

The Eagles'



Mills E. Godwin High School
2101 Pump Road
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Eyrie

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Priceless

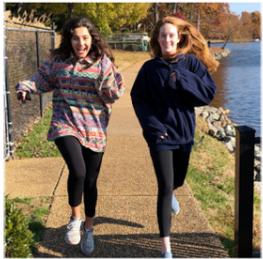
INSIDE



Math Modeling pg 2



Santa Review pg 4



Turkey Trot pg 7



2018 In's and Out's
pg 8

Table of Contents

News.....	2
Center.....	4
Sports.....	6
Features.....	7
Rear.....	8

Godwin gives back this season

Susanna Shepard
Opinion Editor

In 1942, Henrico County school teacher, Mittie McCraw Nelson asked that her students bring in canned food items for families in the area who needed them during the holidays. With time, this idea of hers evolved into what is now the Henrico Christmas Mother.

For many years now, the Henrico Christmas Mother has worked to provide for those less fortunate during the holiday season. This organization welcomes a variety of contributions such as collecting food items, warm clothes, books, and even sponsoring families.

Each year, a Henrico County local is appointed to serve as the Christmas Mother, the person who is the face of the organization for that year. This year, Angela Harper has been appointed to serve as the Christmas Mother for Henrico County. "I felt this was a milestone moment in my life to help others," said Harper.

Harper is a retired Henrico deputy county manager, so it is not the first time she has been involved in the Henrico community. "For over 75 years, Henrico Christmas Mother has helped our neighbors in need during the holiday season. I am honored to serve as the 2018 Henrico Christmas Mother. I look forward to meeting many of our Henrico neighbors as we work together to share the spirit of giving," said Harper.

Godwin participated in the Christmas Mother to help make its mission successful for another year. The BETA Club organized and worked on a school-wide can drive to contribute to the organization.

Godwin English teacher Miriam Ashworth has been the teacher sponsor for the BETA Club since 2000. Through her BETA Club sponsorship, she has experienced Christmas Mother can drives run by the club many times before.

"BETA Club is a service organization, but it is also academically based. You have to have a 3.0 [GPA] or better and then you also have to have a character recommendation," said Ashworth. "Our goal is to serve our community, Godwin and larger." The can drive is not the only charity event that the BETA Club is involved in. In the past, they have donated to organizations such as animal shelters and



photo Maddi Morris

GHS BETA club pack cans for Henrico Christmas Mother, Angela Harper (bottom left).

Feed More.

"Our students are the ones who can pick charities or things we want to work toward," said Ashworth.

As the can drive progresses each year, the popularity and success of the can drive varies as well.

"It's how involved teachers and their students get," said Ashworth. "We did really well last year."

This school-wide can drive through BETA Club was run by the members and the officers of the club.

Senior Chris Xie is one of the Secretary officers for the BETA Club and worked alongside other officers and members of the club to make the can drive a success.

"You have to be really organized," said Xie. "You have to know how many cans are in how many boxes and you have to keep track of who has done what."

Senior Betty Judah, the president of the BETA Club, feels that the can drive has a great effect on those who benefit from it.

"I think that the canned food drive has a greater impact on our community than people realize. The food that students donate may be a simple purchase for them yet, for other families, it may be difficult to afford this time of year. This gesture, although simple, can be extremely helpful to many families in the Henrico community," said Judah.

Godwin's participation in the can drive greatly impacts Henrico families who receive food donations during the holiday season.



photo Maddi Morris

Students carry cans to the cafeteria to be delivered.

The counting of the cans took place Nov. 27. The final count for collected cans was over 4,300. Last year, Godwin collected a total of over 7,000 cans. In 2016, the total was about 5,000 cans.

The promised incentive for the top can collecting classes was a free breakfast provided by the BETA Club. The breakfast goes to the top two classrooms. This year, it was awarded to math teacher, Dan Wallace's class with 796 cans and to psychology teacher, Mark Seidenberg's class with 252 cans.

"The provision of non perishable food and gift cards for perishable food for families with children, senior adults and disabled adults ranks as the most important reason to help," said Harper.

If you are interested in donating to the Henrico Christmas Mother in any way, please visit their website at henricochristmasmother.org/makeadonation.html.

Class Canned Food Stats:

- 1st Place: Wallace - 796 cans
- 2nd Place: Seidenberg - 252 cans
- 3rd Place: Lauder - 236 cans
- 4th Place: Silver - 176 cans
- 5th Place: Womble - 146 cans
- 6th Place: Nordin - 134 cans
- 7th Place: Richardson - 97 cans

NEWS

Center students participate in annual math competition

Noah Rogg
Staff Writer

Juniors and seniors from the Todd Allen Phillips Center for Medical Sciences competed in the annual High School Mathematical Contest in Modeling (HiMCM), commonly shortened to Math Modeling, for the chance to compete against other top high school students from around the world from November 9-19.

