

THE MAGRUDER MESSENGER

January 10, 2014

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A Magruder swimmer pushes himself to the finish against Bethesda-Chevy Chase. The girls' varsity team advanced to 1-2 against B-CC, Sherwood and Northwest. The boys' varsity team has met tough competition this season, currently at 0-3. (Photo: John Su)

New beginnings for track

BY BETHANY WHITE

The 2013-2014 season kicks off with new coaches Lubin Palomino, and Eugene Neal striving to make a difference in this year's track team. With new coaches and new mindsets the team is already fatigued with the warm-ups and practices given. The team started off the season well in their scrimmage meet. This season should consist of hard work and dedication. The coaches seem to be on the same page. With the athletes so used to the previous years of

coaching, it's quite difficult to continue on.

This upcoming season could be the same as last year, or completely different. New coaching methods and new athletes could lead to positive or negative results. Both coaches seem on board for a successful season.

The majority of the athletes feel this year can be different. The Magruder track team is capable to win a state championship title. "If everyone stays on the same page we could actually win," says sophomore Keila Robertson. The team is a good size much bigger than last year. Whether the team is big or small they're capable of improving all around this year.

Track coaches tend to have different opinions on training regimens and workouts. The old coaches could agree or disagree with the new coaches opinions. "I don't really think there is such thing as a better coach, all coaches have different techniques," says senior Zionna Scott. Based on what coaches have been taught in their past and present shows what they believe in. A true track coach is tough on their athletes only to make them better. They keep stability and organization throughout the team. They uplift their team with positive, constructive criticism.

Some athletes may appreciate the coaches and others may just be See TRACK P7

A Senior's perspective on time management

BY TYLER KOSSIN

It's 6 A.M, the alarm clock is blaring in your ears, and you begin to drag yourself out of bed. You then make it to the bathroom, half asleep-you begin getting ready for school. As you are brushing your teeth, getting dressed, or putting on makeup, you half heartedly begin thinking about how today will pan out. Suddenly, your stomach drops as you have forgotten to complete an important assignment that is due today.

One way or another, the majority of us have been through the same, or a similar scenario. Many people also believe most things happen for

a reason. The reason for suffering from a scenario like that falls into the category of time management, as well as prioritizing.

Time management is incredibly important for those still in school. As a matter of fact, learning the skill of doing it efficiently is pretty essential for those looking to build success. Lets start off with the basics. Out of the 24 hours given to you each day, you will likely spend two thirds of that either in school as well as sleeping. That last one third of the day is all in your hands, whether you decide to use that time

See TIME MANAGEMENT P9

Drive without the drink

BY MARIA AMARO AND EMILY GOO

With basketball season upon, and the hype for Magruder Basketball rises, post-game parties are "the move" for many students at Magruder High School. Parties are fun, but bring alcohol and driving into the mix, and fun becomes dangerous.

It has almost been three years since the fatal car crash that took the lives of Haeley McGuire, Johnny Hoover, and Spencer Datt. As the classes of students who knew the victims have graduated, has the Magruder community forgotten? Are the only memories left the neon happiness T-shirts?

Students still party, students still drink, and students still drive under the influence. Sev-

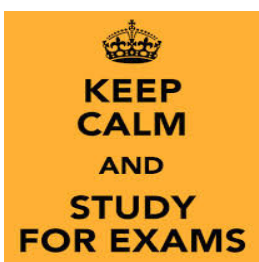
eral members of the community believe students have forgotten that this happened and the impact it had on the lives of many people. "The irony is that some students drink while wearing happiness T-shirts" said a Magruder staff member.

Principal Evans said the topic of students drinking and driving was a "real area of concern," and the fact is that drinking "impairs significantly, the functions of the brain." Magruder has held activities and developed partnerships with other programs to help raise awareness of the dangers in driving under the influence.

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DRIVING

Drunk driving rises across the nation

BY BETH KAMUYU

Drinking and driving is becoming a bigger issue every year. The amount of people dying from car crashes that involve alcohol is increasing every day. According to Mothers Against Drunk Driving (MADD) 10,839, people will die in a drunk driving crash each year, one in every 50 minutes. One person is injured from an alcohol related crash every minute. Alcohol has become widely available throughout the world. It's promoted through television, radio, and internet, making underage drinking possible. The average age for first users of alcohol in the United States is 15 years old, compared to the 1990s when the average age for first users was 17.

For many years police have relied heavily in speed cameras,

breathalyzer tests, and fines for unlawful drivers, but that does not seem to stop people from driving while driving while drunk.

The MADD organization's work to increase the awareness of alcohol hazards has made more people cautious of their drinking habits, especially young adults who are known to have the highest consumption of alcohol.

Drunk driving is a serious crime. In every state it is illegal, irresponsible, and too often tragic. People who drive under the influence are not only endangering themselves but also the people around them. It is our job as society to take control of this out-of-control issue and make people aware of the dangerous consequences of driving while drunk.

Drunk driving

BY: MARIA AMARO AND EMILY GOO

continued from P1

A conference last year attempted to raise awareness of the dangers of drunk driving to parents, students, and staff. Out of thousands of Magruder community members, only 35 people showed up. Principal Evans called it a "dismal display of interest" regarding the topic of drinking and driving under the influence.

