begins to gain attention. The closer Audrey II gets to humans, the better since she likes to feast on human blood. The musical is being directed by drama teacher, Ms. Mary Gayle and student director, Amy Hensler. "It was a tough choice to give each student a role that they wanted to be, since there are limited amount of spots for specific role," said Gayle.

Seymour Krelboin, played by Junior, Eric Armstrong, is a very timid person. He worked for his adoptive father as a delivery boy for a flower shop that his father owns. He falls in love with a girl named Audrey. Then, he discovers that Audrey II is

a Venus flytrap. Audrey II makes him really popular and then starts making money after it and becomes rich, because no one has ever seen a Venus flytrap that big. Mr. Mushnik, played by sophomore Derrick Vasquez, is the owner of the flower shop that is failing. He is the boss of Seymour (Armstrong) and Audrey (Nicole Robinson). Mushnik had been deciding on whether closing the store down, due to not having enough business. Once he notices that Audrey II might bring him back to business, he tells Seymour to treat Audrey II which helps him bring the business back.

Audrey, played by Senior Nicole Robinson, is Seymour's love interest. Mr. Bernstein, played by sophomore Erin Schartiger, is a worker from NBC, who offers Seymour his own gardening show. Mrs. Luce, played by junior Lorena Fuentes, is the wife of the editor from Life Magazine. Ronnette, played by

junior Katia Palma, is one of the three female street urchins who function as participants in the action and as "doo-wop" chorus girls outside it.

In preparation for the musical, actors practiced and rehearsed daily. "The actors performing in the play have to stay afterschool every day to practice and as the day gets closer and closer, we often stay even later than usual" said Ms. Gayle. She said that it was not as difficult as she thought to teach the actors their parts in the musical.



Photos by Amy Hensler
Eric Armstrong portrays Seymour Krelboin in "Little Shop of Horrors."

Close Competition at This Year's Annual Dodgeball Tournament

by Jordan Landrum

The Park View High School Student Council Association (SCA) hosted its dodgeball tournament on April 23, 2016. “We are hosting this event in order to fund-raise the SCA along with giving students the opportunity to participate in a goofy, fun, inconsequential event as an outlet,” said SCA sponsor, Michael Vereb. The students competed in groups and got to make fun team names; all teams played on the 23, and the two best teams competed with the winner playing a championship game against teachers on the 29. The proceeds from this event will help fund more SCA events and activities to come, this includes Homecoming, Spirit Links Incentives, Bermuda Day, Teacher Appreciation Week, and funds for our

various committees that do things throughout the year. Teachers who participated in the championship dodgeball game are Mr. Jack Marsh, Mrs. Alina Marsh, Mr. Matthew Poth, Mr. Andrew Johnson, Mr. Gerritt Peck, Mr. Tom Wellington, and Ms. Rachel Gall. The Championship Game was between Dodge Dynasty and Ballz of Duty 3.0. The consolation game was between The Dream 6 and

Slumdodge Millionaires. This year 12 teams participated and spectator tickets were sold, roughly 150 people attended this event.



Photo by Liana Jackley
Khizer Mahmud fighting for the ball.

This event is hosted every year as a fundraiser for the SCA and will be next year as long as there is still

interest. “To anyone who didn’t participate, I would tell them that they should because it is so much fun, It’s cool to test out your

dodgeball skills and feel like you’re in the Matrix every time you dodge a ball and a rush of awesomeness comes through you every time you get some-

one out,” said sophomore Hyasmine Briones, a team captain. Overall there was a great turnout and many stu-

dents had a great time and enjoyed the competitive event. “I was outnumbered five to one when I saw a fleet of dodgeballs rapidly approaching my face, it was that moment when I realized my underestimation of the opponent,” said Michael Nicholson, a sophomore player in the dodgeball tournament. In the end the team Dodge Dynasty came out victorious not only winning their game against Ballz of Duty 3.0 but also winning the championship game against the teachers. This event was a great fundraiser for the SCA that brought in a decent amount of funds, along with creating an atmosphere of friendly competition and zealousness.

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



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and Zion Wallace

Park View “Running” the Show

by Liana Jackley

The adrenaline inducing boom of the runner’s gun officially started Park View High School’s first invitational track meet on Friday, April 22. Thirteen high schools scattered throughout Virginia, Maryland, and Washington D.C all gathered for the opportunity to qualify for states, The Track and Field Championships. Head Track Coach, Andrew Robertson explained the drill for meets, “There are sixteen total events that both girls and boys compete in. They range from field events like

discus and high jump, to running events like the 100 meter dash and the 4x400 meter relay.” “I think this track meet is going to be a blast,” expressed freshman Megan Wu, “This is my first year running track and it has been great.” Track is a unique sport that prepares athletes to better themselves with each and every race, not only competing against other runners but themselves as well. The invitational lasted seven hours, and with such a long duration the need for vol-



Photo by Victor O’Neill
Tina Adlam braces herself for the next hurdle.

