

Look inside this issue of the Cougar Express for a recap of Dig Pink, election news, a southwestern feel to pizza, a pop princess's new comeback, a pro athlete right here at Stone, and much more!

The ugar Express

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Thomas Stone High School - Waldorf, MD

November 2008

We Dug Pink, Did You?

by *Lina Cigno*
News Editor

October is noticed as the time for breast cancer awareness throughout the nation, but even though the month is almost over, Stone and its community are still "digging pink."

On October 2, the Stone volleyball team held **Dig Pink**, a volleyball event to benefit breast cancer. The Cougars faced off in a volleyball game with North Point. Stone's varsity squad won, and both schools bonded in support for research in order to overpower the cancer. Both principals, **Mr. L.C. Martin** of Stone and **Ms. Kimberly Hill** of North Point agree they were "so excited about the way the schools

came together to support the cause. A lot of the teachers and staff wore pink to help raise awareness." Ms. Hill also adds, "congratulations to Thomas Stone for visualizing the event."

The event turned the Stone gymnasium into a



Dig Pink was a success all around, as Stone defeated North Point in 5 games

sea of pink as spectators filed in proudly bearing pink t-shirts and the two teams and referees wore special pink uniforms. Even the balls and whistles were pink!

Dig Pink brought out more than family and faculty, as the head coach at College of Southern Maryland **Michelle Ruble** visited to witness the event, along with former Stone students. "It's great to come back and see all the cougar spirit once more," states **Heather Goch-nour** of the class of 2008. Several attendees, including **Jim Keyser**, **Robert Todd**, and **Dayon Jackson**, give their praises as they think of their relatives who have survived breast cancer. As **Cinny Dyson** of North Point and **George Gateau** of Stone point out, "anyone is sus-



Even the Thomas Stone Cougar was digging pink!

ceptible, and the whole family is affected. It's important to find a cure so no one has to go through that."

Mr. Weiss sums up the event as a "sensational experience that not only

raises awareness for breast cancer but also raises the level of school spirit, creating a sea of pink throughout the school during the day and held the highest attendance for one of our volleyball games in recent history."

Stone did a great job in donating for the cause. Between all of the donations and t-shirt sales, the goal to reach \$1,000 was more than doubled. So in the words of **Cameron Clark**, senior, let Stone continue to "dig pink with a passion!"

Staff reporters Ashley Davis and Kiesty Kister contributed to this report.



ISG Otten speaks between games as the volleyball team looks on

Congratulations to the 2008 Homecoming Court!

Count and Countess

Roland Smallwood and Gwynetta King

Duke and Duchess

Tyler Hawkins and Sharon Dean

Prince and Princess

Dytania Johnson and Ashley Pierce

King and Queen

Thomas Lyles and Theresa Clomax

News

EDITORIAL

Students fall “victim” to the “lemmings” disease

by Chelsea Warman
Editor-in-chief

In 1991 the videogame “Lemmings” was released. The popular videogame was based on the myth about lemmings mindlessly wandering around following each other into danger, the most memorable being falling off of cliffs. In order to beat the game, users had to alter the landscape and clear obstacles to affect the behavior of the lemmings and guide the huddle to safety. In today’s society lemmings have taken on a new form...teenagers.

The “Lemmings” disease actually starts much earlier than expected. As early as kindergarten students can become inflicted with the disease that causes them to follow leaders who are actually just following someone else, classic kindergarten “lemmings” symptom would include little Billy not letting little Jenny play with him because little Christy said little Jenny had cooties and now that little Billy and little Christy won’t play with little Jenny no one will. Fast forward to high school and wander the disease ridden hall-

ways. Notice anything? Every other kid is wearing the same brand, the same hairstyle, the same make-up and carrying the same attitude.

Most frequent high school “lemmings” disease indicator: the mirror symptom. The mirror symptom includes excessive buying of the same brand clothing just to match every other student confused enough to buy it, altering personality traits to match other disease victims who have the acceptable attitude, and “following the crowd” with anything and everything. The next symptom

deals with behavior. This symptom is called the quarantine enforcer. The quarantine enforcer includes the act of shunning those unaffected by the “lemmings” disease, those lucky ones who were strong enough to fight the illness.

Another major sign of the “lemmings” disease: unhappiness. Unhappiness eventually affects every sufferer of the sickness. Those who reach the peak of the disorder suffer from unhappiness also known as despair and misery. At this

point some victims are able to expel the disease from their systems but few are so fortunate. Most simply begin the disease anew starting once again from the beginning, by completing a complete overhaul of their image to create a clone of the newest and best thing or person.