Even with a poor event turnout, it does not mean that students have not learned from what has happened in the past. There have been parties where students do drink,

but rather than choosing to drive, "They are more responsible with their actions and decisions," says an anonymous Magruder student. There is a definite change in the mindset of the students. No one has forgotten the "precious lives of those students," as Mr. Evans said, that were lost on that day.

Mr. Evans and the Magruder staff just want their students to succeed in life, and as Mr. Evans says, he just wants his students to "win at life."



The Haley McGuire Memorial sits near the baseball field behind Magruder High School. (Photo: Scot Ehrhardt)

Be safe out there: winter driving

BY YZELLA VIDAURRE

Everyone looks forward to the snow, but no one realizes there are many hazards to driving in the snow. Although snow is awesome to look at, driving in the conditions that come with it are very dangerous.

The toll of snow-related crashes is extensive. The first few days it snows are more treacherous in terms of crashes than other snow days. In previous studies it has been shown that snow has increased crash rates up to 4-7 times per average. Yet the percentage of crashes in snowy days compared

to dryer days are relatively equal.

Snow makes driving dangerous by reducing tire traction and impairing visibility. At least the first few days it is best, if you postpone unnecessary travel. But if you must, drive slowly and carefully when you is on the road.

Tips to Stay Safe

- Turn on your lights in the morning or at night to increase your visibility to other motorists.
- Allow at least three times more space than usual between you and the car in front of you.

•Brake gently to avoid skidding.

If You Skid

- Take your foot off the gas don't steer immediately.
- As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go.
- When you have regained control accelerate gently.



Drive at slow speed and keep space between cars (Photo: Eric Helgesen)

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Game Over: An Ender's Game Review

BY BRANDON WITHERSPOON

A modern epic—a space opera where children battle an insectoid-like alien race—yet I found myself bored throughout half of the movie.

Ender's Game the movie is based on Orson Scott Card's critically acclaimed novel of the same name. It stars Asa Butterfield as Ender Wiggin, a young cadet in the international fleet, who after displaying his strategic prowess when dealing with a bully is recruited into battle school by Colonel Graff (Harrison Ford), who believes Ender has the potential to lead

the entire fleet in battle against the Formics, the aforementioned alien race.

Ford does an excellent job portraying Graff. Usually known for being incomprehensible, here Ford delivers his lines clearly. The coarseness of his voice only adds to the demanding and weathered character of the colonel.

However, the same praise cannot be given to his co-star, Asa Butterfield. Butterfield's performance comes off as dry and emotionless, which makes it hard to feel any sort of sympathy for the character of Ender when



Ender's Game Advertisement (Marvel Movies)

he is struggling to find a balance between ruthlessness and compassion. His brother Peter Wiggin (Jimmy Pinchak) and his sister Valentine Wiggin (Abigail Breslin) represent the ex-

tremes of both sides. Both are interesting cases, yet the viewer does not spend enough time with either, thus one of the main plotlines feels completely superfluous. The rest of the cast do adequate jobs, but none really stand out.

Gavin Hood, the director of the film, also happens to be the screenwriter. Neither the direction nor the writing, however, is spectacular, or even great by any sense of the imagination. By giving up the role of director, Gavin could have had time to focus on and improve upon his screen play, and someone with a vision could have handled the directing. All in all, if "Ender's Game" had to be summarized in one word: mediocrity.

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Our Policy

The *Magruder Messenger* is published quarterly by the students of Colonel Zadok Magruder High School, 5949 Muncaster Mill Road, Rockville MD, 20855.

The staff does everything to try to make the news reported on the newspaper as accurate and free of bias as possible.

The editorial opinions are those of the *Magruder Messenger* staff.

The purpose of the *Magruder Messenger* is to inform and express views the student body.

Thor shines in *The Dark World*

BY PETER ROUTSON

Thor, *The Dark World*, starring famous actor Chris Hemsworth, as the mighty avengers' hero Thor, Tom Hiddleston as his no good brother, and Natalie Portman as the damsel in distress and time bomb waiting to go off with an obsession of slapping gods across the face!

In this continuation of the Avengers franchise, Thor (Chris Hemsworth) must fight to save the seven realms from darkness caused by Dr. Who (Christopher Eccleston) or rather the

dark leader in this film. To be honest, I thought this movie was more of a comedy than an action adventure, throughout the beginning anyways.

It begins with Thor (Chris Hemsworth) and his collection of merry marauders finishing off the final battle to end the constant battling of the realms, and with Loki (Tom Hiddleston) in prison, there is virtually no greater threat or so they think...

The almighty warrior of the dark side, Algrim transformed into

Kurse (Adewale Akinnuoye-Agbaje) comes up looking like a cross between Darth Vader and a samurai warrior, and crashes into the royal prison letting out all the deranged lunatics, excluding Loki (Tom Hiddleston), onto the streets of Asgard.

Thor (Chris Hemsworth), after witnessing his mother's death, goes on an ungodly rampage later on in the film. As we progress further and further into the film, the brothers are together once again with the occasional gut wrenching twists thrown sporadically around in the film. For some reason though they are literally obsessed with wormholes, seriously what's up with that?!?!?



Thor Movie Poster (Marvel Movies)

Overall, this movie was on a scale of 1 being horrible to 10 being incredible, I rate this film as a solid 1.5. If you end up going to see this movie stay for the whole movie and not just the beginning, you will surely enjoy it, cause I know that I did!

