

the wingspan

March 16, 2015

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Photos: Shalini Malhotra and Izzie Chausse.

NEWS

VOLUME 38 ISSUE 5

CHS LATE NIGHT The New After Prom



ASHLEY BERRY
STAFF REPORTER

CHS Late Night, the Centennial PTSA's revamped after prom party, is going to be "legendary," according to Late Night Chair, Michelle Berry. This year's Vegas-themed party begins with a red carpet entrance and search lights and ends with the popular hypnotist, James Munsey. There will be music and live entertainment, food (Chick-fil-A, Qdoba, Vocelli Pizza and more), as well as Vegas style games including blackjack, craps and roulette.

"Vegas is such an over-the-top experience, and it fits in perfectly with what we

are trying to do," said Berry. "Late Night isn't just about the food and activities, it's about the atmosphere. We want it to feel like a party they would throw, but on a much larger scale."

According to Berry, that means "dim lighting, good music, delicious food, a variety of entertainment, and a unique atmosphere where they don't feel like all eyes are on them."

Many activities will be run by hired staff versus parent volunteers, and the PTSA will use their new twitter account, @CHSLateNight, to keep students up-to-date on all CHS Late Night news, both before and during the event.

Not everything has been

booked yet, but according to Berry, there will be ping pong tables, karaoke competitions, video game stations on 55" plasma screens, two money machines, a photo booth and Giant Eagle Pong (think Jimmy Fallon, large red garbage cans and a volleyball). In addition, raffle prizes will be given out over the course of the evening, including cash, Xbox 360 and Xbox One game consoles, a 32" Samsung flat screen TV, Mac Book, Beats Solo2 and Studio headphones, Roku 3, iPad Mini, Go Pro, wireless speakers, tons of gift cards, dorm packages with mini fridges and more. There will also be random cash giveaways throughout the night.

CHS Late Night will be held on April 18 at The Mall in Columbia. Doors will open at 11:30 p.m. and all students who attend prom, as well as all Centennial juniors and seniors who purchase tickets ahead of time, may attend. The PTSA hopes that "with its new name, location and direction, CHS Late Night will become a not-to-be-missed Centennial tradition."

Design: Daniel Giangrandi.

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Ally Week

EDITORIAL

MARCH 16, 2015

at Centennial

Making the School a Better Place for Queer Students



MIRANDA MASON
CO-EDITOR IN CHIEF

The Centennial community is an outstanding environment for queer students. There are stickers that promise an inclusive, safe environment adorning some of the staff's doors, openly queer students walk the halls and bullying over sexual orientation and gender identity is a relative rarity compared to other schools and communities across the world.

However, a simple acceptance of queer students doesn't mean Centennial is perfect, and it certainly doesn't mean that the school as a whole shouldn't work to improve. There are still instances when queer people within the school feel marginalized, judged or unaccepted. Slurs are still overheard in the halls, off-hand comments and cutting remarks are still made, and representation within curriculums such as health and history are nearly nonexistent.

While purposefully hateful and bigoted remarks are rare at Centennial, ignorance over the queer community reigns over much of the staff and student

population; for many queer students at Centennial, it is this ignorance that causes many of the problems with their peers and teachers.

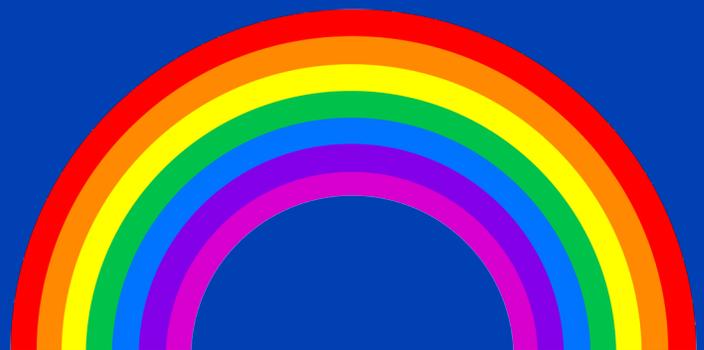
The Centennial Gay-Straight Alliance (GSA) is putting on an Ally Week from April 6 - April 10 which will serve to educate Centennial about the queer community as well as celebrate Centennial's commitment to ally themselves with their queer students and staff.

