

Look inside this issue of the Cougar Express for a splash of spirit, election updates, a place to get a great Mexican plate, a rockin' English teacher, and much more!

The Cougar Express

Vol. 30 No. 1

Thomas Stone High School - Waldorf, MD

October 2008

A Block of Gold

*by Charles Kahahawai
News Reporter*

Friday night. Blue-clad Cougars on the field. Amidst all the glory of a high school game there sits in the middle of the stands, a block of gold.

This block of gold is far more valuable than any metal. It can bolster the home squad, and devastate unlucky visitors. It is not just the color that stands out. It is the noise. The sound of a hundred teenagers rallying "LET'S GO STONE" rings out above the crowd.

The Block of Gold is a group of spirited students who attend games and cheer for Stone. Founder, **Mr. Weiss** says "when the boy's basketball team went on its state run last year, we went to Old Mill and there was an entire section of students wearing black tee-shirts, standing and cheering the entire game. I turned to Mr. Martin and said 'I want to start this at Stone next year!' It's a great way to support Thomas Stone athletics, plus it makes the games a lot more fun. GO GOLD!"

When asked about his favorite part of the game Senior **Pete Freeland** said "it was in the last minute when we all took off our shirts and lifted Justin Chatarsa into the air." When asked about this, Chatarsa said "It's a lot of fun screaming at the top of your lungs for the team. It was cool to get lifted in the air and I just hoped I wouldn't get dropped and die." It's not easy to fall when he has a hundred friends holding him up. The same can be said for the football team.

It's not just about the

fans either. The effects of the Block of Gold are definitely felt on the football field. Senior Running back/Line backer **Zack Lohr** says, "when everyone is cheering it really

pumps me up!" Senior Quarterback **Thomas Lyles** agrees, saying, "it's more fun to run the ball when everyone is going crazy. **see GOLD page 3**



*The Block of Gold cheers the Cougars on to victory!
Photo courtesy of Richard Callahan*

HOMECOMING CALENDAR

October 6-10
SPIRIT WEEK

October 10
HOMECOMING
FOOTBALL GAME
7pm

October 11
HOMECOMING
DANCE
8pm - 11pm

*Tickets are
on sale now!*

Homecoming is Just Around the Corner!

*by Jenny Seifert
News Reporter*

Is everyone ready for homecoming? We are back at school and everyone is on the edge of their seats waiting for the first dance. Freshmen are just dying to show off their moves to the upperclassmen.

The theme this year is Enchanted Evening. This theme was chosen be-

cause the SGA (Student Government Association) wanted the night to be elegant. It also has amazing decorations, and is a

lot of fun for a high school dance.

The dance is on the 11th of October from 8-11 p.m. in the school cafeteria.



After the success of last year's event, this year's homecoming dance should be a great time!

eteria. Tickets started to go on sale October 3rd for only 10 dollars. The tickets will be sold during all lunch periods in the cafeteria.

The Homecoming game is the night before against Calvert. Let's pulverize them! This year's spirit week will be held from October 6th to October 10th. Be sure to show your spirit!

HAPPY BIRTHDAY COUGAR EXPRESS!

To celebrate THE COUGAR EXPRESS's thirtieth birthday, we'll be reprinting articles from the early years of the paper. This month's article comes from February 1982! Looks like some things will never change.

Let Me Hear Your Body

by Rena Hooper

Olivia Newton-John had the right idea with her song "Physical." One line says, 'let me hear your body talk.' Do you listen to people's body talk? If you don't, you should. Body language is the most important and most overlooked part of communication.

Eyes are the most used part of the body in body language. Shifty eyes usually mean a person is guilty of something, such as shoplifting or cheating on a test.

When two strangers meet on the street, each glances at the other for about one second before looking away. Each glances in the direction that he will pass. This is all usually done without a hitch and without either person being conscious of it. When the signals do get confused, each person does something like a little dance to let the other person pass.

When someone sits with his ankles locked together, he is probably uncomfortable. When someone rubs his nose while he is

speaking, he is usually lying. The only exception to this is when the person has an itchy nose!

A woman that is interested in a man will show him her palms. She may do this by playing with her hair with her palm out, or by covering a cough with the back of her hand. If a man is interested in a woman, he will sit facing her; if a woman is interested in a man, however, she will sit beside him.

A woman who shuffles her foot in and out of a shoe under a table is usually relaxed. A man that taps or shuffles his foot is probably angry or impatient.

Body language is a fascinating topic; if people would tune in to their body language more, they could communicate more effectively. Psychologists say that body language takes up 55% of any message conveyed, yet most people completely overlook it. Next time someone is in a conversation, watch them carefully, they could be saying more than you think.



Connie Chapman's body language (open palms) indicates her interest in Bobby Kans.