The list of victims grows longer and longer everyday but it can be fought. A body which has produced enough anti-bodies also known as individuality can overcome the disease.

THE COUGAR EXPRESS

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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.

This month's
throwback article
comes from the
winter of 1982.
Some of us
wouldn't be born
for TEN YEARS!
How things have
changed!

Ask your older
siblings, friends,
parents, or
teachers the
stories they have
involving these
things!

INS & OUTS

The city of Waldorf keeps growing and many changes are occurring. Here around Thomas Stone people are changing trends and codes. Since the times are changing, THE COUGAR EXPRESS STAFF has come up with INS and OUTS of the changing world. So if you've been sleeping or have been in another world for the past year here are some INS and OUTS you can go by.

- | | |
|---------------------|-----------------------------|
| IN | OUT |
| Intellivision | Alberi |
| Thin ties | Dad's ties |
| Baggy pants | Tight jeans |
| Hair covered ears | Mohawks |
| Eddie Haskell | Mork-o-Mindy |
| Your House | My House |
| Smurfs | Live pets |
| "Ya Preskin" | "Be Cool Dude" |
| 1982, 1993 | 1981, 1986, 1984 |
| Class rings | College Education Simulator |
| Experienced Drivers | #bers |
| Cowboys | White |
| Bright Colors | Peter England |
| Members Only | Lady Diana |
| Victoria Principal | Funk |
| Rap | Adam and the Ants |
| AC/DC | Joan Jett |
| Jaice Newton | Magnus P.L. |
| Dallas | Geachos |
| Deritas | Joe Montana |
| Jim Flunkett | |

ELECTION 2008

by Charles Kahahawai
News Reporter

Election years can be an exciting time for many, while proving extremely trying for others. During such times the people of the US can be divided into three categories: those who talk a lot but know little, those who know a lot, and those who don't care. The group of people who know little, unfortunately, generally makes up the majority of the population. People should be aware of candidates and their standpoints on specific issues.

THE GREAT DEBATE:

Barack Obama, International Celebrity
 vs.
John McCain, Self-proclaimed Maverick

Health Care:

Obama: wants to regulate health care and make it available to everyone, so that it is unacceptable for someone to not have any.

McCain: does not want to regulate health care, but instead plans on giving citizens a five thousand dollar tax credit.

Abortion:

McCain: is extremely against abortion. His policy would outlaw such procedures and would do more to provide health care, adoption options, and counseling for unwanted babies and their mothers.

Obama: believes that the decision should be left to the woman, with the help of her family and friends. He does not support late stage abortion unless the mother's life or health is in danger, and he says the best thing to do is inform and educate people in effort to reduce the rate of un-planned pregnancies.

Economy:

Obama: plans include investing in infrastructure, and energy independence, as well as simplifying the tax code and minimizing taxes for the middle class to promote growth and a higher standard of living.

McCain: presents an economic plan that emphasizes creating more American job opportunities, decreasing our dependence on foreign oil (by offshore drilling) and working to relieve American consumers.

Energy:

Obama: is against offshore drilling and wants to encourage exploration of alternative fuels, realizing that oil is not a sustainable source of energy.

McCain: understands that alternative energy is important, yet he strongly supports off-shore drilling in Alaskan wildlife refuges.

National Security:

McCain: relies on his experience in the armed forces, promising a strong and aggressive homeland policy.

Obama: his homeland security plan would emphasize preparation and defensive measures of intelligence and prevention.

Education:

McCain: strongly supports the encouragement and funding of charter schools in order to increase competition and raise standards of education.

Obama: plans on standardizing education, giving it more funding and accountability.

Information from the candidates' websites was used in this report.

*For more information on both candidates, check out:
www.johnmccain.com
www.barackobama.com*

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The Cougar Express asked:

What is your favorite Thanksgiving food?

Michael Stewart: *12th* "The entire turkey."

Jasmine Williams: *10th* "Turkey."

Daniel Oursler: *9th* "Turkey."

Devin Romero: *12th* "Pumpkin Pie."

Amanda Harmon: *11th* "Mashed potatoes."

Mariah Gross: *11th* "Baked macaroni and cheese with little bacon bits."

Raiven Kelley: *10th* "my grandmother's sweet potato pie."

Mr. Schalk: *Math Teacher* "Pumpkin Pie."

Cameron Smith: *11th* "hmm... probably my grandma's stuffing."

Michael Jones: *10th* "Honey baked ham."

Jon Tavares: *11th* "Bread and macaroni and cheese."

