



Patriot Press

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Prom Countdown

By: Braylin Campbell

Get ready for the night to remember, Prom! On May 12th, Apex Friendship will host the first annual prom. No longer be confused or stressed over Prom planning, use this guide for preparation. The information provided has been collected from *Seventeen* magazine.

3 months ahead:

Figure out the dress or tuxedo. Search for dresses or tux based on personal style or the theme of the Prom. Channel an inner Great Gatsby, and correspond with the theme. Gather inspiration from celebrity photos or search through websites specifically for prom to establish an idea of what look to choose. Make sure to set a budget. Be wise; do not use all the money for a dress or tuxedo. Use money wisely; there will be other necessities such as hair, makeup, nails, and more.

2 months ahead:

Buy the dress or tuxedo. Buying the dress ahead of time will be less stressful than waiting until the last minute. Establish the date plan. Figure out if the plan consists of going with friends or just a boyfriend/girlfriend. Reserve transportation plans and restaurant reservations. Ensure payment methods. For boyfriend/girlfriend dates, know who takes care of the bill. If going amongst friends, distribute the money between one another, that way no one will be paying more or less for the services provided on prom night.

1 month ahead:

Reserve beauty appointments. As prom season gets closer, plenty of girls schedule to revamp their look. Getting ahead of the others would be advised. Calling in to confirm the appointment would be advised also.

Day of prom:

Sit back, relax, and be pampered.

For a day of appointments scheduled, make sure to plan time to go to them. When putting on the dress, be cautious of hair and makeup. Once fully prepared, take a good look and strut. Dance the night away and have a good time enjoying all the hard work, and being with friends.



Photo By: Tammy Sanchez

Sierra Sanchez searches for the perfect prom dress.

HSM Preview

By: Kierney Leonard

"We're all in this together," said Mrs. Reaves, the main coordinator of the upcoming Apex Friendship Musical: *High School Musical*. She told her cast this iconic statement because of an injury that occurred to a main cast member. Despite this unfortunate event, the show will go on. Apex Friendship's first musical will surely be a special one, with a talented cast, fabulous coordinators, and a story that almost every student has seen and loved. Curtains will open March 16th, so students should prepare to buy their tickets soon.

During a rehearsal of the upcoming musical, it became clear that most members of the show have been attending rehearsals almost every day after school, often until 5PM. Needless to say, the crew has been hard at work: dancing, singing, and rehearsing. Alison Bunce, who plays a cheerleader, explained, "We still have a lot to



Photo By: Katelyn Bohn

Elliot Stanford (10) and Brayden Roberge (9) rehearse their father-son scene for the upcoming musical.

do, but it's all coming together really well."

The show displays the melodious lives of the East High School Wildcats, a school made up of jocks, musicians, and brainiacs. However, drama surfaces when the main jock, Troy Bolton played by Elliot Stanford, meets a brainiac named Gabriella Montez played by Samantha Macdonell. The two fall in love, despite the social hierarchy

clashes, and sing a few songs along the way.

Onstage, the cast makes sure to have fun while working hard. Troy and Gabriella teased each other by playing keep-away with a basketball in order to keep the flirtations between the characters going. Also, the cast couldn't help but laugh at the fact that Brayden Roberge, actor of Mr. Bolton, plays the father of Elliot's character, with Elliot being a year older than him off stage. Don't let the ironic age difference fool you, though. Mr. Bolton will not take any excuses from Troy as the biggest game of Troy's life approaches. The show touches on their strained father-son relationship, as Mr. Bolton pushes for his son to win the upcoming basketball championship. The two exchange heated words as Mr. Bolton tries to find the balance of being a father and being a coach.

"We are making a name for ourselves," explained Mrs. Reaves. "This is our

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Editorial

Too Much Tech

By: Braylin Campbell

From Tamagotchi to tablets, children's way of play has evolved tremendously. Through the years, entertainment for children tends to be more simplistic than today. Children previously found toys such as yo-yos, skip its, and Pokémon balls, that provided fun for hours. Now, children either spend their time on video games or tablets to get the fun they want.