The competition takes place over the course of 11 days, during which students are placed into groups of four and asked to research and develop a solution to two real-world problems, ranging anywhere from tax rates to drone light-show cost optimization.

During the final two days, the students meet with their groups over the course of 36 hours to finalize their research, to construct a mathematical model, produce a 30-page research paper.

The competition can be strenuous, and students have to learn to work as a team effectively and efficiently.

Senior Abhijun Gupta said, "The math was the most difficult part, for sure. We spent over 10 hours working together on one optimization problem that was stuck because of two negatives."

The problems are meant to simulate the applications of higher level mathematics and to give students first-hand, real world experience.

This year's problems consisted of anything ranging from designing an energy efficient, smart thermostat system to determining the most efficient way to build a rollercoaster.

Senior Jerry Zhang hopes to pursue a career in mathematics and appreciated the opportunity to acquire direct experience.

"Topics like reducing crime rates and designing traffic patterns seem intimidating, but you'd be surprised at the progress you can make in just a handful of days. Now imagine where'd you get with a decades-long career," said Zhang.

In the past, Godwin students have been successful in the competition, with certain groups receiving national recognition.



photo Ava MacBlane

Seniors Akankshya Jena (l) and Medha Majety (r) work through a problem.

The final placements are organized into six categories, and Godwin teams have placed within the top one percent in multiple years.

The sponsor of the event, center math teacher Miranda Watson finds the experience to be enriching for the students and sees value in encouraging higher level math usage when

solving practical problems.

"Math is finally real to them, and I've had students come back to me and say that they are doing very similar problems in college. It's also very valuable for them to work in a time pressured situation as a group," said Watson.

According to sophomore Susanna Shepard, Math Modeling

inspires competition within the specialty center, enveloping the lives of the students that compete in it. Overall, the students use the experience to grow and to learn, both as collaborators and as future mathematicians.

"I really enjoyed participating. It taught me so much and it was really rewarding to read over our final paper," said Shepard.

What's happening around Godwin?

Snapshots of activity around Godwin over the past week.



photo Chip Carter

Senior track and field sprinter Britton Wilson committed to Tennessee.

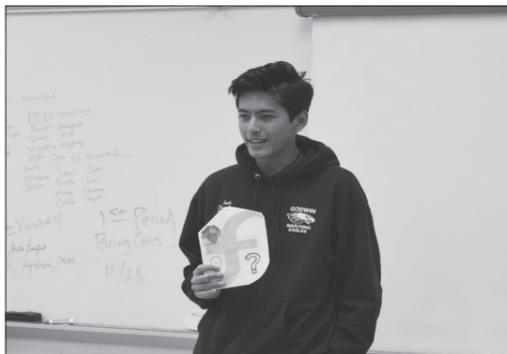


photo Ava MacBlane

Junior AP English students displayed their flaws in a Scarlet Letter project. Junior Shivesh Joshi chose F for forgetful.



photo Maddi Morris

l to r: Matthew Howe, Andrew Seccia, Wilson Stead, and Michael Mustachio sang for Godwin chorus at Maymont.

Eyrie Briefing

A snapshot of Godwin news, local occurrences, and national updates to keep our readers informed.

EAGLE NEWS

Charlie Kennedy wins All Metro Golfer of the Year

Sophomore Charlie Kennedy has had a very successful first two years as a golfer at Godwin. Kennedy has already earned two of the top awards for high school golfers.

Kennedy kicked off his golf career at Godwin with a state championship as a freshman. This year, he was the state runner up, as well as the winner of the All-Metro Golfer of the Year award. Kennedy finished just a stroke short of winning the state championship this year. Godwin golf coach Hunter Thomas said, "Charlie is well deserving, and every time he plays [he] is the person everyone thinks will win. When the pressure is on, he performs well every time."

Kennedy said, "It feels great to win this award and I knew coming into the season that [winning] was one of my goals. I got support from my teammates and Coach Thomas and they all helped me achieve my goal."

Kennedy is overall optimistic in regards to his future in Godwin golf.

"I feel confident in the next few years. I know that we have some good young kids coming in the next few years so I'm excited to see what they bring to the table," said Kennedy.

LOCAL NEWS

Seven year old's toy drive going strong eight years later

When Nick Booth was 7 years old, he saw on T.V. that some kids had to spend their Christmas in hospitals. This upset Booth, who wanted kids to be able to spend Christmas at their homes.

Booth decided to put together a toy drive for children who had to spend their holidays in hospitals. This first year, Booth received donations from his church and was able to donate 75 toys. Later schools in the Dinwiddie area got involved in the toy drive, which expanded the reach of the donations.