unteers were in a surplus. The Sterling community stepped in and lent a helping hand, many of which being students from Park View HS. “The opportunity to hold such a great event here and show off all of what Park View has to offer the Track and Field community is exciting,” Coach Robertson commented, “I’m looking forward to the relays. I think they are the best part of track; being able to work as a team in one

race to accomplish a goal. It shows great teamwork and sacrifice.” Their hard work ethic and spirit shone as the girl’s 4x100 team ran their way into second place. Lauryn Helstrom, a junior and three year partaker in the sport, placed second in high jump at the height of 5’0. Another junior, Tina Adlam, placed second in the 100 meter dash, fifth in the 200 meter, and jumped her way into second place in the long jump at 17 feet and 9 inches. Taking fourth

place, was senior Caitlin Payne in the triple jump. Elijah Walls, a senior, qualified for states in the 300 meter hurdles with a time of 43.03 seconds. Walls also landed second place in the boy’s long jump. Park View’s Girl Track Team won fifth place overall and the Patriot boys took twelfth. The invitational, being a first in Park View history, is a milestone for the athletic department, track program, and to all those who helped execute this meet successfully.



Photo by Liana Jackley
Lauryn Helstrom clearing the high jump at five feet.

Four Bases, Three Strikes, Two Teams, One Winner

by Aliyana Raja and Zion Wallace

The baseball team is trying their best and have persevered this year with great spirit. Most of the team would agree. Junior Dalton Roach said, “It started out really rough but got better as the team progressed through the season.” While the team has not won any games, they are getting better every game, by working on catching, pitching, and other aspects of the game. Trey Bench said, “After every lost we just focus on getting better, and talk about what went wrong during the game, and try not to mess up as much the next time.” Junior John Paul would like to see a change in “catching and being more competitive.” Before every game the team usually has different rituals to hype them up. From praying, talking, to even just stretching. Some of the team members take more away from baseball then just playing the game.

“To me baseball taught me how to encourage one another, and pick them up when needed,” Roach said. One of the most memorable moment for the team was when they almost came close to winning but instead tied with Manassas Park. Win or lose one thing the team agreed it is best to have fun, and learn the lessons that baseball has to offer. Softball is all about working together as a team to accomplish anything thrown at them. Tough, determined, and confident are the words commonly used to describe this year’s softball athlete of the season, senior Samantha Gertig. Gertig has been playing ever since she was five years old. Gertig has also played in a couple of travel teams throughout high school. Her biggest inspiration for this sport is her mom. “She’s the one who taught me how to play. She

played in high school when she was a kid. I basically started because of her,” said Gertig. Gertig believes that the unity between the teammates is the biggest accomplishment so far this season. “We have all brand new players and they’re mostly freshmen, so with me being a senior, it’s hard being with all the younger kids but we’ve all grown together so that’s probably the best thing,” said Gertig. Outside of softball, she is very involved with school. Gertig is currently in the Student Council Association (SCA) and said that it is probably the biggest thing happening right now. Her advice for anyone looking to play next year is to just try out. She felt honored to be chosen as the softball Athlete of the Season. “That’s a really big accomplishment and it’s exciting,” Gertig said, “I’m proud.”



Photo by Victor O’Neil
Sam Gertig catching a fly ball.



Photo by Victor O’Neil
Daulton Roach gets his glove and ball for pre-game warmups.

One Team, One Dream



Photo by Victor O'Neill
Joy Hogarty gathers around team for a motivational speech.

by Navleen Ghuman

Joy Hogarty is the Athlete of the Season for the girls' soccer team. Hogarty has been playing soccer since the age of four. She also played basketball and was in cross country. She loves the sport. She wants to do as much as capable and she says she can be the best for the team. Hogarty does play on soccer teams out of school. She wants to be harder and pushes herself as hard as she can. She plays center mid-field. Hogarty does not want to play soccer in college because she thinks it is a huge commitment.



Photo Victor O'Neill
Diego Henriquez makes a striking pass to his teammate.

Diego Henriquez is the Athlete of the Season for the boys' soccer team. He has been playing soccer since he was young. Henriquez plays center mid-field for Park View High School. He has been on varsity for two seasons and plans to play in college if he receives the opportunity. Henriquez does not play soccer on a team out of school. He says that his teammates push him harder. The team works hard and gives their very best. He would like the team to make state championships because he thinks they have a great team this year. He prepares off season by going to practices before tryouts and working with the coach. The coach says "He is a hard worker, passionate, and a leader." The team is fast, they work hard, and they are very competitive.



Photo by Victor O'Neill
The boys varsity soccer team gathers to pray before a game.

Patriots Move On To Bigger and Better Things

by Ibtisam Tora



CNU.edu

Seniors Chase Jefferson and Emma Ryan celebrated Athletic Signing Day on April 4 for committing to playing college sports. Jefferson has committed to Christopher Newport University to play football. Ryan has committed to Cedar Crest College to play field hockey.

"I've been playing football for about ten years now," stated Jefferson. With recent articles and research about the constant head injuries that lead to more serious brain injuries received from playing the physical sport, people worrying about continuing to play the game. "I've gotten hurt before but it was not that serious but it doesn't hold me back from playing the sport to my fullest potential," explained Jefferson. "I love playing the sport, I enjoy playing it," football player Jefferson clarified. Jefferson has decided to attend college right after high school. He chose Christopher Newport University to study and play his beloved football there with a confident outlook on

his future. "I knew this was the school for me right when I walked onto the campus," Jefferson noted.