According to associationsnow.com, out of the 1,000 parents surveyed, 59% said their child has access to a tablet, 52% have smartphones, and another 52% have video game consoles. Technology has pros and cons. The use of technology positively helps people in terms of being updated with the world around them. Programs such as ABC Mouse can improve kids knowledge.

Technology can also stimulate thinking skills, problem solving, and helps the child learn

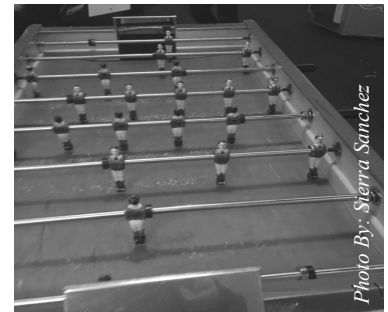
how to properly navigate the technology in use. These uses can also increase an interest in many technological hobbies that'll possibly turn into jobs.

Though technology has positives, it also has negatives. According to associationsnow.com, with the overuse of technology, kids tend to lose interest in other activities. Rather than spending their time outside, children all around the world tend to be consumed in whatever video game or video they are playing or watching. Children will begin to live sedentary lifestyles, which leads to poor diets and health issues. Also, when children put all of their focus on a game, they tend to lose focus on activities that doesn't interest them.

In my opinion, technology shouldn't be the main source of entertainment for children of today. Though I do agree with the advancement of technology and how it improves the thinking and problem solving skills for younger kids, it should be an

alternative method not a main source of entertainment. For the children that do use technology, there should be a time limit or restriction for children from the ages of four to at least ten.

To be honest, the child's use of technology depends on the parent. Parents have the authority to place restrictions on their child's use of tech and the ability to restrict what their child views or plays. Though the use may seem harmless, it could pose a risk to the child in the future.



Is It Even Soap?

By: Jada Enoch

Recently, the Food and Drug Administration put new restrictions on bodily cleansers. Antibacterial cleansers have been taken off the market because of two of the main ingredients, triclosan and an endocrine disruptor. These two antibacterial agents have recently been found to be carcinogens. The FDA has given companies a year to remove the agents from the shelves, so in the meantime I recommend avoiding them.

Most substances that people clean their bodies with shouldn't even be legally labeled as soap. To be a soap, the FDA requires the product to meet three expectations; it must have two main components, alkali salts and fatty acids, because the two combined make the material lye. Information from the FDA website goes hand in hand with meeting the second regulation; these two ingredients can be the only two cleansing agents inside the soap. If any synthetic chemicals occupy the soap, then it can be classified as a synthetic detergent. Technically, this should be referred to as a cosmetic.



It also must be marketed for its purpose. If the soap contains a moisturizer or a medication, it must be listed as one of these categories. Strangely, however, even if the body cleanser does not fit these regulations, it can still have the labeling rights of the term "soap". Although most choose to label these as washes or detergents, how will we be able to tell the difference?

Bar soaps, the safest to use, also have numerous benefits for the skin. The ingredients in bar soaps contain moisturizers and help against razor bumps post-shave. Unlike synthetic detergents, most liquid cleanser bar soaps can be significantly cheaper despite having natural ingredients.

Mainstream companies such as Neutrogena and Dial shouldn't be considered safe options just because of their common use. Both of the products from these name brands contain chemicals harmful to human skin, including cocamide DEA (Neutrogena) and PEG- 12 (Dial). In a day and age where people cut corners to make money, it becomes important to be careful with what the ingredients put into skin products include in order to ensure safety and health.

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News

Living in a Hologram

By: Julia Uhlman

Researchers from the UK, Italy, and Canada found what they believe to be evidence that people live in a complex hologram. *The Guardian* describes a hologram as a flat, two dimensional surface, that appears to have a third dimension, giving it the appearance of depth. According to *The Guardian*, "The holographic principle suggests that the contents of the universe originate as mathematics encoded on a boundary surrounding the entire cosmos." The principle states that our 3D perception of the universe may be contained on a 2D surface.

