Vol I Issue II

Apex Friendship High School's Student Newspaper

October 14, 2016

A Talk With Dr. Merrill

By: Jada Enoch



Recently the *Patriot Press* interviewed the superintendent of Wake County Public School System, Dr. James Merrill; specifically on addressing WCPSS's early start times. Dr. Merrill spoke for Wake County when he said, "we've heard from students, parents, and legislatures before and our answers are typically the same." He stated they have deeply considered all of the data and even conducted some of their own research, but many complications occur and Wake County in simplicity appears "financially whipsawed".

In an ideal world two school bus routes of different age groups would run at the same time, but the prospective idea proves as Dr. Merrill said, "financially prohibitive... we have historically evolved to keep transportation as efficient as possible" and keeping school routes on three separate schedules achieves this. Dr. Merrill added, "We aren't really getting enough to run the programs we want or pay the people what we want...before we even start talking about changing school times." Dr. Merrill pointed out, "it would be a luxury if we could add enough buses and drivers just to effect high school start times."

Not every school system functions in the same way as Wake County. In North Carolina many other school systems don't send their high schoolers to school first. For example, Chapel Hill-Carrboro City High School starts at 8:45 am. Niche.com lists them as the number one school district in North Carolina.

When asked to address the change in melatonin levels that teens experience following puberty, Dr. Merrill says, "he does not dispute some research that indicates a better learning trajectory with a later start for teenage students." Research he refers to has been conducted by Wake County itself and shows at least a 1-2 percentile increase in both reading and math. 7:00 am bell schedules combat this natural change and may cause sleep deprivation in at least 60% of teens.

Dr. Merrill asked a very valid question when talking about who would go first in an adjusted time schedule. "Would it be the middle school students who then would get out the earliest, possibly without afternoon care? Would it be the elementary students way early out there in the dark and in the winter?" He expressed the concern that elementary schoolers, out in the dark and cold, deeply troubles many parents of that age group. He

Continued on Page 6

Building Traditions

By: Karlyn Wills

Every school has their own traditions. They were set by those who went before them and meant for those who follow. Apex Friendship has the opportunity to build the foundations for those traditions. What are we waiting for? This is the time to step up and start making traditions that future generations will follow. Aren't you tired of everyone complaining about going to our school, saying it's no fun, or wishing they went to, "Laura Duncan?" Let's make people proud to say they go to AFHS.

Building traditions create nostalgia. It's what makes a school unique. NC State, UNC, and Duke have all these amazing traditions set by those who went before them, and still thrive today. While not a college campus, AFHS relies

on the students to make the school great. The teachers, administrators, and even faculty can't start the traditions. They don't know what our generation wants, who we are, or what will last a lifetime.

While AFHS does not have seniors yet, juniors could start the traditions. They are the leaders of the school. The freshmen look up to them and desire to be them because everyone wants to leave a legacy. Some high schools have an annual pep-rally before their big rival to get all the students excited about the game. The football players dress as the rival's cheerleaders and play games and relays to involve the student body. This would be a great time for the Varsity football game against "Laura Duncan". That's just the beginning of

traditions that can be set here at AFHS. At the next football game, start something new, something unique, something that future classes will keep alive.

The Student Body President, Wesley Provost, and Vice President, Grace Fleming, want to go above and beyond this year. The student section needs some love and improvement.



Continued on Page 7

EDITORIAL

Take a Kneel

Page 2

Battle for America

Page 3

Spirit Week

Page 5

Season of the Patriots

Fall Movies

Page 6

Page 6

Editorial/Opinion

HB2 Pricey?

By: Grace Twomey



What is HB2? Is it as bad as some say? Is it Pat McCrory's fault? Who even is Pat McCrory? First of all, Pat McCrory, the governor of North Carolina, did in fact approve HB2, which stands for House Bill 2. While some blame Governor McCrory for this bill, the author and lead sponsor of HB2 is actually Republican State Representative Dan Bishop. HB2 is a bill that states one must use the bathroom of their "biological sex" which means that some transgender people are forced to use bathrooms they are uncomfortable using.