"We had members of the Dinwiddie school system in our church congregation who wanted to help Booth the following year. Then more churches heard about it, then business and organizations throughout the years have joined in, and before you know it the drive was bigger than we had ever imagined," said Nick's mom, Sheri Booth.

This year, Nick decided to take the drive in a more personal direction, after his three-week-old niece, Kaleigh, passed away. Nick named the drive Kaleigh's Angels this year in a tribute to her.

NATIONAL NEWS

Deadly forest fire breaks out in California

In Nov., a devastating forest fire ravaged Butte County, near Sacramento, Cal. The fire started from a campfire on Nov. 8, and it steadily burned through the entire county.

Causes of the fire are of some dispute, as the state officials have pointed to the hottest temperatures of the decade hitting the area this year, as well as strong winds spreading the fire.

President Trump; however, believes there was mismanagement on the state's part that caused the fire to break out. He claims the handling of forests throughout California is not effectively preparing the areas for fires like this one.

After 17 days of the fire destroying land in California, 85 people have been killed while 14,000 residences have been damaged across the 153,000 acres of Butte County.

After days of rain allowed the first responders to enter the burned areas, they were able to contain the fire. Celebrities such as Miley Cyrus, Liam Hemsworth, Kim Kardashian, and Kanye West have set up charity funds to help those that have lost their homes in the fire.

Believe the victim before we protect the accused

If we want women to speak up, we must support them when they do



Kaitlin Dunn
Online Advisor

In an era where the #MeToo movement is prevalent and more light is being shone upon victims of sexual assault, one would believe that we would see a larger number of rapists being convicted and jailed for their crimes.

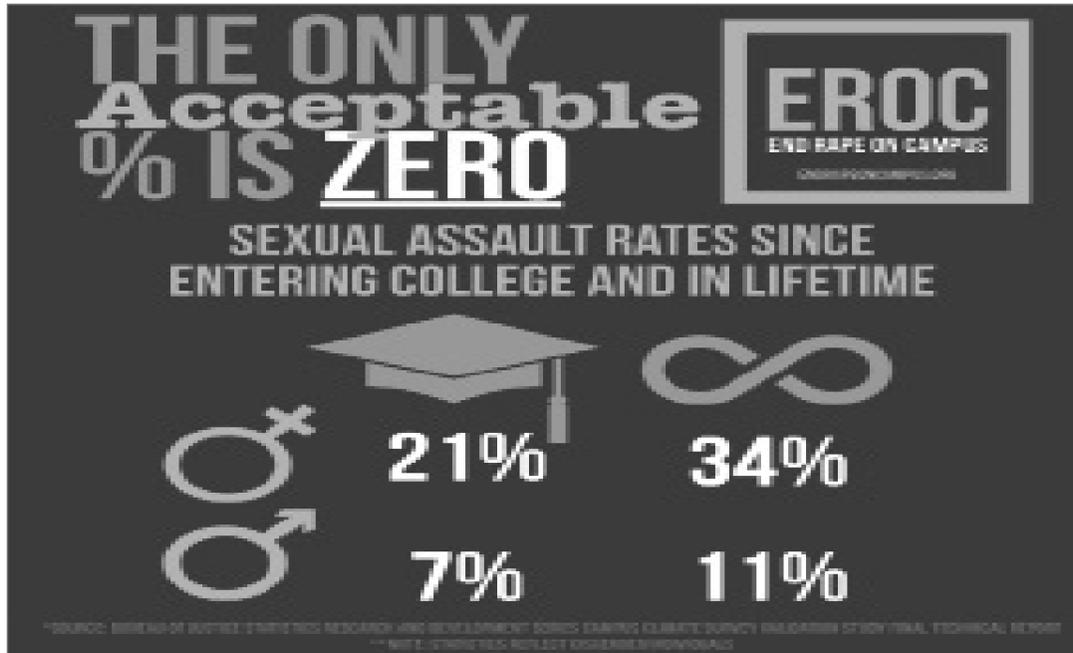
Despite this, it appears that we as a society still do not see rape or the injustices done to women as a serious problem.

Recently, the Secretary of Education, Betsy DeVos, announced sweeping rules that according to the Title IX of the Education Amendments of 1972 intend "to promote the purpose of Title IX by requiring recipients to address sexual harassment, assisting and protecting victims of sexual harassment and ensuring that due process protections are in place for individuals accused of sexual harassment."

This proposal comes on the coattails of the Kavanaugh trials, in which Dr. Christine Blasey Ford accused Brett Kavanaugh of sexual assault.

While the proposal is open to public comment, which would in turn be the deciding factor of whether or not the proposal is added to Title IX, the idea that DeVos would so much as suggest giving more protection to those accused of sexual assault is appalling to me.

Even as we seemingly try to



shed light on victims of sexual assault and their experiences, our actions and how we treat those accused do not match up with our words.