This incomprehensible theory can be thought of like a 3D movie. *Science Daily* explains that watching a 3D movie gives the illusion of objects having height, width, and depth on a flat surface. Although in our current reality, we can touch the objects. Professor Skenderis, of Mathematical Sciences at the University of Southampton, says, "Einstein's theory of general relativity explains almost everything large scale in the universe very well, but starts to unravel when examining its origins and mechanisms at quantum level."

The phenomenon of black holes contradicts the Law of Conservation of Mass. Many theories state that when matter falls into a black hole, the matter will be crushed out of existence. This contradicts the theory that nothing can be created or destroyed, but the holographic principle solves this. If the universe exists as a hologram, nothing will be destroyed.

"Be aware that we don't know much about black holes," says Mrs. Cattrell, AFHS Astronomy/Chemistry teacher, "matter may be destroyed in black holes, or they may be wormholes." She mentioned the new James Webb Telescope being launched in 2018. This new telescope along with all the advances in science and technology can help us find out a lot more about our universe. "There is so much we don't know," Mrs. Cattrell emphasized. This theory may not be observable, but scientists have found that mathematically, the holographic principle works.



Mrs. Cattrell emphasizes how much of the universe remains unknown.

HSM Preview

Continued from front page

very first show here, and it is a well-known musical- a lot of these students used to sing it when they were young." The show will not only contain the well-loved HSM songs, but also a new song called "Counting on You". The song emphasizes the tensions that arise from Troy's shift of focus from basketball to Gabriella and singing, and Gabriella's shift of focus from science to Troy and performing. "Forget about you-know-who," sang the brainiacs to Gabriella and the jocks to Troy in the new song. Besides a few new tunes, Mrs. Reaves explained, "the plot is the same, the concept is the same- all of that is the same."

General admission tickets will be sold at the door and online a few days before the show at <http://apexfriendships.seatyourself.biz> for \$10. The musical will show on the 16th, 17th, 18th, and 19th of March at 7:00PM. Although it will be tempting to sing along to the musical, people must remember that they will be attending a performance, so they need to be courteous. A lot of hard work has been put into the musical, and the crew believes that the show will be worth it. "I know that people, when they see it, are going to love it," exclaimed Rayden Leeder, who portrays a brainiac. Get ready to cheer for the Wildcats, because this show will surely bring the audience down memory lane.

Student Thoughts on Politics

By: Sierra Sanchez



Brayden Roberge (9)-
"I think the travel ban is okay as a ban but it was the least well executed order. There was not communication with the departments involved. It's fine if they want to take a break to look over foreign affairs, but the execution was poor."

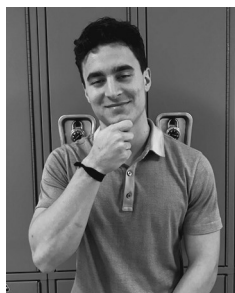


Melina Pacifico (11)-
"I disagree with the executive order to take away Planned Parenthood. Planned Parenthood educates the youth on sexual education, contraceptives, and STDS. The woman has an option to be able to determine the course of her pregnancy."



Cannon Derrick (9)-
"The one that angers me the most is our transcontinental pipeline. One, it's cutting through Native American land. I think he rushed into it too fast. We had an agreement with the United Nations to cut down our pollution and we are failing to keep our promise."

Devon Jackson (11)-
"I'm Iranian, and I think Trump is holding up to his promise of protecting our national security. He was very straightforward on his plans for the executive order."



Merysa Gavamkar (9)-
"The travel ban bothers me because my father is an immigrant. It's insane to think if people are in danger they cannot come here for help."



Kyle Gorcynski (11)-
"I don't think tax payer dollars should be funding Planned Parenthood. Tax payers' money should not be going toward something all people may not understand."