Although Centennial has come a long way in making the school an inclusive environment for queer people, there is still work to be done. Ally Week will serve as the catalyst to get the conversation rolling within Centennial (and hopefully beyond), as well as a time to celebrate how inclusive the school is already.

During Ally Week, the Gay-Straight Alliance is planning on providing a variety of activities during

lunch, after school and on the announcements, but the most impactful of them will take place within the classroom. The GSA is working with teachers who wish to participate in Ally Week to form lesson plans tailored to each teacher's subject and place in the curriculum. During these special Ally Week lessons, students will learn about queer people and queer issues-- something that is lacking in the regular school curriculum and is vitally important for all students to be exposed to.

Lack of education and lack of representation are what lead to queer people feeling judged and uncomfortable, and the GSA's Ally Week lesson plans are the first step that is needed to make queer students feel accepted in the classroom and educate others in a way that will do wonders in preventing ignorance from making queer people feel unsafe or unwelcome at Centennial.



Design: Sammy Kastner.



ZACHING

Zaching For Life: How One CHS Alum Continues to Inspire



MARYAM ELHABASHY
FEATURE EDITOR

One picture forever changed the landscape of the fight against cancer. Zachary “Zach” Lederer, a 2010 CHS graduate, was waging his second battle against brain cancer, when he asked his father to take a picture of him in his hospital bed. He struck a strongman pose, a pose he chose to assure his friends and family that he was ready for the fight, and wouldn’t surrender. This pose embodied inner strength and compassion, serving as a positive message to all. Unwittingly, it spawned an international “Zaching” Against Cancer Campaign.

Lederer died on March 11, 2014, at the age of 20, but his message lives on.

“It is very difficult to explain Zach’s positive energy and willingness to spread inspiration to others,” said Zach’s mother, Christine Lederer. “From the day Zach was born, he was always a very positive person who saw the absolute best in others... I don’t believe that Zach set out to be an inspiration to others initially.”

Yet it seemed that Zach’s

positive and inspiring personality was infectious in the most positive of ways. He would visit other kids in the hospital, often wearing a superhero’s cape, and telling the kids that radiation bestowed superpowers, according to his mother, Christine.

Zach was a “breath of fresh air in the hospital,” said his mother.

The hospital was a place that Zach was all too familiar with, particularly since he had spent a lot of time there when he was a child, just 11 years old when he was first diagnosed with brain cancer. After emerging from a medically-induced coma, he had to learn the basics all over again- how to walk, talk and eat again. His prognosis was grim. Miraculously, he went into remission.

“Zach’s first diagnosis and recovery taught us all to appreciate every day and to live every day to the fullest with no regrets,” said Christine Lederer.

When the cancer reoccurred his freshman year at the University of Maryland, Zach established the Zaching Against Cancer Foundation (ZACF) with his family, which continues in Zach’s

spirit and legacy.

“It was at that time that Zach and his family decided that we needed to create a non-profit foundation... and jump feet first into doing our best to assist other cancer patients,” said Christine Lederer.

“His willingness to give despite whatever issues he might be having... it’s admirable,” said Chad Hollwedel, CHS Physics teacher, basketball coach, and a ZACF board member. “It inspires me every day,” said Hollwedel.

Today, the Foundation has a 13-person board of directors, including Zach’s parents and Coaches Hollwedel and Robert Slopek, with a mission to “provide support, strength, and positive influences to cancer patients and their support networks through scholarships, research, and patient outreach.”

For the second year, it is providing four scholarships (two students from CHS, and two for students within Howard County) to students who are either battling, or have overcome challenges associated with battling cancer, whether as a patient or as a caretaker. On February 10, the Centennial

High School Girls’ Basketball Team held their Second Annual White-Out Cancer Fundraiser to honor Lederer and to raise money to support these scholarships. More CHS fundraising events are scheduled later this year, to benefit ZACF.