Connie shows that she is 'turned off.' (photo by Ken Ezzell)

THE COUGAR EXPRESS

Thomas Stone High School
Waldorf, MD 20601

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The goals of *The Cougar Express* are to report in an accurate and unbiased manner and to act as a forum for student opinions. Editorials in *The Cougar Express* represent the opinions of the editorial board and do not reflect the views of the administration or faculty of Thomas Stone High School. Letters to the editor are welcomed and may be sent to: *The Cougar Express* c/o Thomas Stone High School, 3785 Leonardtown Road, Waldorf, MD 20601. All letters must be signed. *The Cougar Express* reserves the right to edit all submissions. *The Cougar Express* is a member of the the Maryland Scholastic Press and Quill and Scroll.

Jobs?...anyone?...anyone?

by Chelsea Warman
Editor-in-Chief

In today's society it has become increasingly important for teenagers to get a job. With gas prices, clothing prices, and other expenses, the average teen needs an income. But with today's economy it has become extremely hard to find employment.

"Unfortunately, according to our projections, teen employment nationwide could hit its lowest point in 60 years,"

said Professor Andrew Sum with Northeastern University's Center for Labor Market Studies. Jobs that were once held by teenagers have been taken by adults or are cut from companies altogether.

After being asked about the situation, Jon Hurst of the Retailers Association of Massachusetts replied, "That's hurting teens right at the front door, having to compete with someone with more experience."

News

GOLD, from page 1

The best part was towards the end of the Leonardtown game when everyone was yelling S c o o o o r r r e e e e B o o o a a a a r r r d !"

Even the cheerleaders feel the effects. "It really is inspirational" says Senior **Sam Cox**. It creates an interesting dynamic when the crowd is pumping up the cheerleaders.

The Block of Gold is here to stay. Every aspect makes games

more fun, from the sense of camaraderie, to supporting the team, to having no voice by the end of the game. Junior **Zack Bussy** says "there is nothing better than when everyone is cheering at the top of their lungs. The more people the better. Basically, if you want to be awesome, join the Block of Gold." In the words of Freshman **Ella Callahan**, "everyone should do the Block of Gold because people get crazy and it's a lot of fun."

JOIN THE
BLOCK OF
GOLD!!

See
Mr. Weiss
or
Pete Freeland
to get involved!

The Cougar Express asked:

How does it feel to be back at school?

Solia Miller: 12th "Happy it's my last year and I am ready for college."

Michael Bean: 11th "Better than being stuck at home."

Thomas Peacock: 9th "Thomas Stone is cool. I like it."

Mrs. Jeffrey: Teacher "I love teaching. I enjoy what I do and I am happy to be back."

Greg Skaltsis: 10th "Very tiring, a little boring. I would rather be in Greece than this place."

Jeff Houck: 11th "Meh, it's okay, I like being able to see my friends but I want to go back to sleep!"

Mr. Martin: Principal "It's always exciting when the students come back because the summer is dull without them."

- Jenny Seifert

Editorial: Schools got your money, don't you worry

*by Chelsea Warman
Editor-in-Chief*

What if Thomas Stone decided to start paying students who met all of their academic and attendance records? Well in New York City it has already started and Washington DC middle schools are welcoming the idea. The Washington pilot program does not affect every middle school but the ones that are affected are dishing out up to one hundred dollars every two weeks to students that perform well in class.

The students will receive their money through debit cards linked to stu-

dent bank accounts.

The program, dubbed "Capital Gains," takes the District of Columbia's middleschool students' attendance, behavior, and academic achievement into consideration when deciding their pay and the schools will track the students through an online database. Economist Roland Fryer of the Innovation Lab at Harvard University created the program and started it in New York City. Harvard will be footing the bill for the program, which will in total cost \$2.7 million, the other half of the money will come from Washington.

The paying of students is major bribery. Yes, it most likely will help to some degree but couldn't the money be put to a greater use? The \$2.7 million dollars used to carry out the program could have been used for renovations in the middle schools. If the school looks appealing and is sufficiently equipped then the students will have better attitudes about learning but if the school is run down and out of date then the students' attitudes will reflect that.

After the students "earn" their money it goes into the bank accounts, but what do the students do with the money? The

schools obviously can't watch over every little thing that the students buy with their new allowance so nothing is stopping them from withdrawing from their account and potentially buying items that children should not be involved in with the school's money.

What about the middle school students who are not attending one of these pilot schools? They just have to sit back and watch their peers get paid while they do just as well - maybe better - and not get the same treatment. Although many students are paid for doing well in school by their parents,

