



Patriot Press

Vol I Issue I

Apex Friendship High School's Student Newspaper

September 23, 2016

STUCO

By: Katelyn Bohn and Jada Enoch

Elections are here, and we're not talking about a choice between Donald Trump and Hillary Clinton. Student Council (STUCO) is the representation of student democracy. It's purpose can be interpreted in many different ways. Matt Wight, principal at Apex Friendship High, states that STUCO "provides students with experiences and democratic processes." The idea of giving students early exposure to democracy and even representative democracy is vital because that is the style of government used America. STUCO isn't all about exposing students to democracy.

Mr. Wight depicts a story about a previous high school experience, where there was a drunk driving incident. The incident resulted in the tragic loss of a student, and it was the student council that helped the school's spirit rise like a phoenix out of the ashes. They were in charge of

drunk driving awareness conventions and activities that changed the mood of the student body entirely.

STUCO members don't always have to be loud and outspoken, but outgoing personalities are beneficial to candidates. Communication with both Mr. Wight and the students is of extreme importance. English teacher Mrs. Freed was previously in charge of Student Council last year, but this year one of the new teachers, Mrs. Wooten, who is also an English teacher, has taken responsibility for STUCO. She has had several years of experience at her previous school leading Student Council.

When we asked students what their expectations of the Student Body Representatives were for this year, they said that what they wanted most from STUCO was to have school dances, prom, and for the members of the council to be a good representation of

students at AFHS. The winter dance last school year was pretty fun, but this year's expectations for the school dances are even higher. The student body last year also organized Spirit Week, planned pep rallies, and revealed the school's mascot.

Students also thought that it was important to have a council because it's one of the ways they can have a voice in



Photo By: Braylin Campbell

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Off Campus Hacks

By: Grace Twomey

Going off campus seems simple, but as many Juniors have discovered, it can get complicated. With AFHS being built in a rural area, access to restaurants can be limited. The restaurants

everyone loves can be out of reach when it comes to getting back to class on time.

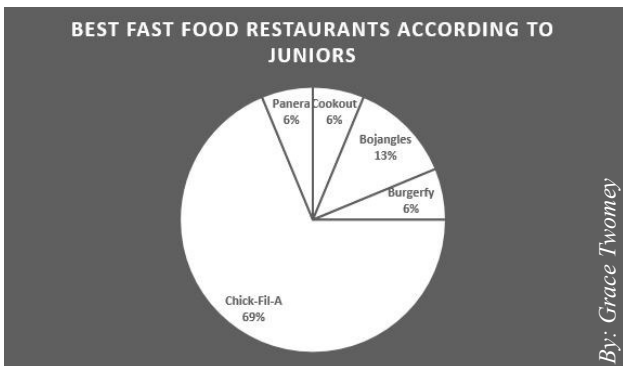
On top of the limitations of restaurants, students have to remember the rules. I interviewed Ms. Villafranca to see which rules students might not know. It turns out students cannot bring outside food into the cafeteria. Another question Ms. Villafranca often gets is whether or not students share a parking space, which they can. In fact, it says in the paper work that the administration encourages it. If a student doesn't have a drivers license at the beginning of Junior year she won't have to worry about

paying the full \$170 for a parking spot. Each month the price of a parking spot decreases by \$17.

Where should you go to eat? Well, there's certainly no shortage of food with a total of 37 restaurants within a five mile radius of the school, but is there anything good? Juniors at AFHS seem to be big fans of Chick-Fil-A, according to a recent survey and luckily we've got one of those only 3.66 miles away. We also have a Panera and a Bojangle's nearby which were top picks as well.

With all these restaurants to choose from how do you know which one to pick? Fast food definitely proves easiest when it comes to getting back to class on time, but which fast food is the fastest out of the three local

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By: Grace Twomey

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Editorial/Opinion

The Impacts of Instant

By: Grace Twomey

Instant messaging, instant loading, instant communication, instant research, instant everything. The introduction of modern technology has put every item just a click or a tap away. The connection between education and technology often comes up when discussing its influence. Although I'm not the type to think all technology is bad and destroying the world slowly bit by bit, I do have my doubts about it.