“Zachary’s mission is already being accomplished,” said Christine Lederer, “The foundation is growing by leaps and bounds.”

Zach’s mother believes the best way to honor this legacy is to appreciate good health, and every day of life.

“Zach was an extraordinary human being. With all that Zach endured, he always said that he was ‘living the dream,’ and he wanted others to realize that they were doing the same. Being positive and appreciating the everyday gifts that life brings to us is what Zach would hope for the rest of us.”

For more information on upcoming ZACF events or on donation/sponsorships, please visit the website at www.zachingagainstcancer.org or the Facebook page Zaching Against Cancer.

Design: Sammy Kastner.

BREAKING NEWS

SPORTS

THE IMPACT OF SPORTS INJURIES

MARCH 16, 2015



SABRINA HAN
STAFF REPORTER

On a typical day, Megan McBay, Centennial's athletic trainer, will see and treat anywhere between 15 and 25 student athletes' injuries. More, if it is a game day. The injuries affecting these athletes include strained muscles, fractured bones, torn tendons and everything in between. Though some may sound less serious than others, all injuries can have a large impact on athletes.

Getting injured during a sports season can have any number of effects on the athlete, the team and the athlete's future. Short term effects can include loss of playing time and setbacks in performance. Even athletes who suffer minor injuries can be immediately affected if forced to miss any games or practices.

"A couple of weeks [are] enough to set you back," said McBay. "You'd be surprised how quickly you lose fitness, muscle mass and endurance."

While minor injuries might seem insignificant at the time, they can lead to much more serious issues.

"You could have reoccurring injuries, and there's always the chance of permanent deformity or ongoing effects," said McBay.

Sophomore Jasmine McCree, a varsity soccer player, knows the effects of injuries all too well. Mc-

Cree has suffered multiple injuries to her knees and quads and has battled shin splints throughout her soccer career. They have had physical and psychological affects.

"The hardest part about my injury was sitting out watching my teammates practice and play in games

during the game."

Elijah White, a sophomore on Centennial's boys' basketball team, has had two concussions, two ankle sprains on the same ankle, and a broken toe. One effect was worse than the others.

"With my concussions the hardest part would have to be my mom's reluctance

when she tore her ACL, which can put athletes on the sidelines for months at a time. Wilson had surgery and faces 6-8 months of rehab and healing; she will miss both her senior basketball and lacrosse seasons.

"Although it has gotten much better since surgery, everything I do is still more difficult," Wilson stated.

The severity of her injury will require months of hard work to "get back in shape and be able to play again at 100%," she said.

According to McBay, rehab is one of the most important parts of dealing with sports injuries. "Improper rehab, or no rehab, can lead to ongoing difficulties with that body part," she says. "Not all high schools have trainers, so athletes don't treat their injuries properly, or rehab properly. Acute injuries become long term and chronic. Further down the line, it becomes an issue in everyday life."

To avoid injuries, McBay suggests a "proper warm-up and cool down, and a lot of stretching." Using proper form and technique, especially while lifting, can decrease the chance of getting injured significantly.

"Hydration and especially nutrition affect the likelihood of getting injured," she said, "A proper warm-up and cool down, as well as stretching, will decrease your chances of getting injured."



McBay leads Wilson through exercises to help her strengthen her knee after her injury. Photo: Martha Hutzell.

because I didn't want anything more than to be back on the field," said McCree.

In addition to the hardship of not being able to join her team, her injuries have had some lasting impacts on her ability to play. McCree says that her injuries still force her to wear a brace on days when it still bothers her, and it has made her more hesitant on the field.

"I wouldn't feel confident on a move or kick I would make from the risk of hurting it again," she said. "I would be thinking about it

to allow me to play football anymore," said White.

Because of the possible severity of concussions and head injuries, White said his concussion affected how comfortable he was on the court.

"The first couple of weeks back from my first concussion I was tentative and not as aggressive. It took a while to feel confident," said White.

Before the beginning of the 2015 basketball season, senior Dani Wilson suffered a season-ending injury

Design: Giana Han.

