

FRANKLIN HIGH SCHOOL

The Gazette



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Trump Inaugurated 45th U.S. President

By: Julia Weinick; Writer

On January 20, 2017, Donald J. Trump took the steps of the Capitol to be sworn in as the 45th President of the United States of America. President Trump was accompanied by his wife Melania and his children and their families. Many dignitaries and special guests shared the stage with him, while thousands lined the Mall to watch

This election was unique and controversial. It was the first time that a president was elected without prior political appointment or military experience. While some found this lack of experience refreshing, many worry that the job may be too much for such a novice to handle. Some see Trump's business experience as a positive in these hard economic times, while others see the government as more than merely a business to be manage.

According to Huffington Post, there



Trump supporters cheering from the Washington Mall and the steps of the Capitol as the Inauguration begins

were an estimated 30.6 million people around the United States that tuned in to watch the inauguration. This inauguration attracted less viewers compared to President Obama's which attracted 38 million viewers. Although there are no exact reports on how many people actually attended the inauguration in person, thousands crowded the

mall on a rainy Friday to watch. Former presidents Carter, Clinton, Bush and Obama were among the honored guests in attendance.

After President Trump was sworn into office he made his first speech to the nation. In his it, he reiterated many of the promises and platforms he ran on. He promised to "restore the nation's strength and purpose and to rebuilt it from within." He thanked the Obama's by stating, "We are grateful to President Obama and First Lady Michelle Obama for their gracious aid throughout this transition. They have been magnificent." The speech ended with his famous slogan, "We will make America great again."

After the Oath of Office, President Trump and Vice President Pence took part in the parade alongside their families. During the parade, heading to-

ward the White House, President Trump and his family exited their limousine to walk part of the way and wave to the crowds gathered along Pennsylvania Avenue. The last event of the day for President Trump and his administration was attending the several Inaugural Balls around Washington, D.C.

The rain and dreary weather were not the only bad notes to the day. Not all were pleased with the inauguration of the new President. Protests spread around the city with people attempting to block access to the event and others doing far less peaceful acts. While most of the protesters were just looking to voice their discontent, according to USA Today, 200 people were arrested outside the perimeter for charges like destruction of property and assault.

The March Heard Around the World

By: Andrew Nelson ; Writer

On the morning of January 21st, 2017, I found myself stumbling to the Greenbelt Metro at 7:50 a.m. The event began at 10 a.m. and I thought my father and I were early. This was quickly discovered not to be the case. There were already countless people waiting for the chance to travel to D.C. I talked to a woman that had made the pilgrimage there all the way from Florida. She had arrived at 4 a.m. With each train that arrived, we were packed into the metro cars like sardines in a can.

Upon arrival to Washington, we spilled

onto the platform and out to the streets. As we sifted through the mass of people making their way to the intersection of Independence and 4th Street, we discovered more and more people that had traveled greater and greater distances to attend this march. Despite there being protests in multiple states, we talked to people that had come from as far away as Colorado, New Mexico, and California

One man, Johnny (he didn't disclose his last name), made the trip all the way

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Midterm Exams Take Toll on Franklin Students

By: Myles Wortman; Writer

As the second marking period comes to a close, the students of Franklin High School are feeling wide range of emotions. Some students are excited by the fact that they have successfully made it through the first half of the year, and only one more semester remains before summer or graduation. Others are feeling the pressure of improving grades in a shorter and shorter amount of time. Studying for and taking midterm exams added yet another layer to the end of the semester.

Midterm exams are county provided tests that are administered to students near the end of an academic grading term or semester. Friday January 6 through Thursday January 12 was midterm exam week at Franklin High School. Many classes have a midterm that students must complete and is factored into the student's grade separate from the first and second marking periods.. Each day of that week, students may have at

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Midterm Exams Take Toll on Franklin Students

By Myles Wortman ; Writer

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least one or two midterms a day.

Many midterms include two sections: a multiple choice section, where students fill in the correct answer on a scantron given to them along with the test, and an essay or free response section, where students

must complete a timed written response.

Midterm exams can take a very huge toll on a student's second quarter grades. Depending on the teacher or department policy, it can be the highest and most important grade to go on the quarter and has the capability of dramatically making or breaking a grade. Many

students took most of their winter break studying very hard for their midterm exams in order to pass and save their grade.