Education and technology, should they coincide? The impacts of technology are endless, both helpful and harmful, especially when it comes to education. On one hand, research has become almost effortless. With a trusty keyboard at your hand and a Wi-Fi router nearby you can reach millions of articles, websites, PDFs, and other results in under thirty seconds. I'm part of a group of students who have been enrolled in Project Based Learning which mostly involves taking your notes at home in order to do more projects in class instead of listening to lectures. It's a wonderful program and it wouldn't be possible without technology.

I'm all for using phones and other devices for research, in class projects, and other similar usages but I can't say that tech in classrooms is all positive. Let's address the elephant in the room. Everyone knows students in every class who probably haven't ever heard a word of what's going on due to their phone habit. This definitely interferes with not only the class but your own personal level of learning. As good of a multitasker as you might be, it's difficult to text your friend, listen to a lecture, take notes, and get your Snapchat streaks done at the same time. Even if you're the kind of student that keeps the phone in the backpack at all times, it can still be a distraction. Each time you hear the front pocket of your backpack ring you can't help but wonder, who's texting you? What does it say? Is it important? All of that wondering is probably time that you're not listening.

The effect technology has on our attention span often gets ignored. A study from Microsoft found that the average attention span has dropped four seconds since 2000. The average human has an attention span of a whopping 8 seconds. The worst part? Goldfish have attention spans of 9 seconds. Goldfish can pay better attention than people can. That's both



scary and disturbing. A British study found that the average person checks their phone eighty-five times a day, spending five hours overall just staring at that little box. With lower attention spans, texting in class, easier research, and more projects you can see technology both helps and hinders education.

In the right context, technology can be wonderful. Research has become easier, collaborative projects are more creative, you have easy access to a wealth of information but the downsides are very present and very hard to ignore. Class disruptions, less student learning, and shorter attention spans cause concern. I appreciate technology, but it has a place and it needs to stay in that place in order to prevent further damage. We can't blame it all on technology, though. We need to be conscious of how much time we're spending with it every day. Look up; see what you're missing.

sleep they got the night before is begging for an accident. In a new study "Awake Behind the Wheel", it found that teens that wake up for earlier high school times are more accident prone than students with a later schedule. In the 2009 to 2010 school year in Chesterfield County, VA, where school start times are very close to our own, there was a 29% higher crash rate than in the neighboring county where the schools start at 8:45 AM.

As a teen I know I am sick of waking up before the sun comes up when I went to bed maybe five hours before. Even Congress wants a change; in 2014 Congress drafted a bill called "The ZZZ's to A's Act", where it stated no school in the US could start before 8:00 AM. The bill was passed but never enacted. How much longer can Wake County ignore the dangers it's putting its teenage students in simply from having a schedule too early for their brains to function?

Stop Denying Us the Zzz

By: Jada Enoch

As school starts back up, returning to the much too early 7:00 AM schedule makes the struggle real. According to Education Next it is biologically proven that it is a teens' natural tendency to stay up late and wake up even later. Hormonal changes after puberty include the secretion of melatonin that shifts the natural circadian rhythm of adolescents. In simpler terms, puberty causes a proven shift in sleep cycles.

North Carolina and Wake County specifically have done studies to see if there are any correlations with later start times and standardized testing grades. They found that delaying school by just one hour from 7:30-8:30 AM increased test scores in math by at least two percentiles and in reading at least by one.

If teens are proven to be sleep deprived why are we still forced to wake up at 6:00 AM? School starts at 7:25 AM meaning buses come as early as 6:00 AM. Teens aren't waking up at 6:00 AM; they're waking up at 5:00 AM. The minimum recommendation for adolescents sleep is 8 hours. This means teens need to go to bed at 9:00 PM. Students with after school athletics sometimes don't get home until 9:00 PM and homework can stack up from four different classes. Honestly this math doesn't add up. If Wake County is trying to provide the best education they can offer, why do they ignore the science and deny us sleep?