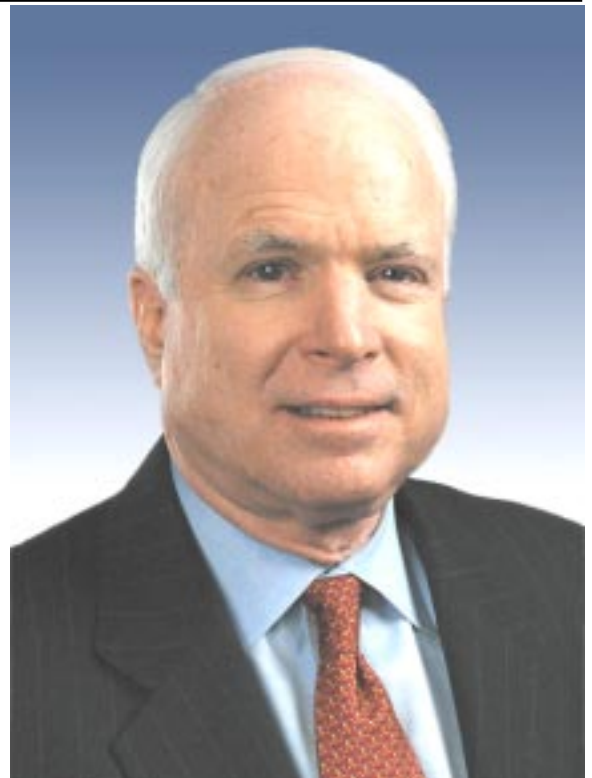
getting paid by the school system is the same as you and your sibling doing the exact same in school but only one of you getting paid simply because your parents chose him over you. The students who are not part of the pilot program see that their hard work isn't getting them anything. They will stop caring about school and let themselves fail or drop out because they realize that school is not worth the trouble if they aren't going to get paid like the others from doing their work in school.

ELECTION 2008



Obama or McCain?

An
Election
Special
by
Lina Cigno,
News Editor



Democrat



Barack Obama
& Joe Biden

Barack Obama, senator from Illinois, is already making history as the first African-American Democratic nominee for president of the United States. He is also the first major-party candidate to turn down public financing in the general election.

This Hawaiian-born, 47-year-old graduate from Columbia University and Harvard Law School has been a part of the United States government since 1997 as a member of the Illinois senate. In February of 2007, he

announced his desire to take a step further and run for president.

Obama's top concern for this country is to put an end to the Iraq war, a firm belief of his since President Bush and Congress authorized the war back in 2002. Other major concerns are to increase energy independence, and provide universal healthcare.

For his vice president, Obama chose 65 year old Senator **Joe Biden** of Delaware.

Republican



John McCain
& Sarah Palin

John McCain is the senior senator of Arizona and this election's presidential nominee for the Republican Party. He was a member of the United States House of Representatives from 1983-1987, after which he was elected senator. He is 72 years old, born in Coco Solo Naval Air Station in Panama.

After graduating from the United States Naval Academy, McCain was assigned to the Vietnam War in 1960, where he was taken as a prisoner of war.

McCain stunned the nation by naming Alaskan Governor **Sarah Palin** as his vice president, a woman of 44, who has been in office since 2006.

McCain has many plans to aid in the struggling economy, such as continuing Bush tax cuts, and eliminating other taxes in order to help the middle-class. As for the question of Iraq, he plans that the war will be won by 2013 and hopes Iraq will be a functioning democracy.



Features

The Dramatic Trip to Scotland

by *Ashley Davis*
Features Reporter

The thespians are more than just excited this school year. They have been working very hard and will be working even harder as the year progresses.

What they have all literally been waiting for is their trip Scotland. Scotland to us may sound like a plane ticket and a nice vacation but to these hard working thespians it is where the biggest drama festival is held. In the past two years Thomas Stone thespians have accomplished more than they

have in many years.

In order to achieve their Scotland dreams they must raise money. Many thespians and helpers from the drama department are planning and running fundraisers. Drama advisor **Ms. Duehring** adds that she recognizes that "all fundraising is hard," but she is "excited" at the prospect of the trip. She commented that after they raise the money for the flight, little will be needed in Scotland. "All we need is talented actors [once we are there] and I have that!"

If you have seen those

eager students selling smencils you now know that the money you put into the awesome-smelling, tree-saving pencils is helping to finance the trip to Scotland. The drama department is raising the price of show tickets by one dollar and holding shows at elementary schools hoping it will raise some extra money because the smallest amount can add up and help so much. They will also be holding a drama camp for young children and a princess tea party. **Megan Ward**, senior, says, "We are all excited and working hard to achieve this trip!"

Look out for the
Drama Department's
Fall Performances:

**The Revenge of the
Space Pandas
or
Binky Rudich
and the Two-Speed Clock
and
The Frog Prince**

November 14-16

Fresh New Music: Kerli Köiv

by *Kiesty Kister*
Features Reporter

Recent breakout artist signed to Island Def Jam, **Kerli Köiv** is slowly making a name for herself around the world. She was born on February 7, 1987, in Elva, a little town in Estonia. As a teenager, Kerli dreamed of becoming a pop star. She left her homeland and studied singing, dancing, acting, and piano. In 2001, she was a runner up in Euroloul, a televised competition

that determines the song that will represent Estonia in the Eurovision Song Contest. During the event she performed "Beautiful Inside."

She continued to perform and write songs, and ultimately scored an audition with L.A. Reid, who signed her to Island Def Jam in 2006. Kerli's debut album, **Love Is Dead**, was released this past summer. A former classmate of Kerli at Elva High once described her as "the only one who dared to be different."