In-school preparations for midterms usually consist of thick study guide packets and review worksheets in order to prepare students for the big exam. Midterm exams test students on everything

they learned since the first day of school. So studying about five months' worth of material for all 8 subjects, can add a great deal of unwanted stress to the end of the quarter.

Midterm exams are just one of the many difficult obstacles that all students must face and overcome during their years in high school.

While it seems very challenging at the time, just remember that all of the studying and preparation will be worth it in the long run.

When students finally make it past midterm week, it is still not the end of their hard work. After midterms, students will begin the third marking period filled with

new obstacles to face, but that doesn't even compare to the work they will have to put in in order to pass their final exams. Work put in now at midterm time will translate into less work later and more success.

Students Attend Maryland Thespian Festival

By: Megan Schanker; Writer

Theater kids from around Maryland come together every year to participate in the annual Maryland Thespian Festival. The festival is held every January for a number of theater departments from different schools in Maryland. Schools are given the opportunity to perform one act plays they prepared in front of other schools and receive feedback on their performances by a judge. There are also workshops, individual events, and scholarship opportunities for seniors. The festival is a chance for students to express their talents in ways that they can't in a normal school setting.

To participate in the thespian festival

there is a fee, and students also have to pay extra to participate in the individual activities. These events can earn opportunities for college scholarships in theater programs. Students are judged by professionals who choose between hundreds for win awards and scholarships. Participating in individual events is a great way to practice and improve acting, singing, and dancing.

This year Franklin High watched three different one-acts from other schools. It was a wonderful learning experience watching others of a similar age group perform.

The students also went to two different workshops. The



Students from the theater company such as Gabby Trujillo and Maya William having a great time at the Maryland Thespian Festival.

first one was a workshop for puppets where they learned how to portray a story through a puppet and demonstrated how they presented themselves in

their atmosphere. They created scenes with partners and it was a fun and educational experience.

The second workshop was for

a jazz-ballet fusion class. The students learned a combination to a song from A Chorus Line. They formed groups and prepared their dance to perform. Some groups were made based on experience. The last group to go was for those most advanced in dance.

The students enjoyed most getting to meet different people from other schools who told them about their theatre experiences and taught them different techniques that some might be more familiar with than others. The students greater strengthened and expanded their theatre community in the Baltimore area.

Franklin student Emily Signor had

a great time. "My favorite part of the experience was when I got a high five from one of the dance teachers' helpers. It was right after I had danced with my group and I thought I tried really hard and when she acknowledged that it made me feel really good inside."

Gabby Trujillo expressed, "although it only lasted for one day because of the weather, the workshops and getting to spend time and reconnect with one another and Mr. Hughes and Ms. D is something I will never forget".

It's Academic Prepares for Appearance on WJZ

By: Anna Coleman; Writer

It's Academic is a local weekly quiz show in Baltimore on WJZ that has been televised since 1961. It is a competition between schools from the surrounding area. Franklin students, with the help of Ms. Holden and Ms. Boyd, have

been preparing to compete on the show. It is very similar to team Jeopardy where students buzz in their answers. The club meets weekly to improve knowledge on pop culture and academics.

This year the varsity team mem-

bers are Thomas Ky-lie, Mackenzie Horn, Gabe Kinstlinger and the alternate is Jared Ordonez. This is a very strong, competitive team who is training hard in order to do well this upcoming season.

There are other

members in the club who are not on the varsity team. Sophomore Morgan Love is a member in *Its Academic* who enjoys it. Love says, "During meetings we sometimes have in house competitions or we just go over questions

or flash cards and use the buzzers. I like the club because I get to meet and learn with people who are similar to me and I learn a lot. It helps because I have the opportunity to gain so much knowledge and I love learning."

The club com-

petes in three tournaments each year. Two are held in the fall, one at Franklin High School, and the other at Centennial High School. The first tournament met with some

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It's Academic Prepares for Appearance on WJZ

By: Anna Coleman; Writer

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technically difficulties and no score was given, while the second the Franklin team finished 25th out of fifty schools. There will be one more tournament in the Spring.

The team also completes each year in WJZ's *It's Academic* show that is televised

and widely viewed around Baltimore every Saturday morning.

Keeping this in mind, the team will be practicing very hard so that they are fully prepared when they compete on the show.