Since fifth grade, Emma Ryan has taken the time to play field hockey while growing up. "My father played field hockey in Argentina and my sister played," stated Ryan. "I just really wanted to play like they both did," Ryan stated. "I was looking at two colleges, Lynchburg or Union college to study for art and social working," announced Ryan. "Both colleges did not have what I really wanted so I chose Cedar Crest college," Ryan stated. "I really love the field hockey community and right now, field hockey is a growing sport right now so I am super excited," senior, Ryan explained. Both students have represented Park View with pride during their high school athletic careers.



Cedarcrest.edu

Order on the Court

by Meagan McDaniel

Junior Lindsay Long, is the co-captain of the girls’ tennis team and the girls’ Tennis Athlete of the Season, loves playing tennis. She believes that the best thing about tennis is hanging out with all of the people on her team. The people on her team get along well. Long believes it is a solo sport, but the team is all playing together to win. “[I like] all the people on my team. We all get along,” Long said.

To Long, the best thing about the season is getting new freshmen on the team. “I was so happy... they are all really nice and they are getting really good.” Tennis has impacted Long as a person by “making her social skills better.” With new additions to the team, it makes meeting others and learning to work together easier.

The biggest challenge that Long has faced this season is playing fresh-

man that are really good at tennis from other schools. “Because a lot of freshman that are coming up from some schools have had lessons, so they are ridiculously good,” said Long. She does not let this challenge stop her from doing her best on the court. Long has some advice for others interested in tennis. “Just go for it. It’s hard at first, but once you get going and practice and practice, you get good at it,” She values a good work ethic. Long’s goals for the season is to help the freshman improve their skills on the court. She also wishes for the team to win as many games as possible as this will help improve the team for next year as well. Long’s current record is four wins and one loss.

Junior Kevin Chea is the co-captain of the Boys Tennis Team. He

thinks that the best thing about tennis is the fun he has while playing tennis. “We always try our best. Our number one priority is to have fun while playing tennis,” said Chea. “A good tennis player should be hard working.” says Chea. Chea has some advice for others interested in tennis. “[He] should always be working for every ball.” said Chea.

To Chea, having dedication is important.

Tennis has become Chea’s favorite sport. He has been playing since ninth grade. Chea expects full attendance from his teammates as one of his team goals. He wishes to have more team spirit. “I meet more friends and I’ve become more energetic and sociable,” said Chea. Chea always tries to keep the team spirit up by encouraging his teammates to try their best.



Photo taken by: Victor O’Neill
Lindsay Long swings back hitting the ball perfectly.



Photo by Victor O’Neill
Kevin Chea warms up with his teammates hitting around the ball.

Boys and Girls: LAX to the MAX

by Chloe Hilliard and
Destiny Colbert

Thomas Muongkoth is the boy’s lacrosse Athlete of the Season. Muongkoth has played football in the past and has been playing lacrosse for three years. With so many options for sports, Muongkoth said lacrosse was looking for something different. “I picked lacrosse because I wanted a new sport to try out. The more you play with different athletes in different sports the more you can learn and that’s what I needed,” said Muongkoth. His goals for lacrosse are to get a scholarship and for the team to win a certain amount of games. The scoreboard helps Muon-

koth push harder. When the team gives up he does what he can to get them up and are ready to get back on the field. Muongkoth plans on playing in college and he plays outside of school. Muongkoth makes sure he is hydrated before he goes out on to the field. Muongkoth likes to make sure he practices on the off season.

Karina Martinez is the Girls Lacrosse Athlete of the Season. Martinez is a freshman that played Volleyball earlier this year and works hard to make sure she can help the team get the win. This is Martinez first year playing lacrosse, and she plans on playing in the future but does not play outside of the school. She

has become an amazing athlete with the help of her teammates. She has accomplished tremendous athletic goals for not only herself, but also for her team. She prepares for a game by just trying her best in practice, so it is nothing new during the game. Some ways she thinks the team could improve is by working on some new technique. Martinez is a hard worker in and outside of school.



Victor O’Neill
Thomas Muongkoth runs down the field.



Victor O’Neill
Karina Martinez shakes off defenders.