The evidence is racking up against our school system, but there's more. It's dangerous. Teens being out on the roads while the lighting conditions are low and on the little amount of

Want to voice your opinion? Send your Letters to the Editor to: afhspatriotpress@gmail.com

Environmental Science

Wind, Rain, and Snow

By: Sierra Sanchez

Sparks flying into the air, winds roaring ferociously, and rains flooding people out of their homes. Sounds like a movie, right? This has been the reality of America's weather the past three months. States such as Louisiana, California, and even North Carolina have been cursed with some nasty weather. Starting off on the opposite coast, California has been suffering from a string of active and devastating wildfires. According to CNN, the sunny state has been experiencing a severe drought for months, which doesn't help prevent fires. The fires have been ferociously roaring since the beginning of the summer. An abundance of towns have been evacuated over the course of the season. As of August 6th, there have been a total of 6 dead following the 4,270 fire outbreaks. This devastation ended up destroying California's vegetation. To top off the drought, this blaze brought the number of dead trees to an astounding 66 million.

The East coast has been making up for what the West has been lacking, in the weather department, of course. NBC News covered the

great rainfall that began on August 12th and rolled on until August 22nd in Louisiana. The catastrophic flooding began to cascade across the news for the next week. If the students of AFHS didn't get a chance to tune in, the devastation appeared on Snapchat, Twitter, and Instagram. Reported rainfall amounts exceeded 20 inches in multiple parishes. These shocking statistics affected the many homeowners without flood insurance. To make up for the colossal loss, the Federal Emergency Management Agency (FEMA) provided disaster aid for the many citizens affected by the damage and deaths according to NBC News.

Bringing it back home, North Carolina had a taste of some rainfall recently. Another storm, another name. Tropical Storm Hermine crashed into North Carolina cursing the state with violent winds and heavy rain on September 2nd. Thankfully, flood waters didn't reach the dangerous levels that Louisiana rose to, but North Carolina was placed under a state of emergency. Governor McCrory released a statement on September 4th. "Our emergency operations team and county, local and city officials throughout the state have worked together to help wherever it was needed, from

Sunset Beach to the Outer Banks," Governor Pat McCrory said while assessing the damage. CNN News reported, that Hermine was a category 1 hurricane when it reached land. The storm attained a wind speed of 65 mph as it catapulted toward the North East. Hermine left the state with not only puddles, but some citizens without power. In the end, North Carolinians weren't in need of too much damage control, but brace yourself North Carolinians this is the start of some terrible weather this year.

Last year, North Carolina had a pretty easy winter. Although students hoped for a whirling blizzard to call off school, they just couldn't get that wish, could they? I caught up with Ally Morse, a Sophomore at AFHS, on her thoughts on last winter. "I think it was ridiculous that we had days off for no bad weather. I did have lots of fun during the snow days, though! I hope we don't have too many spring break days taken away, but I'm excited for all the winter fun!". AFHS keep your hopes high for this year. The Farmer's Almanac has predicted a rainier and colder winter for North Carolina. Maybe Wake County will get more days off this school year with all the chill coming in. Throw on those scarves and button up those boots because North Carolina has just gotten started.

Another Earth?

By: Neda Dabbagh

the possibilities of sustaining life and liquid water.

Proxima b has been discovered as an Earth-like exoplanet which scientists agree is the closest planet to Earth that can tolerate a habitable environment, according to Queen Mary University. It would take approximately 4.2 light years to travel from Earth to Proxima b. To high school students that seems improbable, but to astronomers at NASA it represents the new and innovative future. Not only is it uniquely close to Earth, Proxima b sustains liquid water on its surface. The estimated location of this exoplanet is in the "Goldilocks zone" where it is not too hot or not too cold, but just right for the planet to exhibit life. However, scientists are still researching whether Proxima b is enclosed by an atmosphere or includes a magnetic field to construct a barrier from ultraviolet radiation. Could we thrive or be deep fried?

The unbearable curiosity as to whether Proxima b is hospitable for human existence eats away at researchers. A

scientific dispute towards the idea of the exoplanet having Earth-like traits or Venus elements erupted once researchers drew theories about the formation.

Astronomers are analyzing every detail that is available to them about this galactic planet in order to decipher how and where it was formed. The beginning of a possible existence like our own planet intrigues NASA astronomers to decipher futuristic possibilities. Four billion years from now, Earth's sun will burn out and Proxima b may be the only chance to survive. One mission is to send a small telescope into outer space to view Proxima b's system and its environment.