You can see how different she is in her first official music video, "**Walking On Air**." She wore Lolita style clothes. Lolita is a fashion highly popular in Japan where girls dress in the image of a doll with lace, bows, and all that is cute. She says on Purevolume.com, "I just have the opportunity to be able to put what I'm shown into music. And deliver it to people. To make somebody smile." Check her out, and give this alternative music artist a listen today!



Kerli Koiv - image courtesy of Google Images

Teacher Feature: Mr. Clarke, the Teacher that Rocks

by Kiesty Kister

Features Reporter

The first thing you want might to know about **Mr. Clarke**: What is his natural hair color? Well, sorry to disappoint, but that is something to be answered at a later time.

Mr. Clarke is a new addition to the many wonderful teachers here at Thomas Stone. Mr. Clarke didn't start as a teacher, he was a guitarist. One of his side jobs was being a substitute teacher at various schools. He taught for a while and discovered that getting up in the

nights a week, he leaves after teaching at Thomas Stone all day and teaches a class at Prince George's Community College.

Mr. Clarke is extremely excited to teach Shakespeare's 'Hamlet' this year. When asked why



Mr. Clarke by night

he likes Shakespeare so much he replied, "Everybody dies, how can you not love it? He is one of the only writers who lets the characters die in the end."

Mr. Clarke is an endorsed professional guitarist who is in a band called **Frankie and the Actions**. As for the mystery of his unique hair, Mr. Clarke's natural hair color is black. His hair used to be down to his waist but in 2001 he tired of dying it to cover the grey, so he chopped it off and bleached it. Mystery solved!

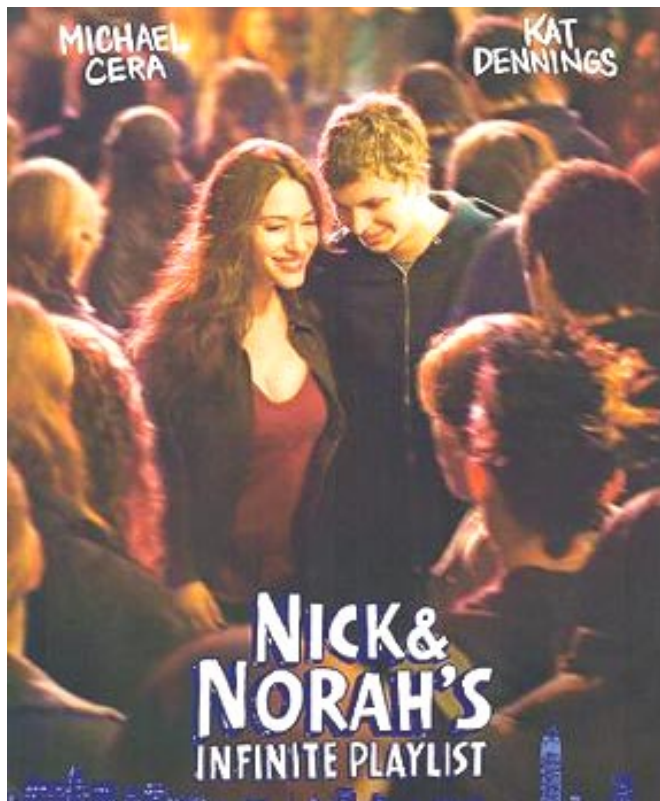


Mr. Clarke by day

morning to go sub was not a pain, it was something he really liked to do. So Mr. Clarke decided to get his degree in Education. He got his degree from Bowie State University and then taught there for 7 years.

Despite how you might perceive his appearance, Mr. Clarke is extremely academic. Two

Want to see YOUR favorite teacher featured? Tell us why!
TSCougarExpress@gmail.com



Nick and Norah's Infinite Playlist opened October 3rd.

Upcoming movies

by Bernard Sam

Features Reporter

Beverly Hills Chihuahua- Chloe (**Drew Barrymore**), a Chihuahua, is living the life of luxury with her fabulous daily spas and boutique shopping. She takes a trip to Mexico with her owner and accidentally gets lost in the country. She has to take care of herself and find her way back home with the help of a German Shepard named Delgado (**Andy Garcia**), and a Chihuahua named Papi (**George Lopez**). Rated PG. Releases October 3rd.

Nick & Norah's Infinite Playlist- A comedy about a guy named Nick (**Michael Cera**) who had just recently broken up with his girlfriend Tris (**Alexis Dziena**). When he sees her with another guy at a music gig he is mortified, and desperately asks the girl next to him, Norah (**Kat Dennings**), if she will be his girlfriend for 5 minutes. They end up going on an adventure all over Manhattan that turns into a night that changes their lives forever. Rated PG-13. Releases October 3rd.