During club meetings, the team splits into smaller groups and Ms. Holden will ask them questions similar to the ones they will be asked

during a real competition. Sometimes they compete against each other using a buzzer to realistically rehearse for big competitions.

At practices, they all participate and the goal is for everyone to walk away feeling like they learned something new. Practice usually lasts about an hour, sometimes less.

Although not

all the members will participate in the tournaments or on TV, the younger members learn from the more experienced seniors so that they may be the next generation to compete.

It's Academic is a great, scholarly, inclusive club that allows students to continue learning and make new friends. For students who love to



Members of It's Academic at the meeting on Monday posing for a team picture.

learn it is a great way to do so without books and papers. Most people

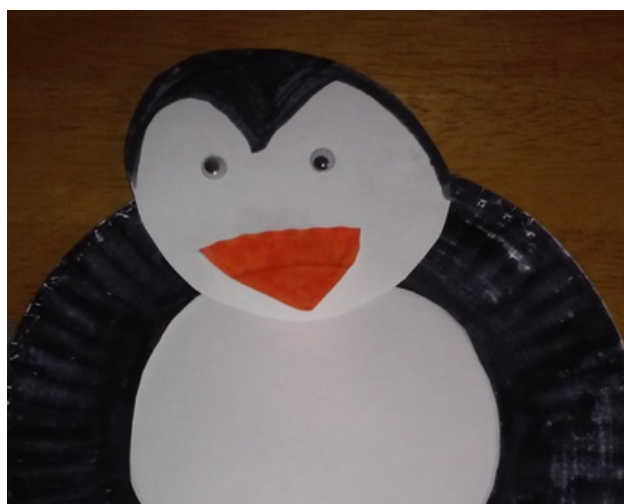
in the club love it and think that it was a great decision to join.

Snowy Friends Made at Best Buddies

By: Savannah Bowen; Writer

On Thursday, January 19th members of Franklin High's Best Buddies club gathered in Ms. Spivak's room for their monthly meeting. This meeting was held on a Thursday instead of the usual day of Wednesday due to Allied Bowling. Normal Wednesday meetings should resume after the Allied Bowling season is over. Although member attendance was higher than the previous meeting, a few people were missing due to scheduling conflicts or the terrible flu-like sickness that has been traveling around the school.

The routine ice breaker began the



A paper plate penguin made at the meeting.

meeting. This month, the question was "What are your New Year's Resolutions?" Members gave the typical answers, such as being more diligent in school and not procrastinating, and getting more active. Sophomore Hunter Demarcy said

"I want to start getting more sleep. I used to get up at six a.m. every day, including the weekends". When asked what time he has been waking up now, Demarcy mentioned "I've been getting up at more reasonable times, anywhere from seven

to nine". Buddy Director Jacob Franklin had created a goal for his buddy pair, Julian. He wanted him to get his license so that way he could start taking Jacob to more places and activities.

After the ice breaker the group got started on the craft. The craft for this month was creating a penguin or a snowman out of paper plates. To make the penguin, members cut out the center of one plate to use as the head and wings, and another plate for the penguin's body. Leftover pieces from the cut-out center were used for beaks and feet. Googly

eyes were also passed around to give the pretend penguins some personality and character. For members that made snowmen, it was a very similar process. The center was once again used for the head of the snowman, but cotton balls were glued onto the second plate to make the paper snowmen appear like real ones. They were also free to make carrot noses from scrap pieces of plate and to obtain crazy googly eyes for their snowy pals.

There was still time left after the craft was completed, so the buddies played a few rounds of charades.

The objective of charades is to demonstrate an action or object without speaking. The buddies had a great time playing charades, acting out words and phrases like "grocery shopping", "writing a letter", or "running". Alex Trujillo seemed to have the most fun acting, going up to perform several times. He portrayed various creative scenes, like playing instruments such as the tuba and guitar, to riding a motorcycle and holding a baby. According to Alex he chose "holding a baby" because he had a new baby cousin born the day before.

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National Honor Society Step up in Community

By: Julia Weinick; Writer

The National Honor's Society is an organization that recognizes outstanding high school students. NHS members have demonstrated excellence in areas such as leadership, character, and service.