Student Life

Welcome Our Newest Patriots

By: Chase Parsons

The new semester has brought many new teachers to the Apex Friendship Staff. Even though the 2016-17 school year marks year two of AFHS being open, quite a few teachers started this semester. Ms. Carroll in the science department says, "The other teachers call it Disneyland, and I agree. It is the best job I've ever had." She also mentions that, "The students are very great. They are high achieving and they are wonderful to be around." Even though it has only been a few days since Mr. Wilson started teaching math at AFHS, he says, "This school is definitely, when it comes to academics they're very



Ms. Carroll

focused on getting the best for their students, and the students are really engaged. They just have a lot of Patriot pride. Being a newer school, they get to start their legacy." He originally taught at Green Hope, then taught overseas in the Dominican Republic and Haiti. After that, he moved back to Greensboro and taught there to be closer to family. Mr. Wilson's advice for new teachers in the future would be to "Work hard, make sure they really talk to people in their department, and make sure that they understand how Apex is." Mr. Wilson explains that learning about the community and the students can help with the teaching.



Mr. Wilson

Mrs. Bullard started teaching seventh grade science at East Cary with Mr. Wight during his principal tenure there. Then she left to go teach science at Leesville Road High School. She decided to get her Master's Degree, during which she taught college lab. "So I've been teaching college biology and ecology labs for the last while, and then I decided I would stay on and get my PhD." While working on finishing her degree, she works here as a science teacher. Mrs. Bullard describes the school as very clean, bright, and big. "I like all the technology I see. It just has a good vibe of newness." If you see these friendly faces around school be sure to give them a warm welcome.



Mrs. Bullard

Health Benefits of Going Vegetarian

By: Jada Enoch



avoiding the foods in diets with high cholesterol. Increased vegetables expands the amount of vitamins being put into the body. Vegetables provide sources of Vitamins C and E, dietary fiber, folic acid, potassium, magnesium, and phytochemicals. With all of the vitamins and minerals listed this lifestyle promotes a healthy body. The human body needs these

In the United States, 6-8 million people follow vegetarianism. Several health reasons exist for why people would want to explore the world of vegetables. One of the reasons to choose vegetarianism lies in the fact that it lowers the risk for chronic disease. Meats contain quite a bit of saturated fats; removing this food group from a diet limits the exposure to fats. Lower blood pressure also results from

components to survive. This increased amount of vitamins and minerals with decreased levels of cholesterol and saturated fats promote a lower Body Mass Index (BMI). With vegetarianism being such a healthy lifestyle, it also lowers the numbers on the scale. Despite the fact that this lifestyle does not include meat, animal products still remain on the menu. Protein can still be

gained from eggs and dairy products. By going vegetarian, someone could still have ice cream, and how could anyone live without ice cream?

Vegetarian Diets	Regular Diets
Limits exposure to saturated fats and lowers blood pressure	Contains saturated fats and causes high cholesterol
More vitamins	Harder to get essential vitamins
Lower BMI	Higher BMI
Harder to get protein	Protein from meat

Student Life

Tips from Upperclassmen

By: Riley Smith

The juniors of the class of 2018 have almost survived the supposedly hardest year in high school. For all the underclassmen, knowing a few tips and tricks for navigating the junior year will keep the upcoming year running smoothly. Anna Heintz said that, "Junior year is hard, but it's not as hard as people make it seem. Don't stress about college but don't not care either."

Try to get involved in clubs like Environmental Club, Key Club, DECA, or FCA. Clubs look great on a college applications, but make sure to join clubs you care about and that reflect future aspirations. Jessica Reid makes a good point by saying, "Even though your classes are challenging, focus on all you are learning so that you enjoy them. Always plan ahead so you don't get too

overwhelmed; time management is crucial."

As juniors, good work takes time in order to get good grades, especially for AP classes. Courtney Fritz says, "Don't overwork yourself. Junior year is already a really hard and stressful year, and just because it's the year colleges look at doesn't mean you should overwhelm yourself with more than you can handle." Time on work can be consuming, but make sure to pace yourself and take the manageable classes.

Explore electives that allow for expression of individual skill and leadership opportunities, like yearbook, newspaper, marketing, interior design or apparel. This creates less stress while taking challenging classes all year.

If unsure what courses to take next year, be sure to speak to a counselor or trusted teacher who knows your interests and skill level.