Album Reviews

BY CARMEN HERNANDEZ

Avril Lavigne – S/T

Avril Lavigne's new album (self titled) came out on November 1, 2013. On her album cover, I thought she was possessed—her Goth look has the eyeliner smeared an inch off from her waterline.

Avril Lavigne has been in the music industry since 2002. She has a great voice; it's never going to get old, but her genre has remained the same. She should try something new, and open to others interest for better inspiration.

She writes lyrics about whatever she wants in a way that gives

you a mental push to not care as well. "I don't care about my makeup / I like it better with my jeans all ripped up / I don't know how to keep my mouth shut / you say, I say."

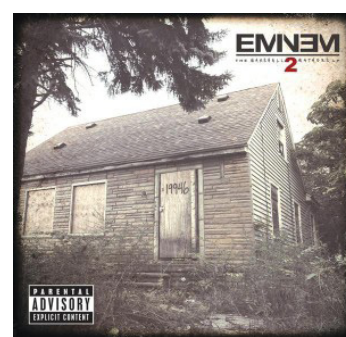
However, the chorus in her song "Here's to Never Growing Up" sounded way too similar to Cher Lloyd's song "Oath."

I do admit there might be some good songs. "Rock n' Roll," "Give You What You Want," and "Here's to Never Growing Up" are fun to dance or sing to, but I wouldn't be the type to listen to her whole album.

Eminem Marshall Mathers LP2

As we all know Eminem's album came out on November 5, 2013. His song "Berzerk" was the first number 3 on the Billboard top 100, and as I listen to this song I felt a madness that is easy to relate to. For people like me who tend to hold anger inside and let it out at once, or just simply can't control it, the song gave me happiness. Mathers feels the same way, and I'm not alone. I loved that his music spoke to me (even if that sounds cheesy).

"Legacy" was a special song for me. It spoke words I felt but could never describe. It is one of



(Interscope Records)

those songs that let you somehow release the anger in a safe way if you don't like opening up to just anybody.

Mathers writes, "I used to be the type of kid that would always think the sky is falling / Now I think the fact that I'm / Differently wired is awe-

some / 'Cause if I wasn't I wouldn't be able to work / Words like this and connect / Lines like cross-words / And use my enemy's words as strength / To try and draw from / And get inspired off em."

In "Rap God" he uses his rapping skills—97 words in 15 seconds—and proves why he still is one of the best after such a long time.

However, not all songs were as interesting and inspiring as these. The song "Parking Lot" had too much repetition, and made it annoying.

More golden personality than gold chains

An interview with Alwin “Young Magnificent” Sheriff

BY CHRIS MARTIN

I was first introduced to Alwin Sheriff in Dr. Brooks’ chemistry class. I knew his brother, Edwin Sheriff (a fellow rapper known as “Infinite”), from school already. When I saw his rap that he had created for a project on a chemist, I knew that he had the same talent his brother has. I was lucky enough to sit down with Alwin for an interview.

Alwin first got started in the ninth grade, using rap as a hobby and way to express himself. “I used to look at rappers and it was all about expression. How I got started with rap is that I wanted to express myself too,” says Sheriff. As his brother Edwin is also a rapper, he was being inspired to start rapping while at home as well.

He took up the name Young Magnificent as a way to express his worldview. “We are all magnificent,” said Sheriff. He is a strong advocate of individualism and distinguishing himself. “When I

say Young Magnificent it’s because I’m young and I’m magnificent.” According to Alwin, magnificence is everything (MIE for short). It means that life is good, people are good, and the time is now to change the world, which he hopes to do with his music.

When asked about how he would describe his style, he described it as very uplifting and positive. He wants to change the mainstream type of rap from the drugs, sex, and violence to his style. Sheriff aspires to be very influential and to inspire other influential people. “I aspire to be an amazing guy. A role model for all those people that want to change themselves,” Alwin said.

His first mixtapes were, in his own words, “Personal bragging and wordplay, just playing around.” But now with his next mixtape, he hopes to make a large leap forward, and ensure that his message is heard. I can assure you that I’ll be listening.

Teacher feature: Mrs. Kuecker

BY JISU SONG



English teacher, Mrs. Kuecker. (Photo: Eric Helgesen)

With hand gestures flying everywhere and a voice that escalates with passion and could jolt up even the laziest of teenagers, it is hard to believe that Mrs. Kuecker started out her career as a preschool teacher. In the classroom, the AP English Language & Composition teacher is famous for her enthusiasm and her electrifying personality. Her energy makes her students eager to write and learn that makes Mrs. Kuecker one of the best.

Making 16-year olds eager to stay up to date on current events and willing to diligently analyze the rhetorical strategies of a passage is a difficult task but, gracefully, Mrs. Kuecker has mastered that art over her 14-year teaching career at Magruder. Her attitude is a huge part of her success in the classroom. She knows how to fire up her students and truly make them feel

that what she teaches is important. It is the key to making students want to work so hard to impress their awesome teacher!

Even when the world of higher education seems to be urgently and increasingly pressing the importance of career-preparatory STEM classes and pushing the humanities to the background, Mrs. Kuecker remains firm in her beliefs that what she teaches is still crucial and relevant. “It teaches you to think, and the ability to analyze language and to be able to write... Every single one of [my students] is going to have to be able to write, it doesn’t matter what field they are going into.” The work that students in AP Lang do is different than the breaking down of fictional works they have been doing in the past. Juniors are taught to analyze shorter biographical or non-fictional works to better understand rhetoric and author’s purpose, and often, students are required to explore many current events or controversial issues in the news today. Mrs. Kuecker says she particularly enjoys teaching this class because they “get into a lot of discussions and [she] develops relationships with the students” by getting a chance to discuss these deeper issues.