We give those accused of sexual assault the benefit of the doubt before we even consider the thoughts or feelings of the victim.

Often times in cases of sexual assault, the first thing brought up is the concept of the alleged rapist being falsely accused. The public is concerned with potentially sending an innocent person to jail, and I do not fault them for this.

In the American judicial system, there is the concept of the accused being "innocent until proven guilty," and this holds up in most cases. However, when we give the accused the benefit of the doubt, this does not mean that the victim is automatically a liar.

In March of 2016, Brock Turner, after sexually assaulting an unconscious girl behind a dumpster received a sentence of six months, followed by three years

probation. He was released after only serving three months.

Despite the overall public outrage and the general consensus that Turner was guilty, the judge still granted him a significantly lighter sentence.

The judge cited Turner's age, the fact that both he and the victim were inebriated, and not wanting to ruin Turner's future.

WE GIVE THOSE ACCUSED OF SEXUAL ASSAULT THE BENEFIT OF THE DOUBT BEFORE WE EVEN CONSIDER THE THOUGHTS OR FEELINGS OF THE VICTIM.

All of these factors combined show just how much leniency is given to those accused of sexual assault, and how little concern we have towards the situations the victims go through.

According to the National Sexual Violence Resource Cen-

ter, one in five women will be victims of sexual assault while in college.

In 2012, the Enliven Project came out with the statistics regarding rape on a national level. Out of every 1,000 rape instances, only 10 percent are ever reported. Out of these 100, only 30 percent ever faced trial, and only 10 percent were ever jailed.

Out of every 100 reported instances, only two are falsely accused.

Society does not make it easy for victims of sexual assault to come forward. Often, they are shamed, ridiculed, or called liars. Even after the Kavanaugh trials, Dr. Ford continues to be harassed and questioned by conservatives from all sides.

To me, it appears that we already protect the rights of the accused more than we protect those who have been assaulted, and if we continue to disregard the victims, we will simply continue to show the lack of care we have towards women.

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Contact us with questions, concerns, or information you wish to share.

The ideas expressed in op-eds are that of the individual writer alone and not of Godwin High School or the Eagles' Eyrie.

Happy Holidays from the Eagles' Eyrie staff!



photo courtesy Kayla Walters

Winter Medley

The victory lap: A Santa Claus review

Earlier this December, three of The Eagles' Eyrie staff members, including myself, went around town to three different malls: Short Pump, Regency, and Stony Point. While at the malls, we stopped by to see each mall Santa, tell them what we wanted for Christmas, and review them. We reviewed them on three criteria: atmosphere (how well-decorated the Santa Zone was), beard feel (how good their beard was), and merry charisma (how charismatic they were).



photo Ben Grott

Regency Mall Santa

At the Regency Mall we easily found Santa set up right in the middle of the mall, the perfect place for Santa. The decorations were quite lackluster. Except for a couple of decorated trees, it was just a big open area with a chair and a camera.

Once we got inside the Santa Zone we were immediately welcomed by Santa himself to come and sit with him. This chair was the biggest of all three, big enough for one of us to actually sit in it with him.

One of the biggest complaints I have about this Santa Zone is how far away the camera was. It was as if they wanted to show off the Christmas trees behind us more than they wanted to see us in the picture. I would not recommend Regency's Santa if you have small child, as you may not be able to see them in the picture.

After the pictures were taken we each got free light-up Rudolph noses to wear. We were also asked if we wanted a picture in Santa's sled. We got our picture in his sled and we went on our merry way.

Atmosphere 2/5
Beard feel 3/5
Merry charisma 3/5
Total 8/15



photo Ben Grott

Short Pump Mall Santa

The Short Pump Santa was set up right near the main bathrooms which was pretty awkward. However, once we walked through the double doors into Santa's little village we totally forgot all about the bathrooms.

All the little play sets for the kids were dressed up for Christmas and snow was everywhere. It really felt like we were in a winter wonderland.

We walked up to Santa and he was just as happy as he could be to see three high school seniors.

He made great conversation with us and gave us this great piece of life advice: "Do you know what the most important climate to control is?" he asked. We did not know, so he informed us that "it is important to control your own personal climate around you."

He sat in a nice leather chair that was not quite big enough for all three of us. I do not recommend going here if you have a large family.

After we got our picture taken Santa gave each of us a peppermint lollipop and we went on our merry way.

Atmosphere 3/5
Beard feel 5/5
Merry charisma 4/5
Total 12/15



photo Ben Grott

Stony Point Fashion Park Santa

When we arrived at Stony Point Fashion Park we had no idea where Santa was. Luckily, they had these very convenient footprints on the ground that we followed to get us to Santa.

When we arrived at the Santa Zone, we were greeted by three merry carolers all dressed up and singing.