This theory offers extraordinary evidence towards the possibility of surviving thousands of years from now, according to NASA astronomers. This new celestial planet presents the possible reality of not being alone in the universe. Our childhood fantasies of E.T riding over the moon may become reality. Or our childhood nightmares of *War of the Worlds* could become a probable risk.



Photo by: Neda Dabbagh

Children want to believe in finding that secret wardrobe to Narnia and fantasize over centaurs and talking lions. Many hope to someday travel at light year speed to different planets as Han Solo did in Star Wars. Of course, some dream of E.T, even scientists, who analyze planets to find extraterrestrial aliens. Now it turns out that astronomers from Carnegie Institution for Science discovered the closest planet to our solar system, with

News

A Smoothie With a Side of Hepatitis A?

By: Julia Uhlman

How often have you been craving a smoothie this summer? A well known and well liked local chain of smoothie chains, Tropical Smoothie Cafe, has been connected to several reports of Hepatitis A outbreaks. Since the first outbreak reported on the 19th of August, the numbers of those affected have been climbing. As of September 8th, 80 people are said to be affected, according to the Virginia Department of Health. While a majority of the cases were found in Virginia, the infection has been linked to cafes throughout seven other states including North Carolina.

"Eat better, feel better" is not just a slogan. It's a promise," Mike Rotondo, the chief executive of Tropical Smoothie Cafe, said apologizing to those who had fallen ill. Hepatitis A is a highly contagious liver infection that spreads from contaminated food, or contact with someone who is affected. The Mayo Clinic has stated that the infection "usually is spread when a person ingests even tiny amounts of contaminated fecal matter," which can happen when food is improperly handled. Symptoms of Hepatitis A include fatigue, nausea, abdominal pain, loss of appetite, and fever.

Officials are saying that it is likely more cases will emerge. Some symptoms can take up to 50 days to show, according to usnews.com. "It's pretty nasty," says Morgan Sbraccia, a Junior at Apex Friendship. "It

reminds me of what happened with Chipotle. I don't want to go back." The infection is said to have come from the frozen strawberries, which were imported from Egypt. Since the incident, the product has been removed and strawberries are now being used from California and Mexico.



Photo by: Julia Uhlman

Zika Virus Scare

By: Katelyn Bohn

The Zika virus, a virus that has consistently spread like wildfire throughout Africa and Asia, has just recently begun spreading into the Americas. The virus first originated in the Zika Forest of Uganda, when infected mosquitoes transmitted the virus to humans, and has ever since then spread across the continents.

Zika can cause severe birth defects if a pregnant mother is infected with it, including brain damage to the child. In addition to this, the virus has been known to cause blindness, deafness, seizures, and temporary forms of paralysis called Guillain-Barré syndrome; a reaction to varying types of infections that can leave a person immobile in differing degrees. The symptoms of Zika include: fever, headache, red eyes, joint pain and rash. There is no accepted form of treatment for Zika yet, largely because scientists believed the virus to be so benign and harmless when it was

first found before the epidemic, and it seemed illogical to spend the time and resources needed in order to find a cure.

It is difficult to pinpoint the exact amount of people that have been infected up to this point with Zika, because the majority of cases are asymptomatic. Many people infected with the virus don't even realize they have it. At the National Institutes of Health, a vaccine is underway that was originally created to help cure the West Nile Virus, a virus that is related to Zika, and it will undergo trials in September.

However, the best way to stop Zika is by preventing the mosquitos from breeding, because Zika will likely spread through a person infected with the virus traveling back to the United States, and this person is subject to being bitten by local mosquitoes that could spread the virus elsewhere. Ways to eliminate these breeding grounds include dumping any standing water where mosquitoes lay their eggs, putting in screens around the house (in windows and doorways) in order to prevent bugs from entering, and by running an air conditioner regularly, because mosquitoes hate the cold.

Brazil (2015-2016)	Over 100,000 local cases
Florida (2015-2016)	Over 800 local and outside U.S. cases
Fort Bragg NC (2015-2016)	5 cases (not caught locally)

Everyday Violence

By: Braylin Campbell

On August 13th, 2016 Crabtree Valley Mall was on lockdown due to a shooting, causing panic around the Triangle. Imagine constantly living in fright. Fearing that today may be your last; Chicagoans live that lifestyle daily. "If you live in a society where your children have to learn to duck and dodge bullets, you have to teach them how to duck and dodge bullets," Stephanie Armas, an Englewood resident, stated. Over Labor Day weekend, Chicago reached its 500th homicide in the last nine months.