To be eligible, a student must have a cumulative grade point average of at least 3.0 on a 4.0 scale. They must also possess the four pillars of NHS: leadership, character, service and scholarship. Students in grades 10-12 who fit these requirements are eligible for acceptance

into NHS. Students who are accepted into NHS should be aware of the time and commitment involved.

Sophomore Morgan Love is in the process of completing her application for NHS. She expressed that she is applying to be in NHS because she believes it is a good club and it will benefit her as a student and as a person.

Love stated, "I am excited to be a part of a club with members who share the same values as me and enjoy helping the community".

Love has participated in several community service opportunities. She expressed that her favorite community service has been working with younger children. She has had the opportunity to do this through the Leadership Training program at Beth Tfilah Camps, where she is an aid to a counselor and learns the responsibility of taking care of young children.

The junior maintenance forms are completed in March, but Julia Sacks has already got a head start. Sacks is heavily in-

involved with her youth group that helps out in the community on a regular basis. Her group works with Art with a Heart, located in Baltimore. She expressed that this non-profit organization helps make art for Baltimore to make it a, "brighter and more beautiful" city.

Sacks stated, "I want to feel that I made a difference in someone's life and realized how much I have helped even if it's through a little action".

To stay in NHS, seniors are required to be involved



Julia Sacks painting an art piece while volunteering at Art with a Heart.

in at least 20 hours of service throughout the year. This can include service within

the school, sports, service in the community, club involvement, or holding a leadership position with an organization. In addition, the senior members are required to have participated in three NHS activities such as Penny Wednesday, refugee blanket making, a canned food drive, peer tutoring, crisis center, junior ring escort, or freshmen orientation.

NHS is an organization where all members join together to make an impact in their Franklin and Baltimore community.

Students Migrate into the World of Model U.N.

By: Megan Schanker Writer

This year the Model United Nations, or Model U.N. recruited a whole new group of students from the G.T. sophomore World History classes to participate.

In Model United Nations students go to an information meeting at Towson University where they learn about the program and are assigned a partner to work with and each pair are given a country to research and support. Once the pairs have their country, they are given a topic by the board, to learn about and to

figure out what their countries position would be.

After months of research and preparation students attend a two day assembly where they negotiate problems and find solutions with other delegates. They argue and work together to better their country.

This year the topic for research is migration and immigration. Students can research their countries problems with either too many people coming into or leaving their country, as well as people moving

around for other reasons.

Now that the students have the topic they are able to begin their more specific research and prepare their presentation. The students also have to prepare a binder with the basic information of their country, such as information on the economy, government, relationships with other countries, history, and more that will be useful to their final project.

Student Maddie Ballan says "the topic is interesting, but a limited number of



Maddie Ballan and Hibba Ata telling each other about their separate countries

countries will be able to really have a stance on it, because it isn't a huge problem in all the countries participating

that migration is an interesting topic and student representatives can tackle this hot button issue.

Participating in Model United Nations is a great way for students interested in politics or history to see what it is like in the "real world." Students get to work together and debate issues that they see in the news everyday. Being a part of Model United Nations teaches students responsibility, team work, as well as research and negotiation skills to use in college or their future in jobs.

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The March Heard Around the World

By: Andrew Nelson; Writer

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down from Massachusetts. When asked why he had made the trip, he simply stated “I’m here today to support the women of America and stand with them in solidarity. I also wanted Trump to know that we’re out here, aware and watching.”

He confided his personal sentiments on the movement as a whole and expressed that he feels there is a “...wonderful thing happening here and around the world, Democracy is being given back to the people.”

With over half a million people, the Women’s March on Washington represented the diversity that is the American public. Marchers, however, were there for more than just women. People turned out for peo-

ple of color, members of the LGBTQ+ community, Native Americans, and religious rights. The march was also a protest to the recent inauguration of President Donald Trump, just the day before.

At the head of the diverse crowd were legendary speakers. America Ferrera was one of the first famous speakers and ended her speech with a powerful quote in regard to our new president, “A twitter finger must not become a trigger finger.”

This was one of many poignant quotes that resonated with the crowd in opposition to President Trump. Amidst other famous speakers, Gloria Stein spoke with a message from the sister march in Berlin, “We in Berlin know that walls don’t work”.