Park View Seniors Plan for their Futures

Army
Johnny Bui
Stefany Janeth Moreno-Castellanos
Anthony Somot Xaphouvong

Brigham Young University
Trevor Nielson Andrus
Barak Carl Nicholes

Cedar Crest College
Emma Nicole Ryan

Champlain College
Ashley Virginia Bladen

Christopher Newport University
Dakota William Clark
Chase Bradley Jefferson
Emily Katherine Knowles
Tisha Anne Bangate Lim

College of William and Mary
Jessika Abril Amaya

East Carolina University
Heather Nicole Mosesso

Franklin University – Switazerland
Caitlin Virginia Payne

George Mason University
Anuska Acharya
Safiya Fatima Ahmed
Salma Ahmed Almaz
Claudia Carlota Arguella Ventura
Alexander Morgan Burrell
Pamela Morie Ellis
Maria Angeleah Forsyth

George Mason University
David Hien Le
Alyssa Marie Link
Susana Guadalupe Masin Salaverria
Dustin Wayne Moretz
Melanie Nicole Rahe

Marines
Pablo Erlin Vanegas Sandoval

James Madison University
Belinda Addae
Hannah Grace Ford
Alyssa Marie Glasgow
Connor Scott Hotaling
Tran Bao Nguyen Le
Andres Merida-Rico
Jasmin Wanasinghe Nair

Marymount University
Tham Ngoc Huynh

Norfolk State University
Jaijanna Shanell Henderson

Northern Virginia Community College
Cody Alexander Acker
Reem Alhasasneh
Jessica Nahomy Arias Bernal
Tatiana Rebecca Arias
Suleman Asghar
Claudia Guadalupe Ayala-Ayala
Jonathan Michael Baltimore
Jose Ricardo Cid
Roberto Luis Cid
Ivan Steve Flores
German Ariel Gonzalez
Melvin Adalberto Gonzalez
Jennifer Noemy Hernandez
Kevin Leonel Hernandez-Garcia
Edward Young-Chul Koh
Kaylee Nicole Leon-Castro
Talina Lia Malhani
Alexander Josue Morales

Northern Virginia Community College
Tariq Hamid Mouhajir
Peter Tran Nhat Nguyen
Austin James Pittinger
Adriana Elizabeth Rivera
Nizar Driss Sadqi
Prentis Dewayne Siner
Amarpreet Kaur Singh
Elizabeth Rose Sylvia
Eder Alfonso Villanueva
Zwe Pyay Wintzaw

Notre Dame of Maryland University
Marion Elizabeth Porter Smedburg

Old Dominion University
Megan Vanessa Absher
Yancy Vanessa Funes
Mona Nouhad Hamden
Katelyn Renae Left

Radford University
Kathryn Louise Burch
Matthew Ryan Howard

School of the Arts Institute of Chicago
Adriana Valeria Guillen Santalla

Shenandoah University
Haley Mai-Tram Luu

Tuskegee University
Maya Ledell York

University of Mary Washington
Sidney Calvin Britt
Nicole Joann Robinson

University of Virginia
Nardin Mohsen Ageeb
Katherine Gail Breza
Alexander Ohene Nana-Kwadjo Kwakye
Ryan Alexander Mooney
Dax Menano Scott
Taylor Jovero Sealy
Sarah Shah
Stephanie Jy Vongphakdy
Hidayah Abeo Williams

Virginia Commonwealth University
Conrad Alexander Albarracin
Ashley Noelle Edwards
Eden Marie Gordley
Adiam Abrha Ogbagiorgis
Kazi Farabi Rahman
Evelyn Isela Santos
Maia Tran
Mai Husham Wedaatalla

Virginia Polytechnic Institute and State University
Kathleen Evelyn Chestnutt
Emily Lorena De Souza
Soha Gilani
Amy Lynn Hensler
Joy Anastasia Hogarty
Mohamed Alieu Jalloh
Tram Anh Le Mac
Carlos Ivan Mata-Chavez
Harveen Pantleay

West Virginia University
Christopher Paul Claeysen
Jasmine Marie Hodgson



Congratulations Kathy

Kathy,

Congrats on your 2016 graduation! You know your father is so proud of you. We wish you all our best now as you get your diploma and on the day you graduate from college.

Love your family,

Elizabeth, Mark, Ana, Chesley and your mother.



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My Disability Shouldn't Scare You



Katherine Majewski

Staff Writer

Many people make assumptions when they meet someone with a disability. Having a disability can be challenging because some days you will feel like you do not fit in. Other days you will not care about what your emotions are telling you. According to National Center for Education Statistics is 12 percent of children aged 3 to 21 years old are served under Individuals with Disabilities Education act. According to National Center for Education Statistics 157,024 students in Virginia have an IEP. This is a large population of students with disabilities that many people are often not aware of.

I have a disability. I wear bilateral hearing aids, and it has been a long journey. I have sometimes been told that I cannot do a certain sport - things like driving or playing lacrosse. Students with disabilities have a paper called IEP which stands for Individual Education Program. You get this paper if you are in kindergarten through 12th grade. Having an IEP does not hinder my performance; it helps me. I have an IEP and when I was thirteen I decided to change some things that I did not think was the right requirement for me. If you have an IEP and you do not like your recommendation, use your voice speak up. You have the right to change it

Having a disability should not hold you back from your dreams; it should make you stronger. In my own experience, I have had some setbacks because some people thought having a disability made me less capable. According to National Bullying Prevention Center, children with disabilities were two to three times more likely to be bullied than their nondisabled peers. One study shows that 60 percent of students with disabilities report being bullied regularly compared with 25 percent of all students. Students who are being bullied do not want to speak up because they are afraid that people will not believe us, or they will but they will not doing anything about it. We do not like the negative attention and we can be afraid to tell adult.