Comparing Chicago's homicide rate to other big cities in the country like New York and Los Angeles, it trumps them both. According to CNN, in the early 2000's the homicide rate in Chicago was steady then increased in 2014. Chicagoans blame the violence on economic struggles and the lack

of jobs. This year, 2016 has been the deadliest year in two decades with nearly 82 shootings per week.

The media paints Chicago as the only violent city in the U.S., but it even happens close to home. On Thursday, September 8th, 2016 three people were shot within minutes of each other in Durham, North Carolina. The victims were taken to the hospital with non-life threatening injuries.

According to WNCN.com, violence is becoming more common in the Bull City. Police Chief Larry Smith found that violent crimes have increased by 7% since 2015. In homicides the percentage has increased to 10%.

From Chicago to Durham, it goes to show that violence can happen anywhere. However, it's important to keep living and loving life. Stay aware of the dangers around you but try to have a positive impact on your community.

Student Life

What was your first impression as freshman at AFHS?



"Shiny." -Courtney Kielty



"It's well organized, but a little overcrowded." -AJ Smith



"It's nice and new and well organized." -Taylor Turner



"It was good, I really like the school and they make it easy to find classes." -Nate Hightower

Photos By: Chase Parsons and Julia Uhlman

Alice Lindblom: Foreign Exchange Student

By: Chase Parsons

I had the great opportunity to meet and talk with a new foreign exchange student from Sweden, Alice Lindblom. Alice told me all about her life in Sweden and what she was excited to learn in America. She said that the year-long trip was actually not planned. She decided 8 months ago that she wanted to go to the USA.

Alice mentioned that when she came to America, the first observation she made was, "How serious everything was. I was feeling so small for the first time. I realized that I was kind of alone. I remember everything being so cool because everyone was talking in English."

She explained that school here has a greater amount of people than her previous school. Alice also noticed how much earlier she has to get up for school compared to her old start time of 9:00am. I could tell from her starry blue eyes that she is very excited to be at school here in America. You can't miss her radiant blonde hair, so if you see her in school be sure to say hello!



Photo By: Chase Parsons

STUCO Continued from Front Page

the school. They also said they wanted the council to be organized, to have plenty of activities that will bring everyone in the school together, and allow for students to meet new people through these activities. When everyone voted for Student Council members, hopefully they picked the people that they thought best conveyed their ideas for how the school should be, and didn't just feel pressured to vote for their friends that were running for a position. Although friends are important, making sure to pick the most outstanding student leaders in the school is also important, because as Mr. Wight said, "I expect them to be leaders... because we have a lot of big decisions to make."

How does it feel to be a "senior"?



"It feels good ." -Hunter Dreher



"I feel like I can do more around the school and help more." -Morgan Sbraccia



"I feel empowered and I feel like a leader. And I'm glad I can go off campus." -Yariella Valverde



"I feel like I can help the underclassmen with teachers and classes and what to take." -Jocelyn

Photos By: Chase Parsons and Julia Uhlman

Arts & Entertainment

Movie Preview: Disney's *Moana*

By: Kierney Leonard

Say "Aloha" to Disney's first Polynesian princess, Moana. Disney revealed that Moana will be hitting theaters November 23rd, which is when this sun-kissed sixteen year old will embark on a voyage with her washed-up demigod sidekick, Maui. His powerful frame, exuberant tattoos, and witty banter will accompany Moana as she navigates the sea and saves the world, while finding herself along the way.

However, it has been released that Moana will not be chasing after a prince in this upcoming film. The prime focus of this movie will be her coming-of-age journey. In other words: Moana will be classified as a heroine, setting her apart from the previous Disney princesses. According to Hawaiian actress, Auli'i Cravalho, who voices Moana, "She's got some serious guts...she's really courageous and beautiful as well."