HB2 does not give reasons as to why it established this but some supporters of the bill cited by WRAL have stated that transgender people may become violent towards others in the restroom or infringe on the privacy of others. Other supporters of the

bill don't blame transgender people; they believe that some people may pretend to be transgender in order to get into a restroom. While these may seem like valid points to some there's really not much evidence to back up their claims.

A whopping total of zero cases have been reported of transgender people committing any violent acts whatsoever in any restrooms whether it they felt comfortable in it or not. While people posing as transgender has unfortunately become a problem you have to wonder, could this bill really stopping them? Now they don't need to dress up or pretend much at all. An ill intending man could simply walk into a women's restroom and claim he to be a transgender person who had fully transitioned already but because of HB2 now have no choice but to use the women's restroom.

HB2 has had many impacts, some intentional, some not. Some unintentional effects occurred one being the long list of artists who boycotted North Carolina. That list includes some very popular artists including Ringo Starr and Bruce Springsteen. While some artists chose to cancel their shows in North Carolina altogether, others chose not to cancel their shows as a form of protest such as Mumford & Sons, Panic! At The Disco, and Jimmy Buffet. These artists came to North Carolina to support the LGBT community; many even donating the profits from their shows to local LGBT organizations.

Enforcement continues to be ne of the main arguments against HB2. Placing a bouncer at

every restroom to check birth certificates is unreasonable as well as the inconvenience of forcing people to carry their birth certificates with them at all times or risk being denied the ability to use the restroom. Opponents argue that the ridiculous amount of money lost due to this bill calls for reversal. Although the true amount remains unknown, some speculate it to be around five hundred million dollars, some of which has been used for funding or defense of the bill, while some of the money is just lost profit due to artists or sporting events being cancelled in response to HB2.

AFHS school resource officer, Officer Stone said that he will partner with school administration to have consistent policies regarding bathroom and locker room use to provide every student with an inclusive and safe learning environment. He said if anyone has questions about this to talk to school administration.

Although there has been rumor of HB2 being in the process of reversal, it seems that at least for now we'll have to deal with it. No evidence exists to back up any reasoning on why the bill might be beneficial in any way. Artists have boycotted the entire state because of it, and there's really no logical way to enforce the bill. Overall HB2 hasn't done much besides make a lot of people angry.

Taking A Kneel

By: Braylin Campbell

From NFL to high school football players across America, athletes either stand or kneel during The National Anthem. This trend began in the preseason of NFL football, when San Francisco's 49ers quarterback Colin Kaepernick sat during the National Anthem. According to Sbnation.com, Kaepernick's reasoning behind his protest was that he didn't want to show pride in a flag for a country that oppresses black people and people of color. On September 1st, Kaepernick continued his protest accompanied with fellow teammate Eric Reid. That same game, Jeremy Lane of the Seattle Seahawks sat during the National Anthem after Kaepernick and Reid.

Other NFL team players and coaches either agree or disagree. Justin

Pugh, Giants offensive lineman, tweeted "I will be STANDING during the National Anthem tonight. Thank you to ALL (Gender, Race, Religion) that put your lives on the line for that flag." That statement clearly shows he opposes Kaepernick. Kaepernick says he's only doing this to evoke change.

Colin Kaepernick has influenced many high school students in America. In Durham, North Carolina, about half of the Hillside football players kneeled during the anthem at their East Chapel Hill Game. Kaepernick has also influenced the opinion of many individuals. Many believe that Kaepernick's way of protest is foolish and disrespectful towards the flag, and anyone who serves the flag.

I agree with Kaepernick's method of protest. It's peaceful and it's an effective way to gain attention. I, being an African American, do think Kaepernick's protest is appropriate and good timing considering the injustice that continues to

happen toward people of color in America.

Discrimination in individuals and the lives of soldiers shouldn't be overlooked. Our country can't keep fighting for others and not fight for ourselves. It's hard for someone to reform or to be influenced by anyone who isn't perfect themselves, like our country. Though our country is by far the best, people tend to feed themselves a lie that "all men are created equal".