This Santa Zone was not very dressed up, but it was very organized. They had little tables to shop at for the parents and coloring stations to sit at while waiting to see Santa.

When we got to the front of the line we were greeted by the jolliest Santa we had seen all day. He was happy to see us and told us stories about his past visitors.

His chair was just the right size so we could all fit in the picture and feel included.

When it was time to take our picture, there was this wonderful woman behind the camera telling us jokes trying to get our best smiles out of us.

After the picture was taken, Santa gave us each sweet holiday bracelets to wear and we went on our merry way.

Atmosphere 4/5
Beard feel 4/5
Merry charisma 5/5
Total 13/15



photo courtesy Amazon

Wheelmate Steering Wheel Attachable Work Surface Tray - \$21.96 on Amazon

Have you ever been running late to school and all of a sudden you remember that you have three research papers due today? While waiting for the god-forsaken left turn into Godwin you can whip out the Wheelmate steering wheel attachable work surface tray and pump out those papers. This is the perfect gift for that friend you have that is always running late and never does homework at home.

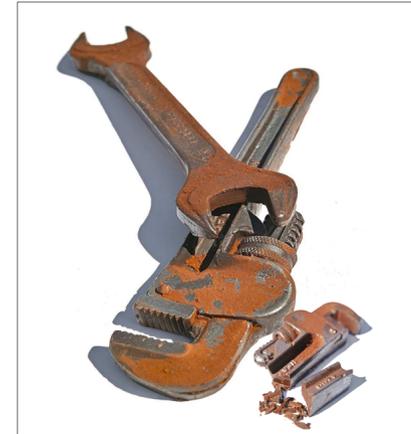


photo courtesy Amazon

IronChoco Chocolate Tools Set - \$26.99 on Amazon

Once you gift him the IronChoco chocolate tool set, no longer will your father keep nagging you about how delicious his tools look while he is fixing the toilet you keep clogging. You can help fulfill your father's dream of eating his toolbox by allowing him to unwrap these gourmet chocolates in the shape of classic dad tools.

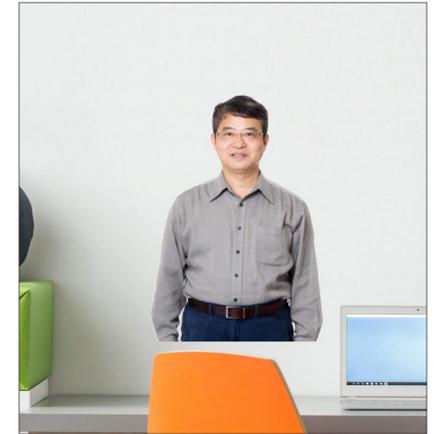


photo courtesy Amazon

Wallmonkeys Asian Old Man Wall Decal - \$21.96 on Amazon

You know that uncomfortable feeling you get when you go over to your girlfriend's house? I think this is the perfect gift for your lover: The Asian old man wall decal. With this decal your girlfriend now has a sweet new friend that is always in her own home but you also get a friendly face to look at while awkwardly talking to her dad.

WEATHER OFF!



photo courtesy Strawbridge

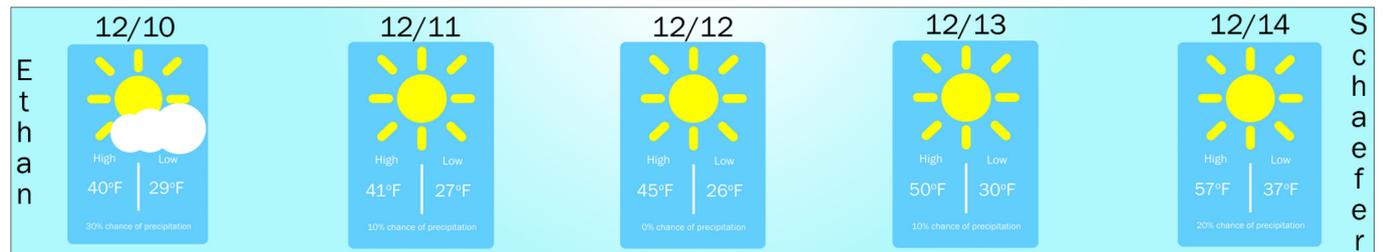
Ethen Schaefer
Godwin senior

Ethan Schaefer, meteorologist hopeful, takes on Ros Runner, former meteorologist turned school counselor, in the first annual Mills E Godwin Weather Off. They both were tasked with predicting the weather for the week of Dec. 10-14 and had to state the highs, lows, and chance of precipitation. The Eagles' Eyrie will be reporting who is currently winning all of next week on our Instagram (@eagleseyrie). Who will prevail? A up-and-coming young meteorologist or a professionally trained meteorologist with years of experience? Runner has been a meteorologist in Richmond since 2002 and has just joined the Godwin staff this year as a counselor. Schaefer is a senior at Godwin and a student in the Todd Allen Phillips Center for Medical Science with a passion for meteorology.