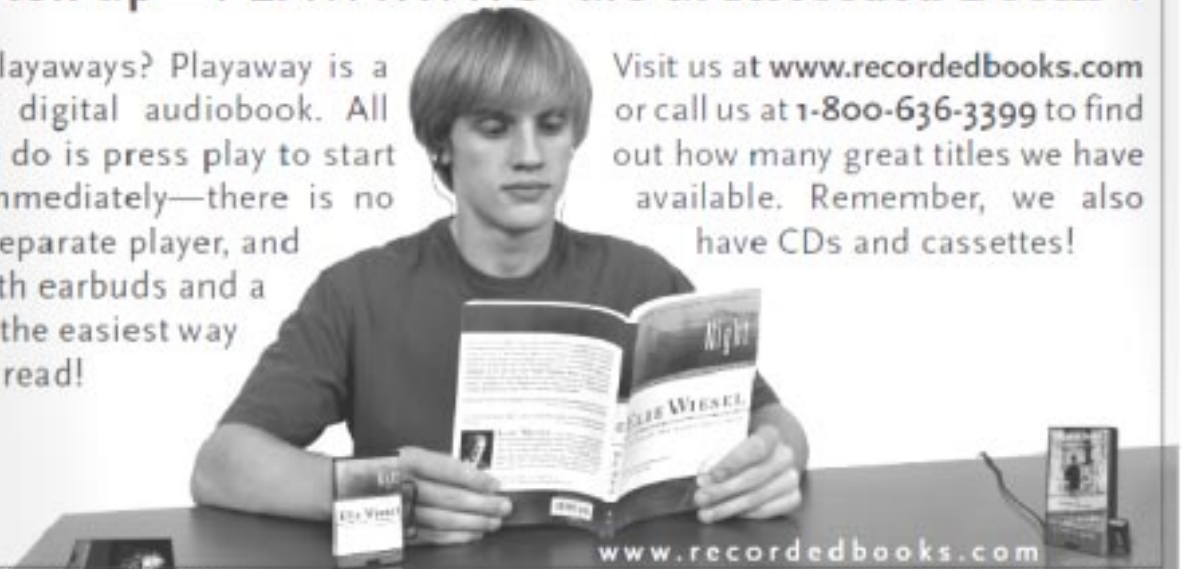
- Jenny Seifert



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Features

Teacher Feature: McMullen!

by Kiesty Kister
Features Reporter

You may have realized that we have a new choir teacher this year. **Mr. Pressley**, Stone's former choir teacher, made the decision to leave last year to take care of his ailing



Ms. McMullen is happy to be a part of the Stone family

mother. He is greatly missed, but Stone found a replacement for him, and an excellent one at that, in **Ms. McMullen**. This Pittsburgh native comes to us full of new ideas and she is just bursting to share with them her students. This is her first year teaching at Thomas Stone or anywhere else but her qualifications make her wise beyond her years.

She realized a while ago that she was good at teaching and she is following her mother's footsteps, since her mother is also a music teacher. Is there another reason for her to teach? Yes, indeed there is! She did not want to per-



Ms. McMullen puts her classical training to use with students

form anymore. Perform? Yes, our very own Ms. McMullen used to be part of the **Mendelssohn Choir of Pittsburgh**. Wondering what that is? The Choir of Pittsburgh sings with the **Pittsburgh Symphony Orchestra**. Our very own Ms.

McMullen is a trained classical singer, which means she can sing opera!

Ms. McMullen likes it here at Thomas Stone and says, "It was easy to adjust to, coming from Pittsburgh." She has had her run-in with some trouble, like her wallet being sto-

len, but she looks at the bright side: the faculty and administration. "It is more like a family than a workplace. Everyone is welcoming and friendly. I am always welcome to help when help is needed." She is looking forward to working with all the choir members, new and old, even though they are all new to her!

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



Will Britney's next album be as successful as her earlier attempts?

BRITNEY: Still Toxic, or Stronger than Yesterday?

by Ashley Davis
Features Reporter

Another **Britney Spears** comeback is something we have all been waiting for. Let us all remember that it was her big 1998 hit album, **Baby One More Time**, that rocketed her career. Everywhere you looked you would see the beautiful heart throb that every young girl inspired to be.

Over the last decade, Spears has shown herself to be a singer, dancer, songwriter, actress, and author. Britney has also appeared in Rolling Stone magazine and was an international sex symbol.

In 2000, Spears earned two Billboard Music Awards for her second album **Oops!... I Did It Again**. After several years the fame, pressure, and new family took a toll on the young artist. In 2007 Britney entered rehab for drugs. Her head-shaving stunt influenced people to believe she was not anywhere close to sane.