All the passion, but what makes Mrs.

Kuecker stand out as an educator is her effort to connect to her students and get to know them on a deeper level. She is able to empathize with juniors’ busy schedules and this makes her even more likeable. “Kids in 11th grade are pulled in a lot of directions, and I get that it’s hard for them to devote as much time as I would like them to to my particular subject,” she says with a laugh, but still does her best to push her students to love the subject. “I like teaching the junior class- I get to see them the following year and when they come back and say they have progressed in their writing, I feel that teaching them has been worthwhile. It’s very rewarding.”

As a parting note, Mrs. Kuecker leaves students with a good suggestion. “Literature throughout the ages has imparted so much wisdom; it still has a practical place in terms of being able to communicate effectively and there’s the joy of sheer entertainment and escapism. You never have to be at loose ends if you’re a reader. You can experience so many different things that life has to offer without having to experience them; you get to experience them vicariously.” Everyone pick up a good book and get reading! We’re lucky to have you, Mrs. Kuecker!

Part time student, part time poet

BY MARIA AMARO



Junior Thomas Hill reads one of his poems. (Photo: Thomas Hill)

At first glance, junior Thomas Hill stands out among his peers with his tribal vest and beaded dreads. His talent for fashion is overshadowed when he talks about poetry.

“Poetry changed me,” says Hill. Growing up he wasn’t good at sports, didn’t get the best grades, and overall didn’t feel that he was good at anything. “When I started to write, I thought

“Wow, I’m actually good at something,” reflects Hill. He became more ambitious and didn’t feel as odd. He felt confident enough to express himself and be who he truly was. Poetry allowed him to be himself in a way that no sport or school allowed him to be. Hill belongs to the DC Youth Slam Team and participates in competitions around the DC area. His team even travelled to

South Africa as part of a two week exchange program, where they met poets, writers, and activists, all part of a social movement to better society.

Most of Hill’s poems are persona pieces, in which he takes a character role and narrates from the point of the role to create a deeper meaning. “My main focus is racial and sexual equality,” says Hill.

Hill’s poems are influenced by his experiences. One of his poetry performances took place at a juvenile detention center where his team helped the kids write poems. “Talking with these kids, I found out that there’s things going on that people don’t really know about or notice,” says Hill. He feels that so-

ciety needs to start paying attention to the issues around us because things need to get better. He’s an avid LGBT advocate and starts campaigns that focus on these issues.

He loves poetry because it lets him touch and change people. Thomas recounts a time

he went to a summer camp where he met a boy who was afraid to admit his homosexuality to others. After talking with Hill and hearing him recite his poems, the boy decided to come out to his parents. “Things like that—helping people—keeps me going” says Hill.

Permission from Thomas Hill

Excerpt from Natural Causes by Thomas Hill

There are times, when I forget to count my breaths-
forget to number the blinking of my eyelashes.
forget to mark the footsteps that I've made.
Purpose is the grime that gathers the bottom of
baptismal pools,
the residue we leave behind when we die and
are born again

Managing exam anxiety

BY BRANDON WITHERSPOON

You glance at the clock. Five minutes have passed and your pencil hasn't even touched the paper. Quickly, five minutes turns into 10 minutes, 10 to 15, 15 to 20. You've studied all week, yet you can't seem to put the answers on the form. This is a simple instance of test anxiety.

Test anxiety is a psychological condition in which people suffer severe distress before, during, and/or after an exam. Its symptoms include light-headedness, nausea, excessive sweating, headaches, and so on. Such symptoms can be detrimental to a student's concentration and mindset during a test. While many people may not be diagnosed with testing anxiety, the symptoms can be confused with simple nervousness and apprehension. "I find that when I do my exams, I occasionally experience

migraines and nausea" said Senior Peter Rouston.

Noteworthy is the fact that the American Test Anxiety Association found that the condition could affect as many as 20 percent of students, with another 18 percent carrying a moderate form of the condition. However, various studies and experiments have shown that there are ways to counteract the effects of test anxiety. Though test anxiety affects a large portion of the school-going population, it can be solved through simple activities.

In a study done by Sian Beilock, a cognitive scientist at the University of Chicago, students were asked to spend 10 minutes writing about their thoughts and feelings prior to taking a test. The experiment was performed by college students in Beilock's lab and

in a Chicago high school. The results showed that the scores of the students significantly improved compared to those who didn't participate in the

experiment.

Simple exercises such as these can virtually eliminate some symptoms of test anxiety. As the semester exams

near, students should study and stay confident. Being calm and confident during the test can help test-takers perform as well as they should.