News

Fried Oreos, Cotton Candy, Caramel Apples, Oh My!

By: Chase Parsons



Colder weather and the turning of the leaves announces the arrival of the State Fair. From carnival rides to fried food all the way to agricultural education, everyone can find an activity they love at the 149th North Carolina State Fair. Many attractions like the

popular flower and garden show, King DMX stunt show, and Strong Man John Beatty bring thousands of visitors each year.

AFHS Juniors Ayana Kearney and Amanda Hoang both say their favorite part about the fair is hanging out with friends and eating different foods all night. Expect to see an abundance of new fair foods introduced this year.

These new foods include the Fried Bacon Pimento Cheeseburger Egg Roll, Lobster on a Stick, Fresh Crab Dip, and NC Lump Crab Meat Hushpuppies.

Everyone loves the classic favorites as well. Through a survey of 50 students at AFHS, the majority of the group said they enjoy eating funnel cake the most. Then fried Oreos, next cotton candy, and

caramel apple came last. AFHS junior Jocelyn Davis explains how "the fried Oreos are a winner every year."

According to reviews on city-data.com, the best days to go to the fair are weekdays around 11AM. Thursday is Food Lion Hunger Relief Day. Five cans of Food Lion canned products equal one free admission ticket. Be sure to enjoy the State Fair and all it has to offer on October 13th through 23rd!



Battle for America

By: Neda Dabbagh



In about two month's, Election Day will arrive on November 8th and the citizens of America will either favor Clinton or Trump. Based on the polls, Clinton currently leads with a 41% chance towards presidency while Trump trails behind at 35%.

The Electoral College is made up of the sum of the Representatives and Senators (totaling to 538 electors) who cast votes to decide who wins the Presidential Elections. Voters choose which candidate receives their state's electoral vote. Revisiting historic elections, the battle between Al Gore and George Bush angered many citizens who disagreed with the outcome. In the end of the election, Al Gore won the popular votes but Bush received more votes from the electoral college than Gore. The majority vote was overruled by the Electoral College, electing George Bush as the President of 2000.

For this present day election, using current poll numbers, Clinton would acquire

over 270 electoral colleges while Trump sits at 191, states CNN News. In order for him to advance in the polls, Trump must push other states into solid Republican territory to erase Clinton's advantage.

However, it is probable that both candidates may not receive 270 electoral votes. Thus, the House of Representatives chooses one president from the three candidates, requiring individual state delegations to have one vote to cast for the new candidate. The total amount, 26, represents the majority of the

state, which is required to win. However, if the House fails to elect a President by Inauguration Day, the Vice-President serves as acting President until the situation is resolved.

Throughout the year, politicians and reporters describe this grand debate as embarrassing, divided, and long. Between Hillary and Trump, the race increasingly becomes very challenging for both candidates. Are we going to make America great again? Or, are we stronger together?

National Issues	Hillary Clinton	Donald Trump
LGBT Rights	For the LGBT to live free from discrimination and obtain equal rights.	For revoking any law allowing equality amongst the LGBT. Against nationwide same sex marriage.
Education	For modernizing the educational system and campaigns for an increase in computer science. Against public school choice.	For public school choice. Wants to improve school systems in impoverished neighborhoods.
Gun Control	For expanding background checks and limiting the availability to criminals and the mentally ill.	For the second amendment and the rights of law-abiding gun owners. Agrees that we need to fix our mental health system and improve background checks.
Women's Rights	For closing the pay gap, for- warding plans to address vio- lence against women, and pro- moting gender equality around the world.	For repealing the Affordable Care Act (coverage for birth control and prenatal care). Against reproductive freedoms for women.

Student Life

Tips for Applying to College

By: Kierney Leonard

Elementary school prepares students for middle school, middle school prepares them for high school, and high school prepares them for college. How will a student be able to continue their education after high school if they fail to get into college? To answer this question, some of the AFHS faculty gave advice for students on college applications.