Michael Moore,



Legendary Civil Rights leader Angela Davis amidst hundreds of millions in the sea of protestors and just feet from me.

well known filmmaker and author, spoke at the march. Noting the historic significance of the event, Moore felt that the march and movement was “...planting the seeds for trees we may never sit under.”

Moore also made it a point that the activism could not stop after the march and implored us to call Congress daily

Celebrities like Moore were not in

short supply at the Women’s March on Washington. A speech was given by Scarlett Johansson in support of Planned Parenthood, talking on everything from safe abortions to detecting cancer. Alicia Keys performed a goosebumps-inducing performance of her hit “Girl on Fire”. Janelle Monáe gave a poignant tribute with the “Mothers of the Movement” to Eric Garner, Trayvon Martin and

other young black men that had been killed in the last few years, reigniting the flame of the #blacklivesmatter movement and reminding us to choose freedom over fear. Other celebrities included the legendary Harry Belafonte, Jake and Maggie Gyllenhaal, John Kerry, Natalie Portman, Miley Cyrus, Jane Fonda, John Legend, Emma Watson, Drew Barrymore, Amy Schumer, Mary McCormack, Charlize Theron, Zendaya, Helen Mirren, Sir Ian McKellan, Katy Perry, Cher, and many more.

The Era Coalition, a national and local constituency of eighty organizations for equal rights, Risenow, American Civil Liberties Union, Love Army, Planned Parenthood, United Automobile Workers, and many more made their

presence know. Many other groups help organize and participated in this historic event.

As I stood looking out in awe over the sea of people, I was pushed suddenly forward. Turning back to look, I found myself almost face-to-face with Civil Rights leader, Angela Davis. I was struck by her legendary presence.

In her speech, Davis would take the opportunity to address systemic issues, she also talked against the prison-industrial complex, privatization of healthcare, and gentrification. Noting the necessity of resistance in the coming 1,459 days, she left us with this, “This is just the beginning and in the words of the inimitable Ella Baker, ‘We who believe in freedom cannot rest until it comes.’”

World Celebrates Black History Month

By: Mannat Khattak; Writer

In 1976, the one week in February known as Negro History Week was expanded to what is now called Black History Month. Every United States president since 1976, has officially designated the month of February as Black History Month.

This month has become an annual celebration of the successes and achievements of black Americans and recognizes the great role of African Americans in United States history. Other countries around the world including the United Kingdom and

Canada also devote a month to celebrate black history.

When we first think of Black History Month, we picture the celebration of big names such as Dr. Martin Luther King Jr., Malcolm X, Rosa Parks, and even President Barack Obama, but there are many other great African American figures that are popularized during the month of February. The National Association for the Advancement of Colored People or NAACP was founded on February 12th 1909. The association was created with

the intent to ensure the political, educational, economic, and social equality for people of color. The NAACP will be celebrating its 108th birthday next month on the 12th.

Thurgood Marshall was the first African American to ever be appointed to the United States Supreme Court. Marshall was appointed by President Lyndon B. Johnson in 1967. He served on the court until 1991.

In 1992, Dr. Mae Johnson was the first African American woman to go into space. Johnson worked with U.S. and Japanese

researchers, and was a co-investigator on a bone cell experiment during her 8-day mission.

In 1940, Hattie McDaniel was the first African American performer to win an academy award. She was awarded for her portrayal of slave governess in *Gone with the Wind*. This was a major accomplishment for African Americans at the time, being that an Academy Award is the film industry’s highest honor.

Jack Johnson became the first African American man to achieve the World

Heavyweight Champion boxing title in 1908. Johnson held on to the title until 1915.

Shirley Chisholm was the first black woman to be elected to the House of Representatives in 1968. Chisholm represented the state of New York and made a huge comeback four years later when she became the first major party African American candidate and the first female candidate for the president of the United States of America.

Black History Month is and always has been a very important and vital time

for the United States. The celebration is one that is felt both nationally and worldwide as many organizations, cities, states, and countries host events that both educate people and magnify the rich culture and the countless memorable figures of African American History. The month is especially important in today’s time as people of color are associated with wild and misleading stereotypes instead of the leaders and positive revolutionaries that were presented in the past. Happy Black History Month!