As a senior in high school, my advice for any student with disability is this: Don't let someone walk all over you. Do not be afraid to say something to an adult or use your own voice. I know what it like to be picked on and be afraid to stand up for yourself. In the end, you will feel relieved and it will give you the confidence to take on the world. Some people thought I would be incapable of going to college or finishing high school because I have a disability, but I believed I could. Don't be afraid to tell your teachers what you need or what is best for you. During the difficult challenges you should embrace yourself; don't be afraid to be who you are.

A Thank You Letter to the People Who Cared



Amy Hensler

Editor-In-Chief

My senior year was comprised of stress, sweat, tears, and more stress. Whoever said that your junior year is the most stressful year of high school is obviously a liar and never taken AP Government. My only solace for getting through all of it was knowing that at the end, I got to leave. I got to go to college and forget about all of the tests and the drama only to trade it in for completely new hassles that would somehow be worth it because at least I was not in Sterling. But thinking through this mentality actually did more harm than good. I found myself growing incredibly bitter, and not realizing that I was unbelievably lucky to have so many people who whole heartedly supported everything I did.

I think it is easy to forget to say thank you to the people who actually deserve it. Throughout my high school career, I was always so focused on

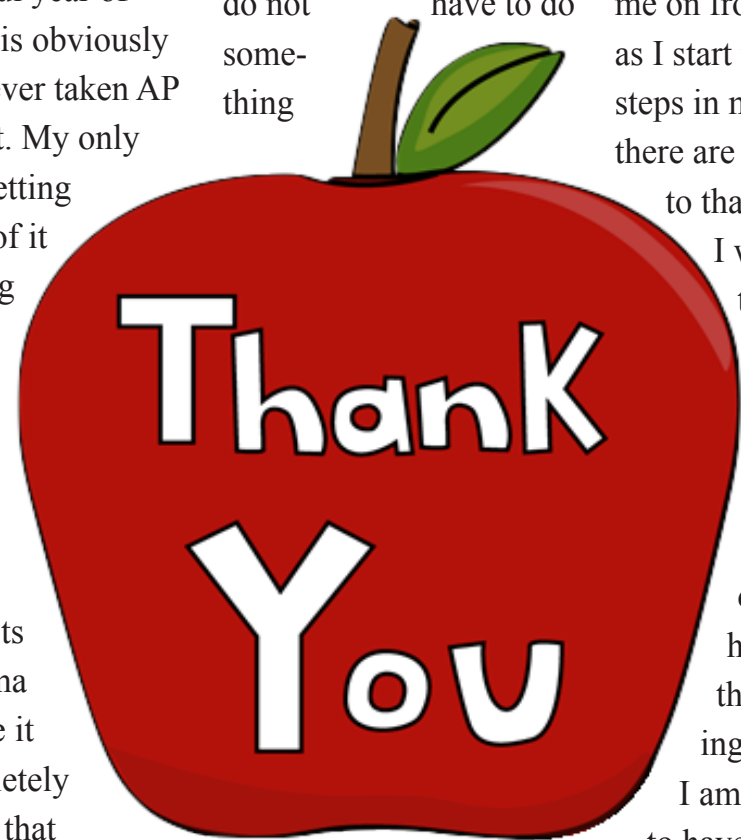
getting out that I never looked around to see all of the reasons for wanting to stay. Thinking that you are "bigger" than something is overrated. While I am thrilled to be going off to school next year, I wish I could have enjoyed some of my high school career more. To have gotten out of my head for one second to see everything that I was missing; because you do not have to do something

world," I am finding myself regretting the fact that I was always too stressed out or overwhelmed to actually see how many people I had that were here to help me, and now that I have to start making those relationships all over again, I am scared. But, I also know that those same people who were there to help for everything before, will be cheering me on from the sidelines as I start to take the next steps in my life. So while there are too many people

to thank individually, I would like to say thank you to the teachers who have been there through all of my stress fits, to the drama department for helping me build the long lasting relationships I am lucky enough to have today, to my friends who have loved me more than I could have ever hoped, to the newspaper for letting me express my opinions and helping me shape into the person I am today, and to Park View, who I am reluctant to say goodbye to, but am glad to have had the chance to go here anyway.

just to put it on your college resume, and if you take a break for one day it will not kill you. I wish I would have listened to someone who told me that life is only as hard as you make it, and it is okay if your life is a little calm sometimes.

If I can give one piece of advice to anyone reading this, it would just be to appreciate the people in your life more. Because as cliché as it sounds, now that I am going off to college and approaching the "real



Getting Ready For Prom

by Kisha Lim

It is finally prom season. Crowded room, loud music, and fancy dressed high school students. All of this does not just happen in a blink of an eye. Prior to this eventful and memorable night, there was probably a girl scrambling to get her lipstick on and a guy trying to get his bowtie dead center.

On the day of prom all of those who are attending will be dismissed earlier than the rest of the students here at Park View High School. Everyone has their specific plan for the afternoon when getting ready for the night.

For some students, the magic will immediately start. Most girls will be rushing over to their hair and makeup appointments to get all glammed up; “I could honestly do my

own hair and makeup and save money, but I like the feeling of getting it professionally done,” said Junior Gillian McIntyre.