Madagascar: Escape 2 Africa- An animated comedy about four animals. Alex the lion, Gloria the hippo, Melman the giraffe, and Marty the zebra try to escape Madagascar on a broken plane they supposedly fixed, but it fails and they end up in Africa. Upon landing, Alex the lion unexpectedly finds his family, but since he is from the Central Zoo and they are from the jungle communication becomes an issue. Rated PG. Releases November 7th.

Upcoming DVD releases

by Bernard Sam
Features Reporter

Don't Mess with the Zohan- In this comedy, Zohan Dvir (**Adam Sandler**) is a Mossad agent who fakes his death to become a successful hair dresser in New York City. To make more money he romances his clients. In the end he gets caught and faces the possibility of losing his new career. Rated PG-13. Releases October 7th.

The Incredible Hulk- After working with gamma radiation, Bruce Banner (**Edward Norton**) turns into a giant green monster under emotional stress. He tries to seek the cure while running from the military. He ends up facing new creatures that are presented making this thriller even more incredible. Rated PG-13. Releases October 21st.

Journey to the Center of the Earth 3D- A science professor (**Brendan Fraser**) goes backpacking across Iceland with his nephew, Sean (**Josh Hutcherson**), to find the professor's brother. They go down into a cave to find the missing brother and embark on an adventure where they run into threatening creatures never before seen and other dangers that lurk ahead in their journey. Rated PG. Releases October 28th.

The Pirates Who Don't Do Anything - A VeggieTales Movie- An animated comedy about three vegetables that set sail and embark on a new adventure to the 17th century to rescue a royal family from an evil tyrant. They find out that heroism is not about being tall, strong, or in this case... human. Rated PG. Releases October 14th.



Don't Mess with Zohan: rent Sandler's new flick tonight!

Stone's Good News

Congratulations to all Charles County Fair Winners

Sarah Cardiel (1st and 2nd place, photography)

Cheyenne Adams-Brown (1st place, social studies)

Abby Hays (2nd place, photography)

Ashley Alder (2nd place, 3-D)

Jin Kim (2nd place, 3-D)

Kahdijah Brooks (2nd place)

Ms. Reid (2nd place, painting, 2nd place, photography, 3rd place, artwork)

Congratulations to MD Distinguished Scholars Program "Honorable Mention" Recipients

Sara Arminger, Dylan Cahn, Joshua Cushenette, Rachel Eddy, Courtney Flerlage, Allison Floyd, Simon Jerome, Tiffany Mills, Morgan Thomas, Emily Trefry, Megan Ward, & Chelsea Warman

A Mexican Dining Experience in Waldorf

by Christine Pennington
Features Editor

When it comes to finding a decent sit-down, non-chain restaurant in Waldorf, there can be a problem. A restaurant in Berkley Square Shopping Center off North 301 is helping to solve this conundrum.

La Tolteca is a family-owned and operated Mexican restaurant. It has been around for several years in Waldorf, and another opened in La Plata to provide for growing demand. Both locations are very popular, and can have a waiting line on a Friday or Saturday night. The wait to get a table at La Tolteca is worth it, though, once you are

seated.

You can recognize the Waldorf La Tolteca by the giant, colorful pyramid painted by the door. The restaurant is very cozy, with just about a dozen booths. Once seated, drink orders are taken and a continuous supply of chips and salsa arrives. The salsa is especially good, and for the more

daring diners, there is a salsa picante, which is especially hot.

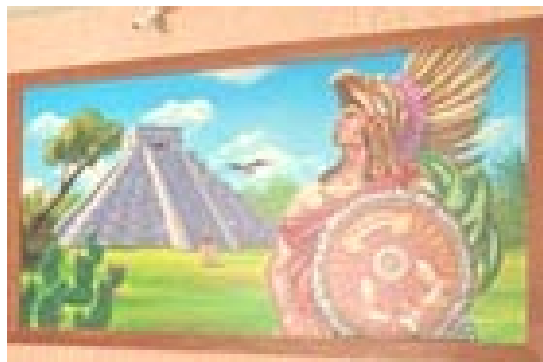
There are many things to choose from on the menu, so ordering can take a while. There are about fifteen appetizers and fifteen side orders to choose from, as well as about fifteen a la carte items, and a small selection for children. The

main dishes are divided into lunches, dinners, and combination dinners, and a large selection of vegetarian dishes. Prices are very reasonable, ranging from ninety-five cents for a side order to less than thirteen dollars for the most expensive dinner.

Once the orders are taken, there can be a wait time of five to twenty minutes, depending on the order and how crowded the restaurant is. Other diner's orders can be smelled as they go by. Whenever fajitas come out, their sizzling can be heard all over the restaurant.

The food is great and has lots of flavor, except

the bland refried beans that come with almost every dish. Everything is made to order, so it comes out hot, fresh, and delicious. Basically, the only down-side to the La Tolteca restaurant is all the decorations and posters that advertise alcoholic beverages. This makes the restaurant less family-friendly. Overall, La Tolteca is a great restaurant, and will have you coming back for more.