Her journey takes place 2,000 years

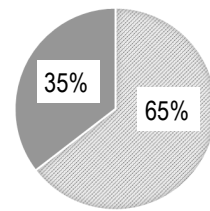
ago, in the southern Pacific Ocean, and Moana's people are endangered by a clash between man and nature. Moana takes it upon herself to save her land. She convinces Maui, who has lost his demigod-ways, to help her. Dwayne "The Rock" Johnson, who voices Maui, reveals, "This relationship between Maui and Moana, where Moana is the one inspiring Maui to greatness, is such a beautiful and powerful journey."

The physical attributes of the characters also play a very important role in this movie. First of all, Moana is not built like the rest of the Disney princess gang. Co-director of the film, John Musker, said in regards to Moana's body shape, "That was a deliberate attempt, partly inspired by wanting her to be different and then we wanted her to be an action hero." Also, Disney has sparked a controversy with the depiction of Maui as an overweight Polynesian god. A Polynesian woman named Jenny Salesa took to Facebook to complain about Maui's depiction in the film. She stated, "When we look

at photos of Polynesian men & women from the last 100-200 years, most of our people were not overweight and this negative stereotype of Maui is just not acceptable - No thanks to Disney."

Despite the mixed anticipation of the upcoming movie, we asked fellow classmates on whether they are planning to see *Moana*. The pie chart shows that after a poll, almost two thirds of AFHS students are going to watch the new movie. So what about you?

HOW MANY OF YOUR CLASSMATES
WILL SEE THE NEW MOVIE, MOANA?



By: Kierney Leonard

Book Review

By: Grace Twomey

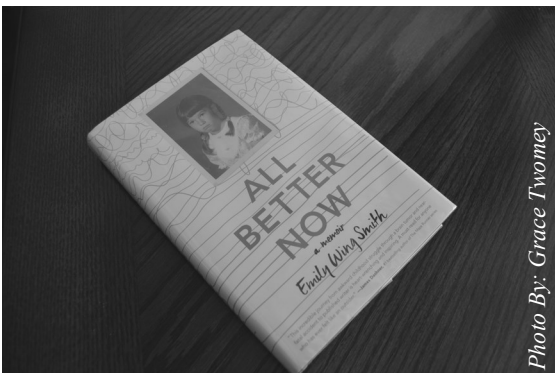


Photo By: Grace Twomey

In March of this year Emily Wing Smith published her third book *All Better Now* which is a memoir about her life. Her intricately weaved story tells the tale of a young girl with endless struggles. Born with tremors in her right hand and a plethora of behavioral issues life isn't easy for little Emily. Due to these problems the young girl had trouble making friends and often remained an outcast. To top it all off, at age 12 she was hit by a car. For most people getting hit by a car doesn't bring any good news

but for Emily it caused doctors to uncover a grapefruit sized tumor in her brain that had been the cause of many of her problems and left untreated most likely would have killed her. After the tumor is removed, Emily struggles with returning to normalcy.

The author, Emily Wing Smith lived through all of those obstacles and does a beautiful job of portraying her story. Her narrative spans from age six to modern day. Many people don't even remember being six years old. Not only does Smith remember it, she's able to write as if she still was that age. Each age that Emily becomes in the book is a whole new writing style that fits her new age. With Smith's

varying writing styles and selection of anecdotes that weave together a heartwarming journey, it's hard to give this book any less than a four out of five stars.

All Better Now is a captivating journey that will fascinate young readers with its unique story. Through therapist's notes and letters written by Emily herself this book creates a one of a kind atmosphere that is a must read for lovers of young adult books.



Hacks Continued from Front Page

favorites? The average Chick-Fil-A and Panera wait times are both about four and a half minutes but Chick-Fil-A is known for having very long drive thru lines. Those lines can't compare to Bojangle's. Numerous reviews were found online complaining of the long wait for food. Four and a half minutes doesn't seem like a very long wait, but if you're in a hurry four minutes can seem like an eternity. While our Juniors have good taste in restaurants, let's just hope they get back to class on time.