On the other end, there are some students who believe they have an abundance of time in their hands. “If either of my hair and makeup appointment are later, then I’ll take a nap,” said Senior Tram Mac describing her-prom plans. Junior Jack Staszak also believes that napping is the way to go, “I don’t need to get my hair

done or anything.” After all of the behind the scenes work, students plan on taking pictures with their prom groups to show their

pre-dresses, suits, hair, and makeup off. Junior Katie Hesler believes that going for a more simple styled dress is the way to go, as it is only her Junior

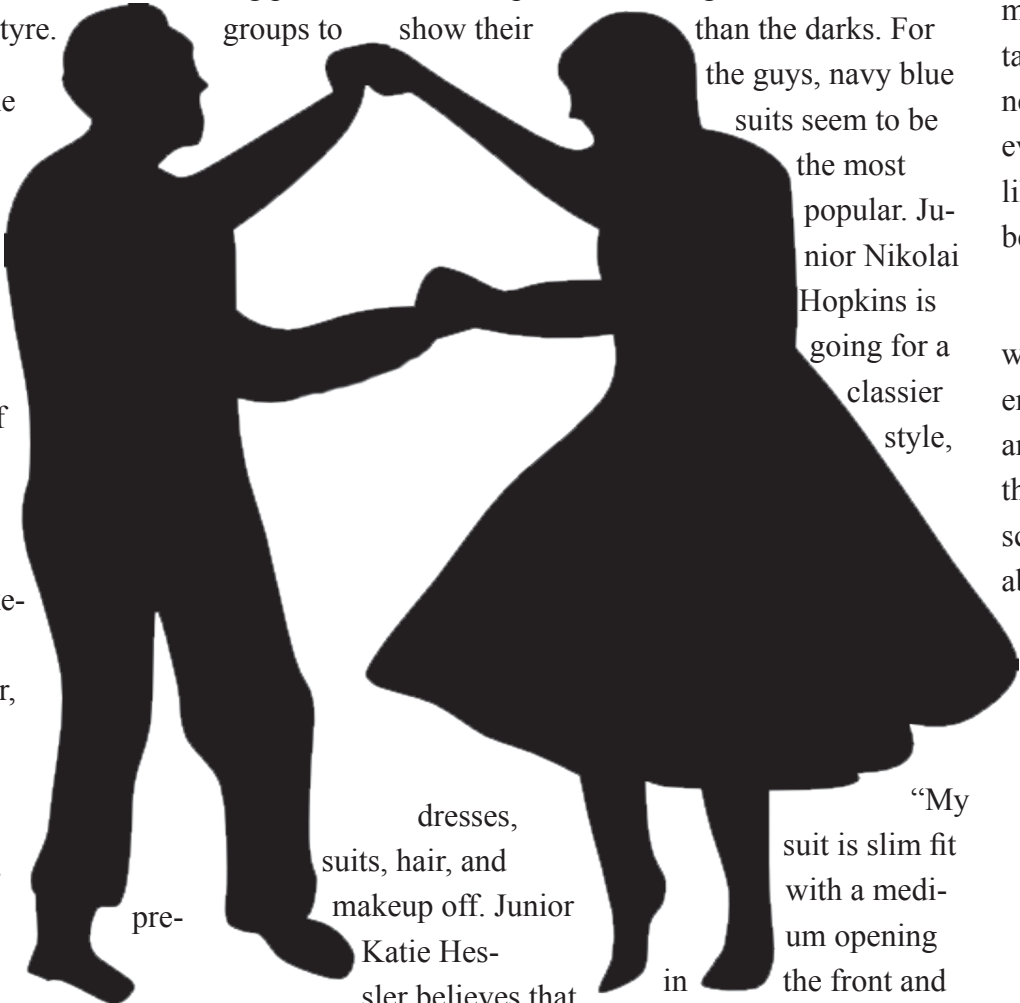
Prom. For some girls the backless dresses are a real hit, along with more cooler and bright colors, rather than the darks. For the guys, navy blue suits seem to be the most popular. Junior Nikolai Hopkins is going for a classier style,

“My suit is slim fit with a medium opening the front and I’m planning on wearing a white button up shirt under with either a red

tie or bowtie to match my girl.”

Once all of the memorable pictures are taken, it is off to dinner. Prom begins 8 in the evening, so most attendees like to get food out the way beforehand.

The rest of the night will consist of dancing, enjoying time with friends, and making memories; that is exactly what high school dances are about all about.



Project Graduation



by Rebecca Thlang

<http://quotewit.blogspot.com/2014/01/graduation-quotes.html>

As the school year of 2015-2016 draws to a close, seniors are getting ready to make their way into college and/or pursue other dreams after graduating from high school. As a way to commemorate the seniors graduating from high school this year are planning their Project Graduation, an all-nighter party at the end of the school year.

There will be activities such as a swimming pool, rock wall, DJ, obstacle course, relay races, hypnotist, and sports games being played such as basketball, volleyball, and dodgeball. Seniors can look forward to participating in Zumba as well as free haircuts by an Artisan hair designer. Project Graduation will have many prizes available for simply

coming through the door and participating in raffles. There will also be stations for nail designs, caricatures, and more. Seniors should come for the amazing variety of foods available as well.