Upcoming Events

February

Feb 28– ACT Administered to Juniors, in school
Ambassador Lead School Tours

March

March 14– Principal Parent Breakfast @ 7:30-8:30AM

March 15– Lifetouch Spring Sports Photos @ 2:45-5:00PM

March 16-18– High School Musical @ 7:00-9:00PM



Hola, Ciao, Bonjour, Guten Tag, Kon'nichiwa

By: Kierney Leonard

The more the United States grows in population, the more important learning a foreign language becomes. Many cultures have integrated in the USA making it common for people to hear other languages spoken on the street or in a store. Spanish, French, and even Chinese became prevalent languages in our country.



Photo By: Chase Parsons

Ms. Costa encourages students to study another language.

Learning a new language can benefit people in a plethora of ways. According to a study performed in Missouri on students, those who study a second language tend to perform better on tests, think divergently, and excel in their mother language. A test from the PsycINFO database revealed that bilingual children tend to be better in comprehending and memorizing. Overall, people who can speak more than one language tend to have high mental abilities.

Setting oneself apart from others helps one to perform better in job interviews. Having bilingualism as an attribute can sometimes strongly boost one's chances in obtaining a job. Many employers look for their applicants to have special skills, including bilingualism. According to a *Telegraph* survey, "37% of employers rated Spanish as a useful language to know." Businesses often show interest in possible employees who can

speak more than one language because they can communicate with a broad range of people.

Learning another language can open up a big range of options. Bilingual people can travel to other countries, communicate with new people, and learn about more cultures. Networking in other countries proves easier when having the ability to speak other languages.

Health can also be impacted by the learning of another language. Ellen Bialystok, a psychologist at York University, found in a study that bilingual people prove to be diagnosed with Alzheimer's disease four years later than monolingual people.

Bilingualism strongly impacts people in positive ways. According to Ms. Costa, "Most companies will require or hire people that speak more than one language." So pick up a book and start studying a new language!

Arts & Entertainment

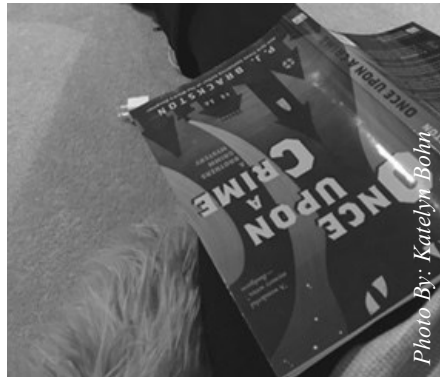
Once Upon a Crime

By: Katelyn Bohn

Once Upon a Crime, a brother's Grimm mystery by P. J. Brackston, combines the perfect amount of mysterious complications, fantastical creatures, snappy clap backs, morbidity, fashion, and combatting villains. The main character, Gretel (and yes, *that* Gretel), after years of travelling and adventuring with her brother, finally decides to settle down in the small town of Schloss to become a private investigator. However, to Gretel's dismay, this decision entails the start to a very long and complicated journey she will, for the most part, unwillingly endure.

She wakes up one morning, much earlier than she had previously planned to, hearing a perpetual knocking at her door. She bellows for the person to stop and come back later in the day, but the incessant knocking forces her out of bed and she angrily answers. Here she undertakes the journey of helping an elderly and cat-obsessed lady find the person (or creature)

who stole a handful of her cats. It doesn't seem likely that hard-headed and stubborn Gretel would care about her appearance, but she really does, and she goes to a hairdresser whenever her hair gets disheveled. A lot of gossiping goes on here, and comic relief from any other stressful events going on in the book.



Though Gretel generally has a somewhat good nature, she really can't be described as an average heroine. She only considers helping the old lady for the money.

Many people have their lives taken or suffer in order for her to accomplish her given task, and really, she wouldn't strike someone as a kind and compassionate character. However, she has a very clever and absolutely hilarious personality, and her brother, Hans, makes up for any unkind acts with his always pure intentions. Gretel probably only talks to Hans and puts up with his remarkably dim comments because he has amazing cooking abilities, and Gretel loves eating, but that seems beside the point.