Photo By: Neda Dabbagh

Sports

24 Hearts. 1 School. 1 Goal.

By: Karlyn Wills

Bump, set, spike! The women's volleyball teams are off to a great season. Last year the volleyball program only had freshman and sophomores on the teams and they were competing against juniors and seniors. The Junior Varsity (JV) team is now 5-2 and looking at a bright season ahead of them. Coach Sullivan, who is also one of the engineering teachers at AFHS, stands on the sidelines encouraging, believing, and coaching as the girls fight for every point.

Jessica Hong (10), a returning player says, "It's been so amazing to meet the freshman and welcome them to the Apex Friendship volleyball program. One of my favorites is being a mentor/leader to them on and off the court by showing the ropes of high school. On top of that winning is a surreal experience. Beating Apex was one of the best memories so far and I can't wait to see what has in store for this year's JV team."

Varsity (1-6), coached by math teacher, Mrs. Fahrer, doesn't have the same record, but they have the same goal; belief and mentality. "Max effort", Brenna Matthews, starting libero for varsity said, "Everyday in practice and on game days coach is always telling us to give max effort.

Leaving it out on the court is what we're trained to do, and by giving 'max effort' helps us walk away from a match knowing we gave it our all."

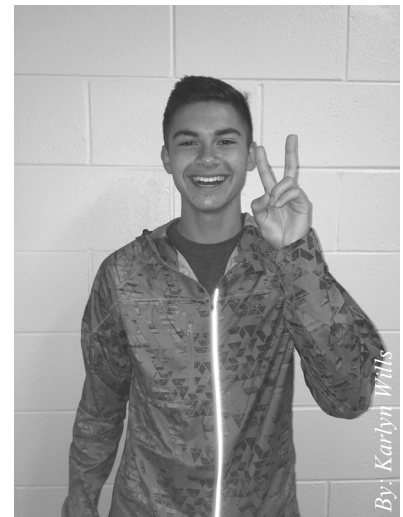
Every time the girls have practice, a game, or step out on the court, they are looking to get better. Many schools don't have the struggle AFHS athletes do with not having all four grade levels, but the student athletes make it work. Other schools in the county may not understand the amount of frustration, the long days and early mornings, or even the amount of effort a new athletic program has. Winning is something we all desire, but unfortunately not all experience it.

"As a volleyball program it's definitely been hard seeing the girls play with heart and dedication and the disappointment when we come so close to winning, but the next day at practice is the time to analyze and talk about what we could improve on and things we did well in," said Coach Fahrer. Sports has its ups and downs for sure, but athletes are always playing for the same reasons: heart, passion, determination, and purpose. The AFHS Volleyball team is fighting their way to the top. Green Hope, Apex, Middle Creek, and the rest of the schools in Wake County, you better watch out.

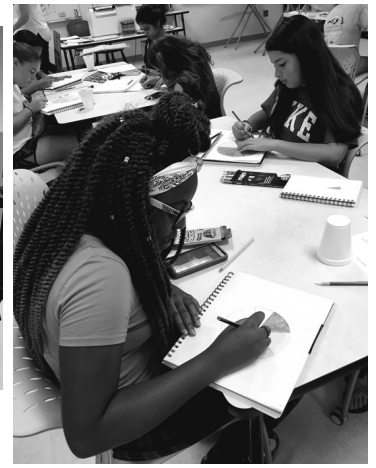
ATHLETE OF THE MONTH

Wesley Provost, athlete of the month, runs cross-country because he wanted to follow in his brother's footsteps. Wesley started running his Sophomore year in High School and finished at the State Championships. "I love the racing part. Crossing the finishing line is such a relief."

If Wesley could do any other sport, he would play football because he played when he was younger. He would like to see himself running in the Nike Nationals this year, and continue to run in college.



<u>Sport</u>	<u>Record</u>	<u>Conference standing</u>
Football	1-2	0-1
Men's Soccer	1-8-1	0-6
Volleyball	1-6	1-4
Women's golf	2-4	Currently 1st
Women's Tennis	2-7	2-7



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A



F



H



S

Upcoming Events

September

23- Varsity Football vs Panther Creek @ 7:00 at PC

30- Varsity Football vs Apex @ 7:00

October

7- Varsity Football vs Cary @ 7:00 at Cary HS

11- Principal/Parent breakfast @ 7:30 AM

13- NC State Fair begins

14- Varsity Football vs West Johnston @ 7:00 at WJ