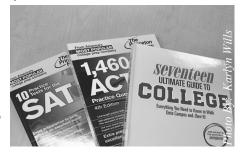
Many students worry about their schedules. Some students believe they need to load up on several AP courses, but that often causes a decline in a student's health. Mr. Greene, an AFHS guidance counselor, said "Would I encourage and advocate rigor in the schedule? Yes. Do I want people to get sleep at night? Yes."

While students should try to take the highest classes possible, students must also remember that every person learns at a different level and pace. To this, Mr. Greene stated, "every individual is different as far as what they should and shouldn't take." Mr. Gilbert, the school's marketing teacher, also weighed in on what he thought students should consider regarding their academic difficulty. He said that students "don't have to load up on a zillion AP classes. Colleges have started to look at the whole body of work: community service, extracurricular activities, everything. Not just kids that are signing up for a million AP courses, because those are a dime a dozen."

Relating to what Mr. Gilbert explained, colleges want to ensure that a well-rounded and committed student will be accepted into their school. Rather than joining several activities in which the student only shows up to put their name on the attendance sheet, they should stick to a handful of extracurriculars and completely dive in. If the applicant wishes to join a particular club they should start it; if they want to volunteer, they should lead a program. Colleges want to see the applicant give their extracurriculars a lot of thought and effort.

SATs and ACTs prove vital to college applications. It would benefit high school students to take both tests, since most colleges accept either one. If the applicant does better on the SAT than the ACT, then they can submit the SAT to the college without having to worry about a bad ACT score.

Students should not forget the importance of a quality college essay. A college application essay should easily reflect the personality of the applicant and prove why the college should want to accept them. College Board revealed that "the number one piece of advice from admission officers about



your essay is 'be yourself.' The number two suggestion is 'start early." Procrastination on a college application essay proposes many risks. Mr. Greene explained, "Even though Carolina's due date is October 15th, there's no harm in having it done in September. They don't take first, second, third, but you get more done in a systematic way, [and] that helps with the stress too." If the applicant begins their essay early, they can create multiple drafts and several people can proofread it in order to ensure that the applicant produces the best essay possible.

One final piece of advice: students can access a plethora of resources, so they should use them. Mr. Greene stated that "Every Junior should probably have an account with College Board, the ACT, and CFNC." The College Board allows students sign up for the ACT and also provides college comparisons, and CFNC provides the student with an application venue.

Mr. Greene also recommends an application program called the Coalition. The Coalition allows students to apply to ninety participating colleges. He said the program also "gives the student 'a locker room' to save documents... [like] a portfolio. Colleges can't see unless you give them permission to see it, but it's a way to collect things. It lets us make sure we have somewhere to store data."

While universities rise to a higher competitive level, their applications increase the competition as well. College consumes only a small portion of a person's life, and while furthering one's education proves important, life offers so much more to look forward to.

Falling into Fashion

By: Braylin Campbell

As the air cools, the leaves change, and that limited time Starbucks drink you love becomes available, you know fall has arrived. Time to pack away that tank top and pull out that turtleneck and get cozy! Fall provides the perfect opportunity for family to get together. Whether gathering for Football, Halloween, or even Thanksgiving, why not look perfect for each and every occasion? According to NYFW (New York Fashion Week), this year's fall trends consist of many fun and different looks to consider.

Fur tops the list of trends. Real or fake, own it! Wear that sheep, fox, or bear fur with pride! If in opposition of fur, many man made materials make this trend easy to follow

Secondly, ruffles are cute and they look

good on any dress or shirt. Gold represents the perfect color for fall. It's warm, and classic. Turtlenecks under dresses can be unlikely pair that definitely works. If you love them both, it makes sense to combine the two. Channel your inner Cher Horowitz (Clueless) this fall, and rock plaid! Two colors you would've never put together, try a dusty pink and yellow.

Elections are coming! And what's better to be in touch with politics than wearing a pantsuit. Hillary Clinton isn't the only one. Pantsuits are totally sleek and powerful. Fall florals are never a bad option. And last, but not least, chokers! Coming back from the 90's to 2016.