Know of a great restaurant you would like to see reviewed in *The Cougar Express*? Email us! TSCougarExpress@gmail.com

Go for the Gold!

The annual quest for The Golden Stone is back in full swing as Mr. Winsett and the Student Government Association has gotten the ball rolling on the Class Competition!

A year long series of events that combines school spirit with academic success, the Class Competition begins in August with the collection of Administrative

Homeroom forms and concludes in the Spring with the much-anticipated Battle of the Classes!

September and October's events focus on overall class attendance, the Homecoming Banner competition, and the Fall Festival Hallway Decoration competition. Make sure you come to school and get involved - you'll be able to help your class compete it's way to victory!

To get involved in the Class Competition events, pay attention to the morning announcements and check in with your class sponsors. Good luck to all the classes!



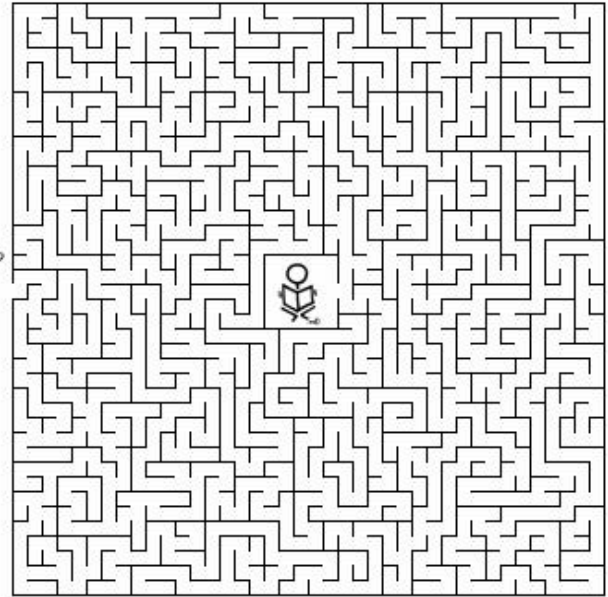
Mr. Maier proudly shows off The Golden Stone



Math Department Word Search!

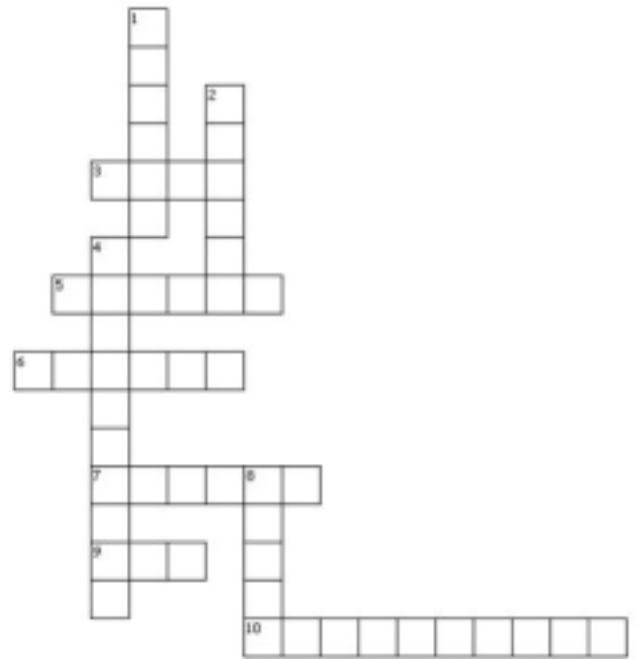
Escape from HOMEWORK!!

L X B I Y U G H P J F W E H X S A R J K Y W U C X
 O I E O T Q K Z V Y I U T E M W B X O L I V R K S
 Z Q N R Y S S X D P K Q L D W R O P H A F Z O K W
 G Z V S Z I X Q Y N H W E Y U K W L A H X M O P M
 G Z K I M H O Y H Y D X P V T U Z L N C M W E R Z
 V G A W D E L E D J D E K E Y G V D N S U B R E P
 H B M M K P I J N N Y Q D N Q Q F J E F T J Q E T
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 G N I O M L R Y H H S F V B V B T A V O S A I X L
 I O B B Y R A E L O W L G A E K F Y B S A S V T B
 W V A M Q C G L O I R B L M C H F A F D I W E E X
 L L S K A E K M I C K T A U L N H H B M E M D G X
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 B X L A E R N A S S O I B D R S P L B S M M J V F



- | | | |
|-----------|---------|--------|
| CAVENDISH | NASSO | SCHALK |
| JOHANNES | O'LEARY | SMYLIE |
| KIMBALL | PITTS | VEDIS |
| LINSMEIER | PROZIK | WEISS |

Random Criss-Cross Puzzle!



Across

3. breast cancer awareness color
5. editor of The Cougar Express
6. Ben and _____
7. "_____, stars, and horseshoes..."
9. charged particle
10. green day

Down

1. walkie _____
2. North _____
4. _____ 451
8. Maryland basketball team

SUDOKU!!!