photo Skylar Stockman

Ros Runner
Godwin school counselor



SPORTS

Winter Sports Previews

Godwin swimming ready to dive into the upcoming "building" season

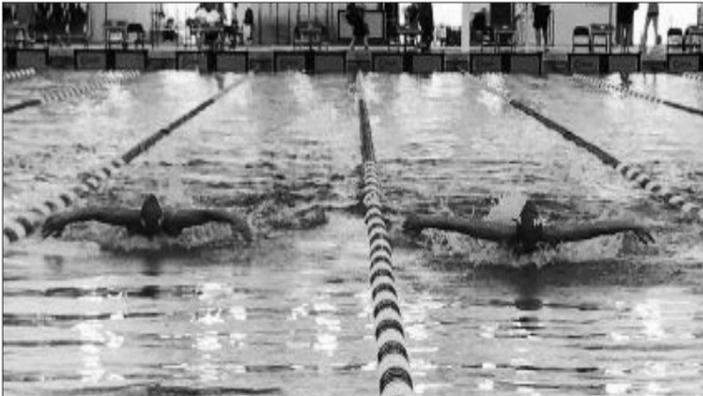


photo Jacob Oberle

Last Year's Record:
(Boys) 4-4, (Girls) 3-5
Key Athletes:
(Boys) Jacob Oberle, David

Christopher Hellams, Zach Wassmer, Ryan Bailey, (Girls) Annabelle Young, Madison Cottrell, and Zoe Dixon.

Key Athletes Lost:
(Boys) David Dixon, Cole Govazdas, Noah Hull
(Girls) Kaylee Butterworth

Important Games:
"Any meet that Freeman is at is a meet to pay attention to. Otherwise our most important meet will be the all county meet," said Coach Hayden Workman.

Coach's Comment:
"This upcoming season is a building season as our team is very underclassmen heavy. Next year, we will be a strong team who will be competitive at the state level. With that said we are gunning for a county championship," said Workman.

Wrestling ready to take down upcoming season

Last Year's Record:
12-2, 5th in region
Key Athletes:
Garrett Chandler, Keegan Long, and Nathan Brubaker
Key Athletes Lost:

Noah Smith, Zeke Elswick, and Jack Drimer

Coach's Comment:
"We have a strong team and hope to be competing for the regional title," said Coach Harris.



photo courtesy Keegan Long

Girls Basketball hopes for succesful season

Last Year's Record:
17-5
Key Athletes:
Stephanie Bruce, Charlotte Clyde, Ann Riley Goldschmidt, and Thea Clark
Key Athletes Lost:
Suzanne Bunce, Haley Woods, Grace Moncure, and

Jillian Slaydon
Important Games:
Deep Run and Glen Allen
Coach's Comment:
"We have a great deal of potential this year. We have a chance to have a very successful season," said Coach Jim Bettis.



photo courtesy Thor Macht

Girls Track & Field excited to come back



photo courtesy Kathryn Spicer

Last Year's Record:
Ninth in region, Fifth in state
Key Athletes:
Britton Wilson, Ellie Jeffrey, Renecca Brendle, Bahiyyah Barnes, and Blake Henderson
Key Athletes Lost:
Nia Vaughn and Rajanae Miller

Important Meets:
The Virginia Showcase at Liberty University
Coach's Comment:
"The girls team is poised for another great year. We are lead by some strong talent and we look to improve on our fifth place finish at the state meet last year," said Spicer.

Gymnastics is ready to vault into the Godwin spotlight

Last Year's Record:
1-13
Key Athletes:
Lady Corral, Sheridan Little, and Amanda Fodor

Key Athletes Lost:
Erika Reiter and Logan Gutzmer

Important Games:
Deep Run and Freeman
Coach's Comment:
"Gymnastics can bring you much joy or break your heart by just a tenth of a point. We will take one meet at a time and see how the season goes," said Coach Tracy Layne.



photo courtesy Thor Macht

Boys Track & Field destined to race past opponents at every meet

Last Year's Record:
Ninth in region, 19th in state
Key Athletes:
Braeden Wilson, Aidan Fleming, Azzaih Russell, and Lucas Cusick

Key Athletes Lost:
Traneil Moody
Important Meets:
The Virginia Showcase at Liberty University



photo courtesy Kathryn Spicer

Coach's Comment:
"We lost a huge talent in Traneil Moody, but the boys team will look to improve and develop the young athletes on the team," said Coach Kathryn Spicer.