According to the students fall favorites, they enjoy oversized sweaters, big knit scarves,

denim, and boots. Many tend to follow trends and others like to be different in their own way. The best places to shop during the fall are Forever 21, American Eagle, Marshalls, and even thrifting!

Fall into autumn looking fierce and

fabulous as ever. Be bold and have fun! Love your style and most importantly love yourself. Happy Fall!



Student Life

Spirit Week





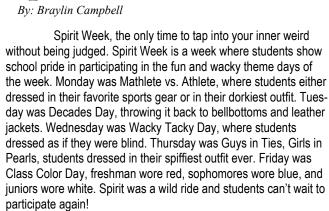




Monday: Mathlete VS. Athlete

Tuesday: Decades

Spirit Week





Wednesday: Wacky Tacky



Wednesday: Wacky Tacky









Thursday: Girls in Pearls, Guys in Ties

Friday: Patriot Day

Arts & Entertainment

Best Fall Movies

By: Katelyn Bohn

Once Fall arrives, new romantic films start making appearances everywhere. The following romantic Hallmark movies and television shows will either progress or diminish your loneliness, and all of them release in October. Try looking through them. Some relationship advice could prove useful to you.

The Good Witch (TV Series)

Whimsical and mystifying "witch," Cassandra Nightingale, opens a shop equally as quirky as she in the small town of Middleton. In the show, the citizens become curious about Cassie's shop, with all of its peculiar oddities, especially the Chief of Police, Jake Russell. The mayor begins spreading rumors about Cassie's intentions in the town, but Cassie begins aiding the people of Middleton with their problems, and they begin accepting her. After a while, Cassie marries Jake Russell. Yet in a turn of events, Jake gets shot and killed in a

crime, leaving Cassie and her daughter all alone Autumn Festival. After working in the fields a again. Cassie and Grace carry heavy hearts for a long time over Jake's death, until Dr. Sam Radford and his son Nick move into the empty house next door. Dr. Radford went through a harsh divorce, so he and Cassie cope with their losses together, until they both begin falling for each other. Cassie struggles with what to do, as she upsets her daughter by dating Dr. Radford, vet she also feels she needs to move on. Will Cassie move on from Jake and date Dr. Radford? Or will she choose to put her daughter first instead? Find out more in this Fall's series of The Good Witch: Secrets of Grey House.

Autumn in the Vineyard

Frankie and Nate both believe that they own the same farm. When they begin getting into a legal dispute over the rightful owner, both split the farm's beautiful vineyard down the middle. Unfortunately, they both will work on their separate sides of the vineyard together in order to successfully prepare for the Best Wine competition at their annual

bit, they both start feeling something a little more than just an understanding of each other.

Hopefully reading this article gave you a little more insight on how to properly settle a dispute, and maybe even get yourself an admirer in the process. Hopefully, these selections expand viewers movie choices for this October. So grab a warm cider and pumpkin pie and cuddle up with someone special to enjoy these movies.



Dr. Merrill Continued from Front Page

DIY Fall Decor

By: Julia Uhlman

Look below to find five fall decorations. These super simple DIYs can give anyone some fall spirit, and most of these items can be found in your home! Whether you want decorative leaves, sparkly pumpkins, or festive throw pillows, you're in the right place. All five are fun, easy and customizable.



	Leaf Frames	Glitter Pumpkins	Leaf Prints	Jar Decora- tion	Jack-o- lantern Pumpkin
You will need	Two pieces of glass, leaves and a frame	Glitter, glue, pumpkins	Paint, paper and leaves	Jars, paint, letter stick- ers	Pillow, felt, hot glue and hot glue gun
Directions:	Choose leaves to press be- tween the pieces of glass and frame them.	Cover pumpkin in glue and sprinkle glitter on top.	Cover the leaf in paint and press onto paper to create the print.	Pour paint into jars and paint inside. Put sticker on outside to spell whatever you want.	Cut felt into eyes, nose and a mouth. Use hot glue to attach to pillow.

states, "it's not impossible but it's a lot of change for a lot of families."