This year Spears hosted the MTV Video Music Awards and won three awards for the song "**Piece of Me**." Now with another comeback album, **Circus**, to be released in December, many people are saying Britney needs this break and hopes she stays on the right track!

Upcoming November Movies

James Bond: Quantum of Solace- Starring **Daniel Craig** as James Bond and **Olga Kurylenko** as new Bond girl Camille, Quantum of Solace is the sequel to Casino Royale.

Quantum of Solace picks up about an hour after Casino Royale left off, with Bond on a new mission to stop an insane environmentalist from taking over the world's water supply. While completing his mission, Bond is also seeking to figure out and avenge the death of his true love, Vesper. Rated PG-13. Releases November 14.

Bolt- Bolt is a superdog! At least that is what he thinks while he is filming his television show. When he accidentally gets shipped from his Hollywood TV set to New York City, he finds out that he does not actually have superpowers. Bolt meets some friends on his way back to Hollywood, and they help him learn to rely on himself instead of powers he doesn't have. Starring **John Travolta** as the voice of Bolt. Rated PG. Releases November 21.



Bolt reminds us all of what we can accomplish by believing in ourselves

Find your perfect pizza in Arizona!

by Bernard Sam

Features Reporter

Arizona Pizza, located in **LaPlata** on Centennial Street is a great dining experience for all ages. When entering the eatery, you can immediately smell the wonderful aroma of pizza and hear conversations coming from the booths. Smack dab in the middle of the place there is a wonderful view of the kitchen, featuring a large brick oven. While dining you have the choice to sit outside, at a regular booth, or at a booth with a twelve inch flat screen television sitting right on your table.

The interior design of Arizona Pizza will have you amazed.

This place has multiple varieties of pizza including unordinary pizzas such as a Broccoli White Pizza, topped with broccoli, mushrooms, tomatoes, olive oil, garlic, and mozzarella-cheddar cheese, a Greek Pizza which has pesto, sun dried tomatoes, feta cheese, black olives, and mozzarella cheese, and a White Seafood Pizza with shrimp, scallops, mozzarella-cheddar cheese, olive oil, and garlic. They have pizza you can custom design yourself as well!

Pizza is not the only thing on the menu. There is also a variety of pastas, salads, tacos, wraps, sandwiches, and stromboli.

Beware of the Seafood Alfredo, however, for it has no alfredo and not enough seafood. It consists of just noodles, a pinch of cheese, two shrimp, and two scallops. Although their Seafood Alfredo is lacking, their service is excellent! The servers are always present when you need them. They check on you often to fulfill your needs. When ordering, the wait time is acceptable. They usually have enough people cooking for your food to arrive in a timely fashion.

Arizona Pizza has party size takeout orders, gift certificates, and curbside pickups. To help with your order, on their website they have a menu you can print out, making your decision quicker and easier. Reservations can be made



on the website as well. Arizona Pizza is the place to go for great food in a comfortable environment.

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

Stone's Good News

Congratulations to Nailah Baukman and Johnnie Kears! They received recognition as Outstanding Participants in the 2009 National Achievement Scholarship Program!

Congratulations to Kaitlin Carty, Deanna Lagana, and Megan Ward for auditioning and making the All-County Thespian Troupe!

Congratulations to Kirbie Gowen and Andrew Palmer for being accepted to participate in the 2008 All-County Honors Choir!

Congratulations to All-County Orchestra members Taylor Hamilton and Christine Pennington, and All-County Band members Emily Trefry, Zack Klenk, Sean Ward!



Sports

"Rays" of Hope

by Sean O'Connor
Sports Reporter

Major League Baseball's **Tampa Bay Rays** may have dropped the "Devil" in their name as of 2008, but this season they sure have played like a devil. The Rays climbed from the depths of the league, slowly and unexpectedly becoming a major powerhouse while turning around last year's major league worst record of 66-96. Instead of falling in line and accepting the facts, the Rays fought back and refused to give in.

Even though they have never had a winning season in their 11-year history, this season the Rays went 97-65, winning the American League East Division ahead of perennial contenders in the **New York Yankees** and **Boston Red Sox**. In the playoffs, the Rays defeated the **Chicago White Sox**, the 2005 World Series champions, and the **Boston Red Sox**, winners of two of the last four World Series.

Before this season the Red Sox would have looked at the "Devil Rays" as a joke, but this season they had to be taken seri-



The Rays celebrate their first trip to the World Series photo courtesy of MLB.com

ously. The Red Sox must have missed that memo because the Rays managed to beat them, taking 4 of 7 games and earning the right to move on to the World Series.