Boys Basketball "wants to compete at a high level every night"



photo courtesy Thor Macht

Last Year's Record:
16-9
Key Athletes:
Tyshaun Jackson, Jack Seidenberg, and Jordan Brown
Key Athletes Lost:
Scott McDonough and Bradley Thomasson
Important Games:
Deep Run, Freeman, Glen Allen
Coach's Comment:
"I would expect a team that plays hard and wants to compete at a high level every night," said Coach Jacob Oliver.

Junior swims through daily grind

Isaac Hull

Business Manager

While most of world is still asleep, at 4:45 a.m. David-Christopher Hellams is already in the pool.

In his 14th year as a swimmer for Nova of Virginia Aquatics, (NOVA) Hellams swims anywhere from two to five hours every day.

As one of the top swimmers in the nation, one would expect the sport to have come naturally to him, but he had an unlikely start to his swimming career.

"When I was three years old, I was watching my brothers do swim lessons and I jumped in the pool to swim with them and couldn't swim. The instructor had to rescue me, then my mom added me into the lessons," said Hellams.

Shortly after receiving lessons, Hellams joined NOVA and began swimming year-round.

"My brothers already swam for NOVA and I looked up to them so I got my mom to sign me up too," said Hellams.

At age five, he swam in his first competition meet.

"I remember being very nervous in front of the block but once I dove in, all the fear went away," said Hellams.

After that first competition, the sport caught on quickly for Hellams.

"When I started swimming I didn't think it would be something I would continue to do through high school and maybe into college," said Hellams.

As he continued to swim, he climbed state ranks. At 14, he began to realize his potential.

"That year I won 4 events in

states and decided it was something I really wanted to do and commit myself to," said Hellams.

Now, Hellams devotes a large portion of his life to the sport. He wakes up before sunrise and swims for at least two hours everyday.

Every morning at 4:20 a.m. and 4:45 a.m., he is in the pool for his first two-hour practice of the day.

At 6:45 a.m. he heads home and eats breakfast to help with recovery and building muscle.

"My diet is pretty much the same everyday. I eat two or three biscuits, four eggs, a few slices of bacon, and a cup or two of hash browns for breakfast. After breakfast I finish any homework I have or sleep," said Hellams.

In addition to his morning practice, Hellams has 'doubles' in which he swims and lifts weights in the afternoon. This occurs three times a week.

"On the days where I have doubles, I try to consistently eat granola bars and other foods high in carbs during school to makeup for the calories I burn and to make sure I still have energy for the afternoon practices," said Hellams.

Those days, Hellams drives right from school to the pool for another two hour practice from 4:30-6:30 p.m.

After that, he heads to the gym for his third workout of the day, weight lifting. This lasts from 6:45-7:45 p.m.

"Surprisingly, weight lifting is pretty enjoyable because we always do something different. Our weight coach, Mike Wassmer, whose son Zach Wassmer

also swims with us, has a ton of background in weight lifting so he always has different exercises for us to do," said Hellams.

"When I get home from weights I eat dinner while working on homework. Dinner is usually pasta and some sort of meat. The focus surprisingly isn't as much on protein as it is on consuming as many calories as you can throughout the day," said Hellams.

According to Hellams, sleep is one of the most important parts of his conditioning.

"Sleep is one of the biggest factors in performance because of muscle growth and recovery. The more sleep you get, the more you will get out of your workouts," said Hellams.

Hellams makes sure that he will get at least seven hours of sleep each night, so he sets a strict bedtime of 8:30 p.m.

"Regardless of if my homework is done or not I always go to bed by 8:30 pm. Most of the time it is done, but if it isn't I find time to finish it between morning practice and going to school," said Hellams.

Swimming has taught Hellams lessons such as time management, responsibility, and how to take care of his body.

"The true effect of hard work is the biggest lesson I've learned from swimming. Especially when I started two-a-days, the correlation between results and how much time you dedicate to the sport was clear," said Hellams.

In last years Junior National Championships, Hellams competed in the mile swim.

"In the mile I got 9th as a 16 year old against mostly 18 year

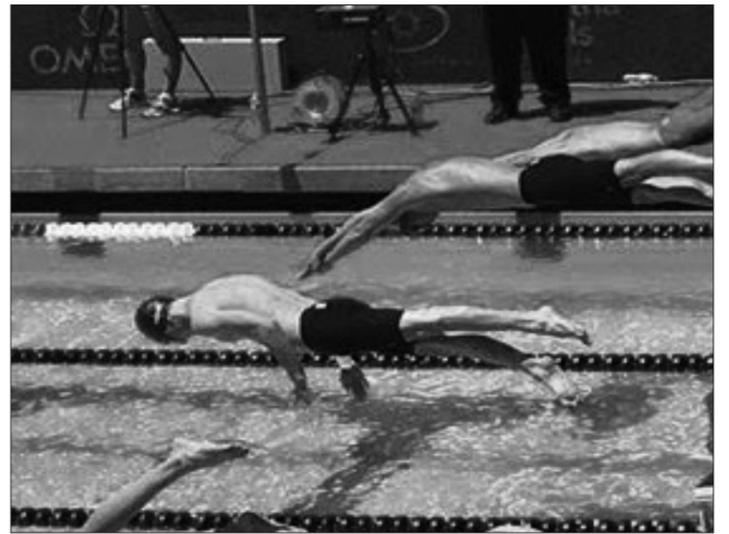


photo courtesy D.C. Hellams

D.C. Hellams dives off of the platform during a swim meet.

olds and it really made all the work and time I commit worth it," said Hellams.