Dr. Merrill downplays the 29% increase in teenage accidents before 8:00am by stressing the "major safety concern of elementary school aged parents." Dr. Merrill continues to address the dangers of early morning driving, "I don't know if it's equally bad teenagers are licensed to drive and have the responsibility to be careful and drive well." In finalizing the interview Dr. Merrill suggests that teens "turn off cell phones, turn off Wi-Fi at night by 10:30pm and start to bed earlier and I speak from experience."

As one of largest counties in the country, Wake County influences over 100,000 kids education; lack of funding and wiggle room can be expected with 157.180 students to take into consideration. However.

with all factors considered, high school students continue to ask for this change to positively benefit their learning, their safety, and their sleep.



Sports

Season of the Patriots

By: Sierra Sanchez



As AFHS adds more students, the school adds more football teams. This year, AFHS officially has added a Varsity Football team. When asked how the season was going, Jake Kelley (11) Varsity Running Back said "I think we've been doing well for our first season as a Varsity team, no one said it was going to be easy." Instead of mourning the losses, the Patriots have used this to drive their motivation for success.

Overall, AFHS Varsity record has been 1 win and 6 losses. The JV has a record of 2-3 games . The players were very enthusiastic to play our rival school Apex High. When asked about the season, Coach Sanders stated how much the team has grown "The

season has been going well, we've made massive improvements every week. We're running a difficult schedule but the players are doing a great job focusing on each week individually. I love how the players are growing together and becoming a team that they can be."

As a new team, AFHS has more players that have taken the spotlight this season. Jake Kelley made the first AFHS Varsity touchdown adding to his offensive statistics of 2 touchdowns. Another offensive player that has been shining this season is Scott Sidney (9) Varsity Running Back, making 4 touchdowns this season. As for the defensive players, Jonathan Bennett (11) Varsity Line Back has made 15+ tackles this season. All players have put their all on the field to proudly represent AFHS. The Patriots are just gearing up for this season, they are definitely a team to look out for.

Building Traditionscontinued from front page

According to Wesley Provost, "The student section is something we can work on, but I think we've had a pretty good start to it this year,"

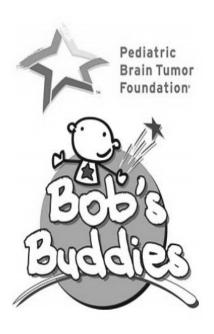
The Apex football game had the best student section spirit so far this year. The energy was there, the students were there, and the school pride was definitely there. Fleming said, "Having pride in our school is a big thing we need to work on. We're juniors now and next year we'll be seniors, so it's time to take our place and be leaders and be proud to be here."

Pep Rallies are a must this year and after talking to the leaders, AFHS looks to have them this year. One question floating around, "Will we have a Prom this year?" has been answered. It turns AFHS will be having a Prom, but on school campus. Prom is a tradition most, if not all, schools have and it's a tradition coming to AFHS for the years to come. Time is running out for juniors and sophomores to build a school they want to remember. If anyone has any ideas for traditions they would like to set, bring them to

student council so they can put them in place. "Bring us ideas", Wesley Provost said.



Varsity Sport	Record	Conference standing
Football	1-6	0-5
Men's Soccer	2-11-1	1-8
Volleyball	3-10	3-8
Women's golf	4-4	Currently 1st
Women's Tennis	2-13	2-13



Come support the Lady Patriots Volleyball Team as they play in honor or in memory of "buddies" with brain tumors.

JV: 5pm

Varsity: 6pm

* Railles, t-shirts, chick-fila, and more will be offered!

Patriot Press Staff				
<u>Editors</u>	Copy Editor			
Katelyn Bohn	Sierra Sanchez			
&	&			
Jada Enoch	Chase Parsons			
<u>Layout Editors</u>	Content Editor	L		
Kierney Leonard	Grace Twomey			
&	&			
Julia Uhlman	Braylin Campbell			
<u>Photography</u>	<u>Freelance</u>			
<u>Chiefs</u>	Mrs. Villafranca			
Neda Dabbagh	&			
&	Kayleigh Briggs			
Karlyn Wills				
		Ι, ,		