Ishani On Ice

By: Mannat Khattak; Writer

Ice-skating is a very intense sport that involves the skaters to complete a series of patterns or choreographed dance moves on the ice. One type of ice-skating is figure skating, whether is single, pair, ice dancing, or synchronized skating. Single skating is the most popular and involves the skater completing jumps, spins, and complicated footwork to music. Double skating is the most thrilling type of figure skating and has a man and woman complete movements together side by side. Ice dancing is skating waltzes, tangos, and other ballroom dances

on the ice with or without a partner. Lastly, synchronized skating is a team of twelve to twenty skaters that perform in unison and complete the same patterns to music.

In Maryland there are several synchronized skating teams such as Chesapeake Synchronized Skating and DC Edge. Student Ishani Shah of Franklin High School has been skating since she was in first grade. Shah was shown an ad for skating lessons and she decided to try it out. Since then she has joined Chesapeake Synchronized Skating and is a member of the Chesapeake

Sailors. Since Shah has been skating for a long time, she has been able to compete in many events with her team. She hopes to pass her USFS tests (U.S. Figure Skating tests) so that she can advance to the next level, she also hopes to make the senior synchronized skating team and hopefully get synchronized skating into the Olympics.

For the USFS test there are eight levels for the types of skating. One type is moves in the field, which requires a skater to complete a series of patterns for each level in front of a panel of three judges. Another



Ishani Shah listening to the coach during a competition with her team.

type is freestyle, which requires a skater to create a program perform it in front of a panel of judges. Lastly, for ice dancing there are seven levels along with international levels and skaters must perform

a dance pattern with a partner in front of judges.

Ice skating is a difficult sport and requires hours of practice and determination. It may become hard at times but for

devoted people such as Shah and her teammates, it is worth the effort. They worked hard to be where they are now and have refused to give up.

Special Olympics Creates Athletes

By: Savannah Bowen Special

Special Olympics is the world's largest sports organization for children and adults with developmental disabilities and has been around for almost fifty years. It was founded in 1968 by Eunice Kennedy Shriver, who is the mother to Anthony Shriver, the creator of Best Buddies.

Special Olympics provides year-round training and competitions to over five million athletes all around the world. According to the official website "Special Olympics is a global movement of people creating a new world of inclusion and community, where every single person is accepted and welcomed, regardless of ability or disability". This organization makes it



Maryland competitors finishing the swimming portion of a triathlon. (Image via htii.com)

possible for intellectually disabled people to fulfil their full athletic ability and compete against their fellow Olympians. Special Olympics offers over thirty Olympic-style individual and team sports that provide meaningful training and competition opportunities for persons with intellectual disabilities. Those

sports include basketball, cycling, football, gymnastics, and even powerlifting, which is lifting heavy weights and trying to hold more than the competitor. Events are held constantly and all over the world, adding up to more than one hundred and eight thousand events every year. Some of the most popular events are

the Special Olympics World Games. These games are not held in the same year as the Olympic Games, but cover the same events. The Special Olympics World Games alternate between summer and winter and are held every two years. The last World Summer Games were held two years ago from July 25th, 2015 to August 2nd, 2015 in Los Angeles, California. The World Winter Games were last held in South Korea from January 29th to February 5th, 2013. The next World Winter Games will be occurring in two months in Austria from March 14th to March 17th.

There is also a way to participate in Special Olympics without having a mental disability. The organization has a fea-

ture program called Unified Sports. Unified Sports brings people with and without mental disabilities together to create the ultimate team. The team practices and plays together, creating friendship and understanding between the members. Even celebrities support and participate in the organization! Joe Haden, Corner Back for the Cleveland Browns supports Special Olympics. His brother Jacob is a competitor, competing in bocce ball and in the one hundred meter race. In 2015, Joe was recognized as a Special Olympics Global Ambassador at the NFL Super Bowl XLIX media day in Phoenix, Arizona. Joe has attended many Special Olympics Maryland events over

the years. Joe attended his first USA Games in 2014 in Princeton, New Jersey where he witness many athletes from North America participate in basketball and flag football. Joe says he will focus on increasing the number of athletes that participate in flag football, promote healthy athletes, and continue to recruit and encourage the public to join the Special Olympics Unified movement. The final way to become involved is just to simply support Special Olympics and its athletes. Whether it be helping out at events, joining a Unified Sports team, or cheering on the athletes, it isn't hard to make a small difference in the life of someone else.