Gretel, Hans and several other characters they collect along their way come into contact with heinous goblins, a malicious princess, a heartbroken couple, a hard-of-hearing king, handsome knights, a surprisingly charming troll, and, of course, cats. Definitely a lot of cats, and treasure.

This story will be worth a read, and it never becomes uninteresting or stale at any point, especially for those who enjoy mysteries. Always make sure to pay attention when reading this book, as a ton of plot twists occur, and it may be hard for even those who can easily figure out what will happen next in books and movies to guess correctly. This book has a solid review of 4.7 out of 5 stars on Barnes and Noble.

Must See Movie Reviews

By: Neda Dabbagh

One perfect solution to the regular, daily stressors and constant nagging of anxiety would be watching movies. Not just one, but multiple in a row. These movies listed below involve all sorts of genres that can send someone into an enticing trance.

Mel Gibson directs and stars in *Braveheart*, winner and nominee for 10 Academy Awards. Gibson portrays William Wallace, a Scottish warrior during the 13th century, who fights for Scotland's freedom from England's tyrant leader, King Edward I. This Scottish Patriot dreams of reclaiming his home, bringing back peace and freedom. He

overcomes the surging English warriors for his country's sake with his men fighting with him. Throughout the unfolding events of blood, violence, and action, this film captures the untold stories of historic times in Scotland, entrapping the audience in its gripping tale of men fighting for the home they love. With a little laughter, romance and suspense, this movie builds an unforgettable masterpiece, with an unforgettable end.

Short Term 12, directed and written by Destin Daniel Cretton, beautifully masters the art of film and captures the essence of life itself. Brie Larson stars as Grace, a supervisor at a facility for at-risk teenagers. This film unravels the difficulties in life and the unwanted forces that invade one's mind. Throughout the movie, the director clearly enhances the fine lines of life, the ups, downs and twirls of excitement or fear. As the story begins to unwind, the masterful plot depicts an authentic story line with unique actors, perfect for the movie to express the messy, wonderful, reality of a teenage life.

The chanting of soldiers and the screaming demands of a general develops the first scene of 71' by first-feature director, Yann

Demange. Jumpy, riveting, and enticing, this film switches from a moment of silence to an explosion of suspense in a matter of seconds.

Jack O'Connell stars as the main character, Gary Hook, as an inexperienced British soldier with one sole purpose, to survive. This film focuses on the troubles that occurred during 1971, in Belfast, Northern Ireland, when the war between Protestants and Catholics first erupted. Deployed on a simple mission, Gary Hook becomes entangled amidst a riot of angered civilians, in which his recruit team leaves behind Hook. Left in a land where two opposing sides despise this British soldier, Hook fights to stay alive through one night of terror.

I believe this falls into the category of a must see movie because the audience can feel the shock of the ignorant soldier, when the end reveals the unknown. Viewers will realize and experience the uncontrollable fear that Hook endures. During the film, the plot thickens into an endless spiral of a gut wrenching thriller that will keep viewers on the edge of their seat. The elaborate plot of the story unleashes an unbelievable twist with mesmerizing screenplay and directing that will blow watchers away.



Want to see your own review here? Contact us at: afhspatriotpress@gmail.com

Sports

Show Some Patriot Pride

By: Sierra Sanchez

When the word “cheerleader” rolls off a person’s tongue, the general thought leaps to pretty girls with high ponytails. Generally, people tend to forget about the guys involved in this sport. The hard-working male cheerleaders that lift up AFHS’ spirit and fellow teammates deserve to shine in the spotlight as well.

Cheerleading has been given the role of a “feminine” sport because of the lack of male domination. Football and cheerleading usually only intertwine for entertainment and purposes of school spirit, but AFHS has wrapped the two in one. AFHS Patriot cheer-team includes football players. These athletes dominate the field in the fall and the mat in the winter. Will Kilpatrick, Defensive Back and new cheerleader, addressed the contrast between the two sports, “I wanted to open myself to a new setting and new experience. I think only being involved in such a rough sport made cheerleading more appealing to me, because I wanted to know how hard it would be for me to transition into the opposite spectrum.”