There are 9 rows in a traditional Sudoku puzzle. Every row must contain the numbers 1, 2, 3, 4, 5, 6, 7, 8, and 9. There may not be any duplicate numbers in any row.

	1		2		7			9
3					1			4
2					5	6	7	
		5			4			
9	3						2	4
			6			5		
	2	1	7					9
	4		8					2
	5		1		2			3

Sports

Back Under the Lights on Friday Nights

by Sarah Higgs
Sports Editor

It's Friday night and the lights are shining bright for the **Cougar football team** as they face their first opponents of the season, the **Leonardtwn Raiders**. The students of Thomas Stone are not only catching the seasonal cold, but the football season fever. As defense suddenly makes an interception and the field of play is turned in the opposite direction, or the running back makes a sixty yard run for a touchdown, whether you understand the concepts or not, it is almost impossible to keep from getting sucked into the excitement. For anyone attending a game, it is easy

to see there is much more to the game than the numbers on the score board.

From the bleachers, the newly founded **Block of Gold** can be seen in their gold t-shirts cheering on the team. The cheerleaders

and fans chant in voices that can be heard from the local CVS parking lot. From the sidelines, intense looks of concentration and determination fill the faces of the players and their coaches. Pre-game issues or disagreements are all

forgotten in the heat of the game. Any form of distraction seems out of the question, and in its place sits an unspoken amount of heart. "Besides the pay," head **Coach Vedis** says jokingly, "the love of the game and the heart of the players keeps me coaching." In his fourth year of coaching, Vedis is preparing to say goodbye to his first group of players. He tells his seniors to "continue working hard and stay focused on whatever you do." As the team starts off this new season, thoughts remain positive and practice is key.

Senior center and defensive end **Tim Lowman** looks at this season in a positive light, "This year we are more team oriented, and we work together. We all know when to joke around and we know when to be serious." Lowman

also encourages students to attend the homecoming game on October 10. He says, "When we have fans cheering us on, it gives us something to play for, we want to win it for them too."

Senior running back and linebacker **Zack Lohr**, agrees the support from the fans gives the players, "momentum to win the game and a chance to put on a show for a crowd of people." Lohr also shares good expectations for this season and says, "We have a better work ethic and we get the job done." As for the homecoming game, Lohr says, "We will be ready for Calvert." The question is, will the Cavaliers be ready for Stone?



Senior Quarterback Thomas Lyles will attempt to lead the Cougars to a successful season.

A Glimpse into Fall Sports

by Emmanuel Bakare
Sports Reporter

The golf season concludes this month. This year's squad has used its combination of youth and experience to try to improve upon last year's record. The home matches are played **White Plains Golf Course** in Waldorf. Each member of the team receives instruction and com-

petes for a chance to play in the matches. The program provides a chance for the student athlete to play golf for free while learning a sport that they can play for a lifetime.

The **Field Hockey team** has very high potential. The coaching staff is very excited to begin the new year of hockey with both fa-

miliar and new faces. This year's team will look to its experienced players and news additions to improve upon last year's record, which was the best that Stone field hockey has seen in a while (7-7). In September, the team defeated Huntingtown and Northern, making this season the first in recent memory that Stone de-

feated two teams from Calvert County.

Both **Girls Volleyball** teams have been very impressive this season and dominate the court every game. Be sure

to check the November issue of *The Cougar Express* for full coverage on last week's "**Dig Pink**" event.

CONGRATULATIONS
to
DUSTIN REED
for qualifying for the Maryland State
Golf Championships!

Soccer Season Has Rolled Around

by Charles Kahahawai
Sports Reporter

School is finally back into full swing. Fall has arrived and that means soccer. **Mr. Prozik** leads the girls while veteran **Coach Parker** guides the boys. Fans have been enthusiastically assembling to watch our teams adroitly guide the ball into the goals of opposing teams. Now early in October, both teams are optimistic about the season.

So far the girls have had their share of successes, but know that the road is rough. "Our most important game is Huntingtown. If we beat them we'll be sure to finish above 500 for the sea-

son," says Senior **Jenny Hume**. Junior **Brooke Worrill** attributes the closeness of the team to their success. "It's great to hang out with the girls everyday. We get better throughout the season as we get closer as a team."

The boys are looking forward to some successful games. Like the girls, they credit their success to their friendships. They are probably the most close knit team to take the field, and can be seen hanging out every afternoon in the parking lot. "Stuff like inside jokes is what drive the team," says Senior **Ryan Garvin**. "How do you say rubbish in Korean?" (He laughs)



Seniors **Ryan Garvin** and **Hunter Webber** and Junior **Tyler Bailey** dazzle the opposition with their skills.

Large XC Team Builds Experience for Season

by Emmanuel Bakare
Sports Reporter

Have you ever stood on a line with 300 people, heard a gun shot go off and ran non-stop until you crossed the finish line? That's the experience for the runners on the **Thomas Stone Cross Country team**. With bad reviews in local newspapers and a 3-12 record last season, the boys and girls cross country teams are hoping to turn this season around by working to accomplish success. Junior **Ryan Kellough** speaks positively about his new teammates. "The freshmen have been very promising and hard-working."