Franklin Boys Lacrosse Plays to Win the State

By: Andrew Gersh; Writer

Last season the boy's lacrosse teams at Franklin High School were successful. The varsity team made it to the state semi-finals but lost to Bel Air. This was very disappointing to the team because they had gotten into a rhythm for the season. They went 5-7 in the regular season but started winning towards the playoffs. They had a few big wins like when they beat Towson. They lost 12-1 to Hereford High School and 10-1 to John Carroll High School in the regular



Eli Allentoff clearing the ball in hopes of creating an offensive fast break against Towson.
Credit: Varsity Views

season which was hard but the big wins kept them going.

The Junior Varsity team did pretty well too. They went 7-4 in the regular season but didn't qualify for the championship.

They had a few good wins and only lost to other big teams. Overall the season was a success and they look to do better this year.

The entire coaching staff returns for this season

in hopes of winning states. Head coach Joe Madigan is going into the season with hopes of having the younger kids improve and turn into great players for the future.

Scott Lauderman is the JV coach for the first time and he is looking to come back and lead his team to the county championship. According to Lauderman he enjoyed his time greatly last year and appreciates this opportunity to coach again. He is the former Field Hockey coach and var-

sity lacrosse coach for Franklin but he hadn't coached in over 10 years prior to last season.

The team started having workouts the week after winter break and they have been a success. Coach Madigan talked to the Duke Lacrosse head coach, John Danowski about the way to make the most of weekly workouts. Madigan created a workout routine based off of Danowski's suggestions. The players said it's definitely harder than last season but it will

better prepare them for games ahead. The players are working out Wednesdays and Fridays.

In addition to having workouts, the players are having captain's practices so that they can get a stick in their hand to prepare for tryouts. These practices are typically ran by Phillip Malone and Brody Unkart. They consist of scrimmaging and little practice drills. These take place before workouts on Wednesday and on Thursdays.



Franklin Girls' Lacrosse Team Begins Conditioning

By: Danielle Stein ; Writer

Beginning on January 18, 2017, the Franklin High School Girls' Lacrosse Team began their training for the 2017 Spring Season. Workouts are continuing to be held for two hours every Monday, Wednesday, and Friday evenings from 6:30pm to 8:30pm until tryouts begin on March 1st, 2017.

The first training session on Wednesday, January 18 consisted of a warm-up, running, jump-roping, and weight training. The warm-ups were series of stretches because it was important to warm up the muscles for the following run. The coach of the Junior Varsity and Varsity teams wants the team to run and work

out in a sweatshirt and sweatpants to keep the muscles warm and work the heart more with cardio.

The team then ran down to the track at the stadium and ran for twenty minutes in the dark with no stadium lights on. They had to run with 75% effort to pace themselves, but still work hard. After was a water break and then jump-rope conditioning. The team had to do it for three minutes straight with different jumps and speeds. For example, only on one foot.

After, the team went to the bench press and got into groups of three. They participated in a pyramid workout to do 8 reps of the lightest, then 6 reps

with a heavier weight, and so on until it gets to 2 reps.

The next Friday, the team worked on polymeric and jumping along with more jump rope and workouts with the weighted medicine ball.

The point of these training sessions is to get the team in shape so they are ready to work on their lacrosse skills by the time the regular season rolls around. The team is not allowed to practice skills with their sticks officially until tryouts begin because it puts the other teams in the league at a disadvantage. Last year Franklin was in the 2A Division with schools like Patapsco,



Junior Cara Szikman jump-roping for three minute intervals.

Chesapeake, Carver, Lansdowne, Western Tech and Parkville. This year, the team moved back up to the 3A Division and will be playing Pikesville, Liberty, Eastern Tech,

Sparrows Point, Herford, Century, Catonsville, Loch Raven, Perry Hall, Towson, Dulaney, and Owings Mills. The schedule will be much more challenging, so the

training three times a week is extremely necessary to play a good game against teams at the higher level.

The goal is to make a name for Franklin High School Girls' Lacrosse in the Division, Baltimore County Public Schools (BCPS), and the state of Maryland by winning as many games as possible.

The preseason-style training will continue during the regular season for lacrosse and the work-outs done there will carry through. The Coach of the team said that the twenty minute run will be a daily warm-up for the team for the remainder of the season.