With the amount of time he spends in the pool, Hellams has become extremely close with the 30 other high schoolers involved in the same workout regimen as him.

"My teammates have become my closest friends and it is a bit easier to wake up that early and workout that much when it is with people you enjoy being around. We all know what it's like to have to balance swimming with life outside of the pool and push each other to be better each day," said Hellams.

As a junior in high school, Hellams hopes to continue swimming into his college years.

"A lot of Division I colleges have started to reach out to me about swimming for them and I have scheduled a few visits. There's so much to learn about all the different programs and



photo Kristina Smith

GHS Junior D.C. Hellams

what they offer so I'm nowhere near making a decision on where I want to go," said Hellams.

Although thinking about college is a lot of pressure for Hellams, he is grateful for the opportunities he has received.

"I am definitely excited to continue the college process and am super thankful for all of the friends, family and coaches who have helped me get to this position," said Hellams.

Trottin' around the neighborhood

One family's Thanksgiving tradition has grown and includes many within Godwin community

Cannon Binns

Assistant Editor-in-Chief

Most Thanksgiving mornings consist of cooking, sleeping in, or maybe playing football. However, junior Jacob Oberle's family starts their Thanksgiving a different way.

The Oberle family likes to start their Thanksgiving with communion, competition, and overall unity by hosting an event called the Turkey Trot.

The Turkey Trot is a mile-long race around Wellesley Lake at 10:00 a.m. on Thanksgiving Day. It was started as a reason to get out of the house on Thanksgiving Day and burn calories.

"Most of the time on Thanksgiving morning, people are just sitting around waiting for the main meal, but the Turkey Trot allows people to bridge the gap between the morning and the meal," said Oberle.

The Oberles started this tradition with their immediate family in 2006. It then grew in size with grandparents, aunts, uncles, and other extended family members joining in.

The Turkey Trot now has anywhere from 90-120 people in attendance annually. The number of participants depends on

many factors, such as how many people are in town and how the weather is.

There is no fee to participate in the race, but participants must have an invitation. The invitations are sent out in early November to about 150 people.

According to Oberle, the Turkey Trot is only one mile, so it doesn't take long to complete. It doesn't take away from people's time to cook, and is late enough in the morning so that people can still sleep in.

"It is at the perfect time and perfect duration so that families can attend it without being stressed about preparation," said Oberle.

"We just love getting to see all of our friends and tell them we are thankful for them," said Oberle.

The race is not only a gathering of neighborhood friends, as there is also a competitive aspect to the event.

The race is divided into several categories.

There is a category for each age group: grandparents, strollers, and dogs. There is also a male and female division for each age group.

The winner of the entire com-

petition receives a prize, as does the winner of each category. The overall winner receives a trophy and a homemade apple pie. The winners of each individual category receive their choice of a Thanksgiving side dish and also receive a medal for their success.

What started with 12 people more than a decade ago has turned into a popular event and an opportunity for togetherness thanksgiving morning while also burning calories in preparation for the big meal ahead of them.

"It is a great way to get families and friends to come together and be thankful," said Oberle.



photo Kristina Smith

GHS junior Jacob Oberle



photo Evi Spears

Participants in the Turkey Trot line up for a group photo.



photo Evi Spears

Participants run the one-mile long Wellesley Turkey Trot.



Ins and Outs of 2018



A wrap-up of the biggest fashion, food, and pop culture trends of 2018

In

Out



“Adidas is so comfortable and there are so many different styles.”
-Esha Patel, 11



“With AirPods, you don’t have to untangle them anytime you want to listen to music.”
-Ben Beausergent, 10



Cookout

Ariana Grande

flare jeans

reusable straws

Dunkin’ Donuts

streaming services

Adidas

peppermint

tracksuits

Airpods

scrunchies

patterned pants

high tops

iced coffee

2019

Johnny Rockets

Pete Davidson

skinny jeans

plastic straws

Starbucks

Cable

Nike

pumpkin

sweatsuits

earbuds

hair ties

denim jeans

low tops

hot coffee

2018



“I like how my flare jeans are open at the bottom. They make my shoes fit better.”
-Kelly Reuss, 11



“I like scrunchies because they don’t crease your hair.”
-Ellie Jeffrey, 10