September 13 was the **60th Annual Spiked Shoe Invitational Meet at John Hopkins University**, where many of Stone's runners came in respectable places. The boys' varsity placed 13th out of 15 schools with a total time of 1:37:19. Senior **Simon**

Jerome came in 43rd out of 105 other boys, with a time of 18 minutes, earning the highest place for Stone. The Boys' Developmental placed 11th out of 12 schools with a total time of 1:53:42. Freshman **Tyler Rutledge** came in 32nd with a time of 20:17.

For the sixth year in a row, the team is led by **Coach Colaizzi**. He expects the team to use this year as a developmen-

tal and growth season to gain experience for next year.

The team's strategy for the season is to study their opponents in order to match up with their adversaries.

When asked where she got her determination and drive from, Sophomore **Ena Fonville** says, "the fact that I don't want to lose keeps me going."



Senior **Simon Jerome** races towards the finish line.

REMAINING FALL SCHEDULE

FOOTBALL

10/10 - Calvert - H
10/17 - McDonough - H
10/24 - Patuxent - A
10/31 - North Point - H
11/07 - Westlake - H

GIRLS SOCCER

10/14 - Chopticon - H
10/15 - Lackey - A
10/17 - Leonardtown - A
10/20 - Northern - A
10/21 - LaPlata - A

GOLF

10/14 - SMAC Champ.
10/21 - State Champ.

BOYS SOCCER

10/14 - Chopticon - A
10/15 - Lackey - H
10/21 - LaPlata - H

FIELD HOCKEY

10/10 - Calvert - H
10/14 - Lackey - H
10/16 - LaPlata - H

VOLLEYBALL

10/14 - Lackey - A
10/16 - LaPlata - A
10/20 - Leonardtown - H
10/22 - Lackey - H

CROSS COUNTRY

10/15 - GM & WLA - A
10/22 - SMAC Champ.
10/30 - Regional Champ.
11/08 - State Champ.

LET'S GO
COUGARS!!!

COUGAR EXPRESS OVERTIME

Cougar Express Star Athletes of the Month

Cougar Express Fresh Athletes of the Month



ZACH LOHR
Senior

Sport: Varsity Football
Position: Running back and Linebacker
Seasonal Highlight: 3 TDs including a sixty yard run against Leonardtown.
Other Favorite Sport: Wrestling
Least Favorite Sport: Fencing
Best Thing About the Team: "One big happy family."



KAITLIN EVANS
Sophomore

Sport: Varsity Soccer
Position: Sweeper
Seasonal Highlight: Beating Calvert 3-0.
Other Favorite Sport: Volleyball
Least Favorite Sport: Golf
Bes Thing About the Team: "Being with friends."



SEAN SHORT
Freshman

Sport: Junior Varsity Football
Position: Quarterback and Safety
Seasonal Highlight: Scored 1st TD of the season.
Other Favorite Sport: Basketball
Least Favorite Sport: Soccer
Best Thing About the Team: "Good coaching staff."



SHEALYN TUCKER
Freshman

Sport: Varsity Cross Country
Best Time: 24.57
Other Favorite Sport: Football
Least Favorite Sport: Basketball
Best Thing About the Team: "Staying in shape."

Out with the Puck, In with the Ball

*by Sean O'Connor
Sports Reporter*

Hockey is in the air at Thomas Stone. However, the ice rink is empty. The real hockey players are on the grassy field out back of Thomas Stone. Field Hockey has begun and everybody is eager to view the action. Many people are excited about the promising chances for the team this year. One of these people is **Coach Hatch**. "I think that we are going to have a great season this year," Coach

Hatch exclaimed. She also said that the team has a strong sense of family, indicating that she has the utmost confidence in her team. Her team is looking good on the practice field and they have an aura of confidence about them.

Watching the team, the aura is definitely there. People may say that the aura has weakened since last season, but last year's tragic incident did not slow this great team down. You may or may not have noticed the arm bands worn by the field hockey players during their

games. They are worn for a very special friend. It has been almost a year since the field hockey team lost one of their friendliest and most talented players, **Stephanie Weir**. She was taken from the team in a car crash last November, and since then the field hockey team has rallied around her memory. The field hockey team had a moment of weakness, but they bounced back. This year the team is closer than ever as a family and they are ready to play as one. They will never forget the loss they suffered

a year ago, and are using that experience to build a strong team for this season.

The team's captains, Seniors **Sierra Fisher**, **Whitney Blakeley**, and **Juli Davis**, all believe they are building a strong team. "We are better than last year," Blakeley said.

She also claimed that every team is beatable, and Davis adds that the Cougars are "confident, not cocky." When asked how they stay so well together, Fisher said that it was an "on and off kind of thing," that the Cougars are a team on and off the field.



The Field Hockey team is one big, happy family!