EXAM SCHEDULE

Date	Event	Time
1/13	Monday Period 1	7:25-9:35
	Break	9:35-10:05
	Monday Period 6	10:10-12:20
1/14	Tuesday Period 2	7:25-9:35
	Break	9:35-10:05
	Tuesday Period 7	10:10-12:20
1/15	Wednesday Period 3	7:25-9:35
	Break	9:35-10:05
	Wednesday Period 8	10:10-12:20
1/16	Thursday Period 4	7:25-9:35
	Break	9:35-10:05
	Thursday Make up	10:10-12:20
1/17	Friday Make up	7:25-9:35
	Break	9:35-10:05
	Friday Make up	10:10-12:20

Things to remember:

- Students are responsible for scheduling make up exams with their teacher.
- Students who wish to leave at the end of the exam period, 12:20 pm must provide their own transportation. The office will not be available for students to call for transportation.
- During semester exams, buses run their regular schedules, arriving by 7:25am and departing at 2:10pm.
- Students must return all textbooks on the exam day

Best and Worst Gifts

Showerhead-coffee maker



Emily Bravo

Winter sweater



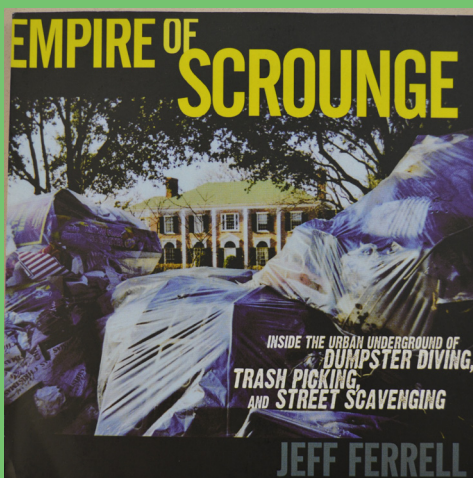
David Luc

Camera Lens Mug



Mr. Ehrhardt
"Fake camera lens, real mug."

Book



Peter Rouston

"An excellent book, with an inside look into the lives of those less fortunate."

A scale



Mrs. Wheatly

"I got a scale to weigh myself on. It could be seen as a hint of some sort, but I had actually been asking for one for a couple of years."

Headphones (Beats)



Isaiah Lavalle

"Well, I got myself beats again [...]"

Oustanding Season for Varsity Boys Soccer

BY HANNAH REED

This past fall, the MHS varsity boys' soccer team's outstanding season came to an end. The team lost the state semi-finals to opponent Severna Park, in a very evenly matched game. The game was tied at zero, until Severna Park scored a 'golden gold' ending sudden death overtime. Senior captain Jonathan Kim commented, "It was a great game. The ending was heartbreaking; such a bittersweet moment for us to come this far and lose." Coach Juan Gomez says, "We dominated the

game, but Severna Park put the ball in the goal. It was a shame that [the goal] was during overtime, and that we didn't get a chance to even it up." Gomez summarizes this past season as "fantastic", that "the team did a wonderful job. They played unbelievably well. They were well-disciplined, respectful, and focused." Kim supports his coach, saying "the team totally stepped it up during play-offs." Both Kim and Gomez agree that the team is a strong family; Kim even

went on to say "[I] love everyone on the team." When asked about his favorite moment, Gomez stated "when the players were crying after the semi-final game because they showed [him] that they played with their hearts. They had put everything on the field that night."

Looking forward to next year, Gomez is pleased that many members of the team will return for another season. Their ultimate goal is to have another outstanding season, and to win



Varsity boys celebrating state regional win. (Photo: John Su)

state champs.

For boys interested on trying out, Gomez advises "getting involved with the track team to stay in shape. Play soccer everyday to build your skills. Work hard in school and earn good grades."

Gomez wishes

to "thank the teachers and staff for their support. Also, the fans at the games were tremendous and gave us a lot of support. Thank you, especially to the parents of the players for their confidence in me."

The team ended the season with a 12-6-1 record.

Wrestling teams ranks high

BY YZELLA VIDAURRE



Kenny Vu ('15) dominates Churchill. (Photo: John Su)

Magruder High School has one of the county's strongest programs for aspiring young wrestlers. While many see wrestling as an aggressive sport, the Magruder Wrestling team sees it as a way to learn hard work and dedication. These wrestlers abide by strict rules that teach values like success.

The first real test for Magruder, as well as many county teams is Ma-Mats, the annual tournament held at Magruder.

In the previous 3 years Magruder has won 10 to 4, 9 to 5, and 10 to 4. Magruder's Wrestling Coach Tao, previous coach at Northwood high school says, "As a coach

I'm here to try to build a program at Magruder with a solid wrestling team every year. We try to continue to develop these wrestlers' life skills as well as wrestling skills. You want to win; you want to do the best you can every year to win states and regions."

The life of a wrestler is a full time pursuit

that involves great determination. The team has done extremely well for themselves since the new coach's arrival. Players have greatly valued his input in their improvement and development as wrestlers. Varsity player Kareem Taha ('14) says, "We have continually been improving since Coach Tao arrived. Last year he led us to become division champions. This year we will do our best to become division champions again under his leadership."

Coach Tao said, "I think that once they do wrestling, everything else should become easier. Wrestling is such a tough sport mentally and physically. Once

you have done it, it really opens your eyes."

Taha states, "If you are really interested in becoming a wrestler, do it. I mean, you are going to have to be really dedicated. It's a huge commitment, so if you are serious, go for it." Taha encourages wrestlers to attend practices and go to meeting to better impact the team.

Come out and show your support for the wrestling team; the coach and the players would appreciate it. These wrestlers still have many challenging matches coming up with Winston Churchill high, Gaithersburg high, and Wheaton high.