Be sure to register for Project Graduation on the Park View High School website. The registration form will be available to print out under the Project Graduation page. The Project Graduation event will be held at Claude Moore Recreation Center. For those registering, ticket cost includes a \$25 gift card of their choice, a door prize, commemorative t-shirt, and fun activities. Seniors can drop their registration forms off at the PVHS main office along with their payment.

SPRING PEP RALLY

Photos by Liana Jackley



Mystery Spotlight

by Kisha Lim

This edition's mystery spotlight is a staff member here at Park View High School. Most of the students here at Park View know her for her simple acts of kindness, one being the smile that is always on her face.

Before she started her career as a Patriot, she was a member of the Titan family at Dominion High School. She has been working here for about six years now and her favorite part of the job are the students.

As most high school students, staff members also like to have their fun on days that school is not in session. In her free time, she enjoys, "Dancing all types of dances." You will also find her spending time with her grandchildren during summer vacation.

As the summer season is approaching, you will often find her enjoying the weather in August, as it is her favorite time of the year. Her favorite color, blue, ties in with her favor-

ite month as blue skies are often present in August. Oddly enough, her birthday is in the complete opposite time of the year from her favorite; she was born on the month of December, on the 17.

One day she wishes to travel the world as she finds all destinations fascinating. In a way, she has had a taste of a little of everything from the world, as she is always around various types of food throughout the school day.

Her favorite meal of all is fried chicken.

From enjoying the simplicities of life like dancing and cooking, to embracing her job serving the students at Park View, this edition's mystery spotlight can surely brighten someone's day.



Photo by Liana Jackley

Guess the Mystery Spotlight and leave your answer in the Mystery Spotlight box outside room 207 with your name, 2nd block class, and date. The first person with the correct answer will receive a prize.

Patriot Spotlight

by: Wendy Deras, Alexandra Poindexter, Kevin Acevedo, and Gabby Corum

Freshman Sara Rivera



Freshman Sara Rivera has spent her first year of high school getting to know the ins and outs of the school. As a freshman, getting used to high school can be tough, but Rivera is transitioning well to her new surroundings. “High school is different because there’s a lot more freedom and teachers expect a lot more,” said Rivera. What she enjoys the most about high school is the many different sports that are offered. Since Rivera still has plenty of time left at Park View, she has yet to make any decisions about her post-high school plans. In the near future, Rivera plans to take multiple languages to advance her language skills.

Her closest friends, freshmen Jordan Smith and Jackie Villanueva, described her as energetic and personable. Smith said, “She’s friendly, nice, and bubbly.” Smith and Rivera enjoy playing soccer together and going to the mall. Villanueva said, “She’s sweet and she has one of the best personalities in my group of friends.” Villanueva and Rivera enjoy picking outfits together and exchanging clothes. Overall, her the experience of her first year of high school has been a positive one, and she looks forward to next three years at Park View.

Sophomore Chris Addae



Sophomore Chris Addae can often be seen carrying his skateboard down the hallways of PVHS. His favorite activities include skating and playing basketball with his friends during his free time. For Addae, skating is both a sport and a stress-reliever. “Skating really helps me take my mind off of stress from school,” said Addae.

He is looking forward to junior year because he is excited about becoming an upperclassman and passing his classes. So far with his time at PVHS, Addae has enjoyed his sophomore year the most. “I mostly enjoyed sophomore year because the pep rallies were super hype and I had some pretty fun classes,” said Addae. After high school, Addae sees himself graduating and attending college, preferably Virginia Commonwealth University or Virginia Tech. Some advice Addae wants to give to the rising sophomore class is to not “slack off” and put school and grades before everything else.

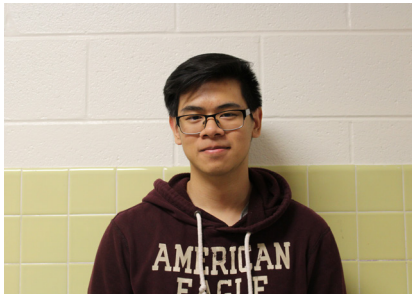
Junior Kisa Fatima



Junior Kisa Fatima transferred to Park View this year from South Lakes High School. Even though she has spent just under a year here, she has adjusted to the new school pretty fast. At the moment, the well-adjusted junior said that she has pretty good grades, and since it is her junior year she is trying harder. She is involved with the Muslim Student Association (MSA) and is currently helping to organize a “Girl’s Night” for the club.

Her favorite class this year is Algebra 2. “I feel like it is a puzzle and it feels really good when I solve it,” said Fatima. The highlight of this school year for Fatima was Spirit Week. Though she had a great first year at PV, Fatima said that she is excited to become a senior. “I’m tired of high school and I just want to get it over with,” said Fatima. For the future she thinks that she will either go to George Mason University or she will save money and go to NOVA. Over the summer, she said that since she has her car she will be hanging out with her friends a lot and maybe go on road trips. Even though she is tired of high school she is excited for some of the classes she is going to take next year. The class that she is most excited for is Photography. In her short time at Park View, Fatima has become a welcomed and involved member of the school community.