As of Sunday night., the Rays had their hands full with the **Philadelphia Phillies**, one of the oldest baseball teams in the league but one that has seen few World Series appearances lately. While the Rays may not win it all this year, their climb to the top has been an inspiration for small teams everywhere!

NFC East: Still a Beast?

by Emmanuel Bakare
Sports Reporter

The four teams of the NFC East have a combined record of 21-9 as of October 27, which is impressive compared to the other divisions in the National Football League, especially considering the teams have a commanding 6-1 record against AFC opponents. The NFC East has had a bit of a rollercoaster season so far this year

- after a start to the season that had everyone thinking that the East would be the best division in football, week 6 was a particular disappointment for fans when 3 of the 4 teams were beaten by winless teams. The division has since righted the ship, but very little is certain.

The **Dallas Cowboys** were tabbed to enter this season's Super Bowl, but their chances have gradually decreased as their loss count increased. The team's top passer, quarterback **Tony Romo** looks to be out for a few weeks and other injuries and suspensions have further hurt the team.

Last season's Super Bowl winners, the **New York Giants**, lead the division after an impressive start this season, most recently defeating Super Bowl XL champion **Pittsburgh Steelers** at Pittsburgh. Quarterback **Eli Manning** and running back **Brandon Jacobs** lead a potent offense that complements a stingy defense.

The **Washington Redskins** are continuing to beat opponents on the field and QB **Jason Campbell** has yet to throw an interception this season. Running back **Clinton Portis** has found the end zone with relative ease.

The **Philadelphia Eagles** round out the NFC East and although they have their share of quality wins during a see-saw season, they have yet to beat a division foe.

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COUGAR EXPRESS OVERTIME

Cougar Express Star Athletes of the Month Dustin Reed Ashlei Logan



Junior

Sport: Golf
Best Round: 78 in 18 holes.
Seasonal Highlight: Qualifying for state finals.
Other Favorite Sport: Baseball
Least Favorite Sport: Soccer
Best Thing About the Team: "We like to have fun."



Senior

Sport: Varsity Field Hockey
Position: Goalie
Seasonal Highlight: "Our win against LaPlata in quadruple overtime."
Other Favorite Sport: Tennis
Least Favorite Sport: Polo
Best Thing About the Team: "Team bonding, we can talk about anything."

Cougar Express Fresh Athletes of the Month Steven Snyder Ella Callahan



Freshman

Sport: Boys' Varsity Soccer
Position: Right Full Back
Seasonal Highlight: Working hard at every chance on the field.
Other Favorite Sport: Swimming
Least Favorite Sport: Lacrosse
Best Thing About the Team: "Team encouragement."



Freshman

Sport: Girls' Varsity Soccer
Position: Left Defense
Seasonal Highlight: Strong defensive play has helped the team record five shutouts.
Other Favorite Sport: Lacrosse
Least Favorite Sport: Golf
Best Thing About the Team: "We all get along."

Stone Student Gets a Glimpse of International Competition

*by Charles Kahahawai
Sports Reporter*

Many kids dream about it. Standing in an arena, looking up at the thousands of people embellished by the hundreds of camera flashes dancing up, down, and across the rows. Who hasn't dreamed of being a professional athlete at one time or another? Who hasn't craved the glory of making a big shot in an important game, with thousands of spectators filling the coliseum with screams in the background?

For one Stone student, this isn't a dream. It's a memory. It's hard to believe that our very

own junior **Alex Ortega** once played volleyball on the professional level with the Puerto Rican national team. He began learning the game when he was only three years old, then when he was old enough (around six), he joined a recreational volleyball league. When he got to the middle school level he played competitively with other schools where he was asked to try out for the Puerto Rican National Volleyball team. He tried out and was extremely successful, traveling around the western hemisphere competing against other countries including the United States and Dominican Republic. "It's hard to play



Alex is excited that he has had the opportunity to play for his country

on the higher levels because I am shorter than everyone, and the net is eight feet high" says Alex. Alex has been offered several full scholarships for volleyball from schools including the University of Maryland.

**WINTER SPORTS INFORMATION MEETING
WEDNESDAY, NOVEMBER 5th
at 7:00PM in the CAFETERIA**

**Interested in Winter Sports?
See Mr. Lee for your forms, and check in with the appropriate Coach for more information!**

- BOYS BASKETBALL - Coach Lamberth, room 310**
- GIRLS BASKETBALL - Coach Lamb, room 807**
- WINTER CHEERLEADING - Coach Johannes, room 302**
- SWIMMING - Coach Peck, room 714**
- INDOOR TRACK - Coach Jenkins, room 206**
- WRESTLING - Coach Larson, room 700**