Thomas Kidd ('13) signs with UMass

BY BETH KAMUYU

Senior Thomas Kidd signed a partial scholarship on November 15 to play lacrosse with The University of Massachusetts.

He enjoyed meeting with all the different coaches and doing college visits, but now that it's over, he said, "It's nice to know. It all finally draws an end to everything."

His plans for the coming year are to work hard, do some weight lifting, and improve on his stick skills. He's also looking forward to helping the lacrosse team improve their record this spring.

WE MOVED

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Sung sister golf at state tourney

BY JAEJUN CHO

The Magruder golf team had an unbelievable season without a doubt. Their record was 14 wins and only 1 loss which led to the team bringing the school a division championship. Tremendous effort and time were invested by all team members. Because they shared the same passion as each other, the team automatically grew a strong bond.

Although winning the division championship is definitely a huge achievement for the Magruder team, the Sung sisters did not stop there. Krystal Sung ('16) and Eunice Sung ('17) went to the state tournament and performed incredibly. Krystal Sung has been on the golf team since she was a freshman, and she plans on continuing to play golf felt "nervous but excited during the tournament. [She] had a lot of pressure

because a golf game involves great mentality and how you approach each hole and shot."

Eunice Sung is a freshman who has played golf ever since she was a little child. She thinks that "Magruder golf was one of the best experiences as a freshman, thanks to the team and Coach Harris. [She] had a fun time getting to know all of the players and [she is] hoping for many more undefeated seasons to come." These two sisters show that golf will have a huge impact on their life even after high school.

The unique feature of the golf team is that everyone is supportive of each other which makes the team unified. However, not only are they supportive, but they are also hardworking. The team members and future players who will be on the

Magruder golf team next year are already practicing and preparing for their next season. They want to make next year's team just as great as this year's. The team is going to have a blast next year with the new members.



Krystal ('16) focuses on the game at the 2013 HS. Maryland State Golf tournament. (Photo: Mike Smith)

Boys' basketball at .500

BY TYLER KOSSIN

The varsity basketball team has been known to be a consistent powerhouse over the past couple of years. However, this year's team is depleted of their starting lineup from last season, causing the Colonels to play a different game of basketball.

Last year's basketball team made a significant run at a state title, even making it to the championship game itself. This year's team will have to step it up a little if they want to continue the trend.

After a bit of a rocky 3-5 start, the team is doing everything they can to get back on track. It's definitely more of a challenge with a starting lineup.

With a huge 69-44 win against Sherwood, the Colonels certainly still do have the talent to make good things happen this season. They controlled

the pace of the game in a timely and efficient manner throughout.

Now currently at a .500 record, after losing the first two games, the Colonels are slowly but surely beginning to climb back up to the top of the division.

On a positive note, the team is coached by a man who knows how to win, coach Harwood. He's taken the team into consecutive playoff runs.

Although the season hasn't started off as planned, Harwood and his players both understand that the work needs to be put in during practice, in order to turn things around for the better.

The main question being asked this season, however, is if the team can make a significant run in the playoffs. The answer? Only time will tell.

Track

continued from P1

missing the old coaches. "They aren't the same as the previous coaches which makes it hard to adapt to, but I know it's all going to pay off," says senior, Bethany White. Most athletes feel they just need to get to know the new coaches more rather than not giving them a chance at all. It's hard to adjust to a new routine when the old routine is still a habit.

With a new team, there is a possible chance of Magruder track and field leaving a mark this year. Aside from previous years, this year looks promising. "The talent that the female sprinters have is capable to compete with the best in the county," says sprinter coach Eugene Neil. New mindsets and new athletes are the perfect mix for a legendary performance. The coaches have an idea of what they can do to make this team great.

In track and field coaches aren't necessarily better or worse than each other. Each coach is taught differently. Some coaches may complement each other and some may not. "I think the new coaches are better than the old coaches because they change up the workout every day," says senior Maria Amaro. Athletes have different perspectives on workouts. Different coaches also have different perspectives on workouts as well.

Coaching a new

track team has pros and cons especially when compared to the coaches previous track team. "Everybody here seems to work harder," says Coach Gene. The coaches feel it's a new start and a new beginning. Leaving their old teams behind is hard, but building a relationship with a new team is even harder. Getting used to new things is always hard, but works out well in the end.

The new track season and new coaches seem like they have a lot to offer this year. The colonels had a scrimmage this past Saturday with excellent re-

sults. Bethany White finishing first over-all in the 55m dash with a winning time of 7 flat. Chris McKoy finishing eighth over-all in the 55m hurdles with a time of 8.60. Keila Robertson finishing fourth over-all in long jump. Aynna Lynn finishing thirteenth over-all in the 300m dash with a time of 44.50. Shelby Trout finishing twentieth over-all in the 55m hurdles with a time of 10.50.

The workouts some athletes say are helping them, and some say they aren't. "The workouts aren't really helping me. We mostly do distance running and

I'm a sprinter. I have no turn-over", says Keila Robertson. The results take time to appear in track and field. Staying persistent and positive can go a long way. In the end hard work pays off.

The past years of Magruder track and field the female sprinters have always been so close to the state title throughout the indoor and outdoor season.

"The girls have a chance of getting a state title", says Coach Gene. With majority of the competition gone from the previous years there is a chance for the girls to finally get what

they've been waiting for. There is still competition out there, but with dedication and hard work the girls can do the impossible.