AFHS Cheerleaders Nathan Wellish (11) and Drew Williams (10) mentioned that the football players have contributed more than just school spirit. Wellish says, “The guys that joined from the football team brought more potential for

stunts. Since the number of guys on the team has increased we’ve all become a lot closer and tight knit. We’re pretty outnumbered by all the girls, but we’ve all bonded together.”

The foundation of every sport becomes teamwork, being able to successfully communicate with other teammate’s forms a trust with one another. After joining the team, Kilpatrick realized that football and cheerleading shared more similarities than what meets the eye, the biggest being team effort. The impact of an



Photo By: Sierra Sanchez

Drew Williams (10), Will Kilpatrick (11), and Nathan Wellish (11) share their Patriot pride on the AFHS Varsity Cheer Squad

injury of a fellow athlete can drastically affect the team.

This interest in cheerleading has not been a phase for Kilpatrick. When asked about his future athletic plans, he said, “I think I’ll be involved next year. I’ve had a really great time doing it. I like competing and cheering with my team. I hadn’t previously gone to any sporting events besides football, so now I have a lot more school spirit and feel more involved in the sports programs.”

The common worry high schoolers may face when struggling whether or not to join the cheer-team would be the reaction from their peers. Kilpatrick advised his classmates to take the risk despite the possible social repercussions. He said, “I say you just got to go for it. I had the same concerns since it’s not a male dominated sport. Being vulnerable and open makes you a more rounded person, I’ve developed a more rounded sports career in high school.”

According to cheerleading.isport.com, “There are many scholarship opportunities for male cheerleaders who want to pursue the sport in college. Because male cheerleaders are still a small group, it is much easier to get financial help than you might think.” An added benefit for males who wish to participate in cheerleading in college lies in the statistics, according to cheerleading.isport.com, “50% of college cheerleaders are male.”

Soar into a new sport this year and take the risk. Show some Patriot pride and talk to Ms. Sichak in room 3105 for more information.

Athlete of the Month

By: Chase Parsons

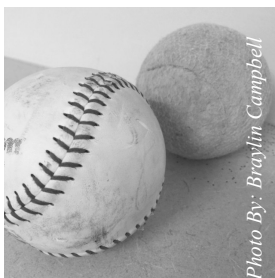


Photo By: Braylin Campbell

With baseball season right around the corner, February’s Athlete of the Month features Aaron Prickett. Coach Jarman says, “Aaron loves the game, loves to

compete, and prepares to win.” Prickett first started playing the sport at age 4 or 5 because his older brother played and he thought he should too. Prickett practices with AFHS baseball about every day, and he has practice

once a week for showcase, where he plays in front of college scouts. Prickett, a high school junior who has been a varsity player since freshman year, says over time that he has learned “how to be a leader since I’m one of the juniors and have the most varsity experience since I was on the varsity team at Apex my freshmen year. I’ve learned how to cheer people on and be encouraging.”

Prickett’s pregame rituals include putting on chapstick and using the bathroom. He looks forward to the game against Apex because “I used to play for them and I know everyone on the team. It’s fun to play against people you know.”

Prickett has a hard time picking a favorite part about baseball because he loves all of it, but he says he loves “The feeling I get when I hit a homerun or have a really good game.” Be sure to attend the first conference home game on March 3rd as the Patriots take on the Green Hope Falcons!

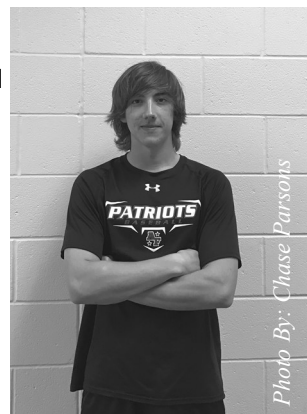


Photo By: Chase Parsons

Aaron Prickett (11) has played varsity baseball since freshman year.

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