Senior David Le



Many students anxiously await their time as seniors, the year when they can officially walk across the stage to accept their diploma, and claim, “I did it!” That time has finally come for senior David Le. Senior year can be overwhelming and Le has felt that stres. However, he plans to end his high school career with good grades. Le is planning on majoring in Communications in college because it interests him. Le chooses to focus on his grades rather than sports.

At the moment, Le is undecided on his plans he has for the future. “My goal in life is to be happy though and succeed,” said Le. He has applied to and was accepted into George Mason University, Longwood University and Chaplin University, but has yet to make a decision about where he will be next year. Le credits his success to the greatest influences in his life. “My parents are who helped me be where I am today,” said Le, “I do not think I would have done it without them.”

Park View Teacher Spotlight

by: Casey House and Nabeeha Ahmed

Ms. Maryann Skrzycki *Science*

Science teacher, Ms. Maryann Skrzycki is enjoying her last year of teaching. After 31 years, Ms. Skrzycki has decided to go into retirement. Ever since she was little, she had wanted to be a math teacher but she was also had an interest in science. Her solution was to become a physics teacher because it involves both subjects and she loves working with students.

Skrzycki’s favorite thing about Park View is the variety she encounters every day. “[My favorite thing] is definitely the students and the diversity. I learn more about the students than I think I teach them. I have learned more about the cultures and religions at this school,” said Skrzycki. Her favorite moment as a teacher has to be when she sees the lightbulb in students’ eyes when they learn something. Ms. Skrzycki also enjoys the pep rallies at Park View High School because it is fun seeing all the students get involved.

As a teacher, Ms. Skrzycki



Photo by Josselyn Rodas

Ms. Maryann Skrzycki is retiring after 31 years teaching

helps her students understand by making the topics applicable to the real world. She has also been able to adjust with the technology throughout the years. Mr. Kirk Dolson said, “She is one of those teachers who knows a lot

and has a lot of experiences. She has always been one of the people you could go to ask a question and she would have the answer. She’s had a lot of impact on people especially students.” She has not only impacted the students at this

school but also the teachers. “She is very knowledgeable because she’s been teaching for such a long time. She’s helped me a lot with my teaching,” said fellow science teacher Ms. Amanda Smith.

Ms. Skrzycki is not quite sure yet what she plans to do after retirement. She might start to substitute or even tutor. Skrzycki last words for Park View are, “I will miss you. I will miss the students. I will miss the faculty members. I think that it takes someone really special to teach at this school. The teachers at this school really care for their students.” Ms. Skrzycki is an unforgettable teacher who pushes her students and expects the best from them. She has impacted Park View’s students and teachers more than she will ever know. Park View High School will miss you, Ms. Skrzycki!

Ms. Candace Rush *Librarian*

While this is Ms. Candace Rush’s eleventh year at Park View High School, she has had over 35 years of experience working at schools and libraries. She started four libraries at the Kearsarge New Hampshire School District, and had been the director of the Information Center for The National Association of Letter Carriers in Washington, D.C. She is also a member of numerous education and library associations.

Ms. Rush has been fond of reading since childhood, as she was always read to by family and was surrounded by people who loved reading. Despite her positive experiences, she believes that people have a distorted view of libraries sometimes, having outdated perceptions along the lines of the 1950s. “I think they also have expanded their whole mission in terms of the offerings they have – for instance concerts, making spaces for lots of different kinds of activities that can help people learn. These can help people learn in a different way, because everyone doesn’t learn the same,” said Rush. In her free time, besides reading, Ms. Rush enjoys gardening and collecting antique perfume bottles.

Although she is retiring this year, she wants to leave some words of advice. “Never be afraid to try something new and think outside the box. Anything you and your friends are imagining and dreaming about - or saying ‘gee it would really be cool if...’ – that can all be done,” said Ms. Rush. “It’s just having the passion and the energy, and the creativity to figure out how. If you’re willing to put passion into anything, you’ll be able to create things that nobody ever thought of before. You think of Steve Jobs in his garage. What’s the result? Apple. So much has happened because he dared to dream and try.”



Photo by Josselyn Rodas

Ms. Candace Rush, Park View Librarian for the past eleven years, retires at the end of this school year

Multi-Cultural Day

Photos by Destiny Colbert, Liana Jackley, and Samiyah Ahmed



On April 22, Park View's diverse population was truly able to express culture at school. This year was the first ever multi-cultural day held here at Park View. Students dressed up in their traditional cultural attire for the entire day. The halls were filled with kids walking in colorful and intricately sewn outfits. A few of the countries being represented were Pakistan, Bangladesh, Eritrea, Sudan, Kashmir, Egypt, India, and much more. Participants of this day were asked what diversity meant to them and the array of responses were all similar in the aspect that they all revolved around embracing their roots. A suggestion that began over twitter ended up being a successful spirit day and showcase of all the beautiful, diverse heritages here at Park View.