Kicking off this season with exceptional results, the Colonels keep working hard and continue to stay positive. Without the coaches, the workouts, and the laughs and happiness the track team wouldn't be fun. The colonels hope to win many more meets coming up. "I want to win some trophies and make it to states", says freshman, Michael Proctor. This year's track team is looking mighty bright.

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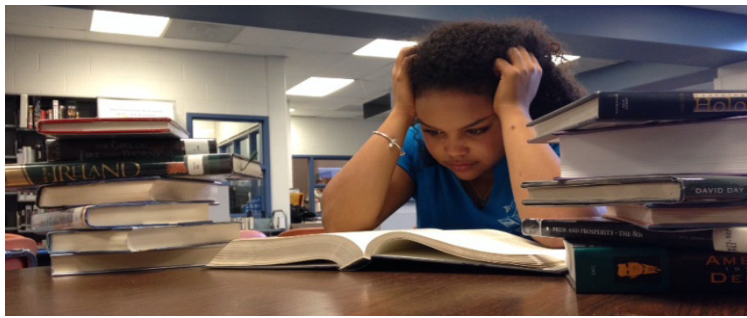


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Time management



MaeMae Ross ('16) found studying in the schools library. (Bethany White)

continued from P1

top of eating dinner, talking to your family, and showering; you don't really have that much time left over to just relax or do schoolwork. This is why you, yes you should prioritize!

Prioritizing in itself is actually pretty simple.

You just need to get the most important things out of the way first, before you just go out and have fun. If you do not get the most important things done first such as school work, you may see a decline of your GPA.

I am not saying if you don't do your school work right away that

your grades are going to drop, but if you don't set a certain period of time each day in which you can focus on homework, your grades may suffer.

Think of time management and prioritizing in my perspective for a minute. If I know that I have a lot of homework and important assignments due the next day and I blow them off to just have fun or relax, I would be giving up irreplaceable time. You will not be able to turn in assignments for full credit if they are late, and some teachers may not take late assignments at all, especially in college.

What I'm getting at here, is that there is a high chance of you being able to have fun or relax again if

you sacrifice that time for schoolwork. On the other hand, the time before an assignment is due isn't replaceable at all. Once you've lost that time to get your paper turned in for full credit, you cannot just wave a magic wand and be able to have more time to get a good grade on something important. You may have lost your chance.

Some of you may be wondering, well how can I prioritize in a more efficient way? The simplicity of the question is almost as simple as the answer itself. Just make a list, writing down things that must happen within a certain timeframe.

Another word of advice: concentrate and try to put as much effort

as possible into the task that you are trying to accomplish. If you complete a task with a good amount of effort, you may not have to go back and fix it; saving time in the long run. You also will not have to see the side effects of getting a poor grade on a particular assignment.

However, if you happen to screw up, don't stress it! Just go back, and put back in that time and effort to do it the right way. This simple concept can be applied to almost any task that you take on.

The two concepts I am giving you here go hand in hand. If you aren't managing time correctly, then your priorities are likely going to suffer from it.

PS4

BY CHRIS MARTIN

Controller: The controller has changed quite a bit from the PS3 controller. There is a touch screen on every controller. It remains almost the same size as the PS3, but it is more comfortable to hold.

Design: The PS4 is far slimmer than the large Xbox One. This allows it to fit in much more setups. The fans, however, are not designed to cool the inside efficiently.

Specs: The PS4 has a much larger ability to process information. This allows it to run applications faster, as well as run more applications at a time.

Accessories: The PS4 will also have an included camera. It can also be controlled remotely by use of the PS Vita, which is a portable console. It can connect wirelessly to the Vita to share saved data and applications as

well. There is also a potential second micro-screen to connect to the PS4 so that others can use the TV coming in the near future.

Games: The PS4 has far more critically acclaimed exclusive series. These include Uncharted and Killzone. It also has a much larger lineup of independent developers developing new downloadable games for the console.



PS4 (Sony Corporation)

CONSOLE
WARS



Xbox One (Microsoft Inc.)

Xbox One

BY TYLER KOSSIN

Controller: The controller on either console is arguably one of the most important features. It is after all, what you're controlling everything with. Having that said, you want it to be comfortable! The updated controller conforms to your hands extremely well. Along with the comfort, the new "rumble triggers" are sure to provide the customer with an exciting experience.

Design: Although the Xbox One has a larger and boxier shape, its shape allows the fans inside of the console to run nearly silently. However, the power supply that's attached to the

console by cord isn't the most ascetically pleasing.

Specs: The PS4 has a significant horsepower advantage over the Xbox One. This allows the PS4 to be able to sustain higher amounts of demand, while still running efficiently. Although the PS4 has a significant GPU advantage over the Xbox One, they both contain the same processor.

Accessories: Every Xbox One will ship with a Kinect sensor that has the ability to sign you on based on facial recognition, a great new feature that many will enjoy. On top of that, the sensor can you are in a room, can

read your facial expressions, the force of your movements, your center of gravity as you move and can even work out your heart rate from the flush of blood in your cheeks.

Games: Games are arguably one of the most important features of the console. The extended length of the last console generation has taken the sheen of many top properties, such as Halo and Uncharted. One of the most, if not the most anticipated Xbox One exclusive game is called Titanfall, a brand new first person shooter that looks like it's going to leave a bang.

Mad, Bro

BY CHRIS MARTIN

Trolls are a staple of fantasy literature. They are grumpy, greedy, and selfish, hindering everyone and anything around themselves. They are bringers of suffering to villages and Billy-goats alike. Why do people choose to be like them?

Many people ask me what constitutes a "troll." A troll is someone who is aggressively rude to someone else or who purposefully hinders the progress of who they work with. Think Fox News but dumber.

As an avid gamer, I encounter these so called "trolls" at an alarming rate and quantity. I have had my greatest moments squashed by these people who think it is funny to ruin someone's day. If only there was a special separate section of my games where the trolls could stay, slapping each other and spamming the chat with bogus coupon codes.

Some games outright encourage people to troll. EVE Online is intended to be a space exploration game with a strong basis on business and economics. However, the so-called "moderators" of the game decide to rest on their space-laurels while scamming, piracy, and outright rude game behaviors take place.

Other games are simply rife with these trolls. World of Warcraft has many famous examples of trolling. And no, I'm not talking about the playable race of trolls.

One such example was the "Corrupted Blood Plague," when a boss char-

acter was introduced that had a spell that would bounce to other nearby targets. One character who began the boss encounter accidentally infected his pet with the disease.

The player and other surrounding players received a fun surprise upon the return of the pet. And by fun surprise, I mean they all became infected and fell over dead. Some people thought that what had been released was not something to be feared. Instead, it was... fun. People would purposefully infect their pets, bringing the infection to new places all over the game world.

For trolling at its height, though, you simply need to do one thing: click. The internet is already a dangerous place, and it only gets worse when the trolls come out to play. In games, trolls can be avoided. Games have rules. But once you go on websites like Facebook and Twitter, you enter the wild west of stupidity.

The act of raiding pages in order to spam pictures that no sane being should ever have on their computer—no, their ANYTHING—has become a celebrated "comedy" form. It really makes me wonder if the first amendment is worth all the hassle.

To those people who find such activities funny, I present a challenge to you: punch your friend in the guts. Don't notify them, don't talk to them, just ram your fist into their stomach.

Did they laugh? No? Exaxly.

A cozy winter soup recipe: winter minestrone

BY EMILY GOO

Recipe (serving for 5-6 people):	-	4 slices of chicken breast
- 3 carrots, peeled and chopped	-	1 can of cannellini beans
- 1 green squash, chopped	-	Parmesan cheese rind
- 4 stalks of celery, chopped	-	1 bay leaf
- 1 yellow onion, chopped	-	1 Rosemary sprig
- 2 tomatoes, chopped	-	1 teaspoon of salt
- 3 cloves of garlic	-	1 teaspoon of pepper
- 2 cans of chicken stock	-	½ teaspoon of Italian Seasoning
- ½ cup of water	-	½ teaspoon of red pepper flakes

Seasoning of the chicken:

After chopping the chicken slices, place them into a bowl. Add 2 tablespoons of olive oil, black pepper, salt, Italian seasoning, and red pepper flakes, mix it and, set it aside.

Then in a pot:

Place 2 tablespoons of olive oil into the pot at medium to high heat. When you see ripples in the oil, put the chicken in. After cooking the chicken for a little bit (till the outside is white), place the garlic and onions.

After 5 minutes, place the celery and carrots into the pot. Once the vegetables have shrunk a bit, you can add the chopped tomatoes. After mixing the vegetables together, add the salt, pepper, and Italian seasoning. After that, add the chicken stock. Then put in the bay leaf, rosemary sprig, and parmesan cheese rind. Once you have poured that in, close the lid and let the soup boil for about 10 minutes.

Before serving the soup, re-



(Photo: Emily Goo)

move the bay leaf and the parmesan cheese rind.

In addition, you can add any type of meat that you would like instead of chicken. This soup also tastes great with pan fried pancetta.

This is the perfect soup for the winter season.

Enjoy!

Wild for Wild Wings

BY PETER ROUSTON

Rate: 9.5

Buffalo Wild Wings in Rockville town centre is literally the center of attention when one heads down to the town of Rockville; one almost gets an instant sense of excitement and organized chaos. The colors of the logo just sort of pop out at you with the brightness of the gold mixed with the subtlety of the jet black.

The smell of wings, spices, and hearty brews slams into patrons' nostrils like a freight train.

Huge plasma flat screen TVs plaster the walls displaying a variety of poker games, sports channels, and buzztime trivia.

Menus were moderately sized with ample choices that weren't enough to overwhelm diners'; the wing flavors were enough to make even the slightest thought of the taste make patrons want to fly off to heaven.

Our waitress greeted us with a smile and we ordered our drinks from a long list of interesting beverages. I ordered a

medium Mango Habanero wings which includes "at least 15" of the super sauced wings.

To be honest if you are to buy wings, must go all out. One does not simply get boneless wings unless they expect nuggets with too much batter. If someone were to order traditional wings, they'd are treated to a delightful fulfillment of crisp spicy sweet deliciousness in every single bite.

When one first bite into one of these morsels of awesome, they must be prepared to experience a tangy mix of sweet and spice, followed by a mellow hint of the mango, with the last spicy flavor to top it all off.

These wings were literally to die for, if you ever find yourself up at BWW, order these wings and you will not be disappointed!

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