Blast from the Past

Are These Shows Really Over?



AMANDA ALI
A&E EDITOR

*So no one told you life was gonna be this way *clap clap clap clap**

We all love nostalgia, and what better way to reminisce the past generation than by watching shows that shaped it? I have always had an obsession with “oldies” but I was never able to watch all of the episodes unless there were re-runs on T.V. Now with Netflix and new series, I am able to watch all of these shows easily and find myself connecting to the early 90s/2000s generation.

Boy Meets World is about a boy named Corey facing many of life’s obstacles, including being a teenager *shudder*, but because it aired from 1993 to 2000, there is a limited amount of teenagers my age who have ever seen the show. That is

adults to reminisce about their favorite show with their kids gathering a better understanding of it.

“It was just one of those iconic shows that was a part of my childhood,” said senior Pooja Patel. “I think that people really liked it, and still like it because of the realistic relationships it portrayed.”

Saved By the Bell, a show about six friends throughout their school years, aired from 1988 to 1993. I spent many years wishing I could watch the series from the very beginning, and thankfully the series was introduced to Netflix three years ago. Although this show was extremely popular at its time, not many people in my generation watched it. In early February of this year, however, Jimmy Fallon hosted the cast’s first reunion together since the

production? Having ten very successful seasons from 1994 to 2004, this show about six friends in New York City has constantly remained popular since its very beginning. Although many people of this generation heard of the show,

generation, and many people can relate to it.

“I want to have a friends group like that and gather in one apartment and chill,” said Nasafi. “*Friends* gives me goals.”

When generations grow



a lot did not see it from start to finish, and relied heavily on watching re-runs on T.V. In 2014, Netflix announced that *Friends* would join the Netflix family on Jan. 1, 2015. When New Years came, more people were excited for the show to be on Netflix than for the New Year. As soon as the ball dropped in New York City, I went straight to my computer and watched *Friends*.

“The show entertains a variety of people through its ability to portray characteristics of different show genres, and that’s why I think people are coming back to this show,” said junior Bobby Nasafi.

Even weeks later, it is still on the “Popular on Netflix” list since it joined the site. This show has connected our generation with our parents’

older, their shows are some of the few things that remain alive. We tend to get attracted to older shows because they reveal a simpler time, and take us out of our own time period. We see big cell phones and unique fashion styles and they somehow make us excited because although they may seem old to the past generation, they are new to this current generation. Even though we are just in high school, we watch these characters go through our current situations and we feel that we can relate to them. These shows give us a new taste, yet allow us to connect with the past generation.



until a new Disney Channel show was created in 2014 called *Girl Meets World*, which is about the lives of Corey, his wife Topanga, and their daughter, where characters from the original series make many guest appearances. This allows

show ended, and the video hit more than 25,000,000 views on YouTube. This caused more people of this generation to watch the show on Netflix, and it is becoming popular again.

Friends, well...does this show really need an in-

Design: Daniel Giangrandi.

Common Core:

How common core helps independent thinkers

OPINION

MARCH 16, 2015



MAHDU LAL
NEWS WRITER

Over the years, public schools have continuously enacted, revoked and re-enacted different school programs. These programs are created in the hopes of bettering the academic integrity of the public school system. The program which is currently being implemented in public schools nationwide is the Common Core, which focuses on creating a common nationwide curriculum for grades K-12. The program also provides students with the opportunity to use independent thinking in order to come up with solutions.

Common Core is a controversial program; many people question the efficiency and integrity of it. States which have enacted Common Core have been seeing varying results in test scores. Kentucky, the first state to authorize the program, released data regarding the first Common Core test in 2012. Data showed a 30-40 point drop in proficiency, according to Terry Holliday, Kentucky's commissioner of educa-

tion. However, during the second year of the implementation of Common Core, New York schools saw a slight increase in test score averages in reading and math.

Despite the unclear results of the program, I feel that the common core helps bring awareness to the importance of independent thinking. Common Core encourages students to think more fluidly, which is contradictory to the traditional ways of teaching. Customarily, students were taught to solve questions and accept the information given to them without understanding why or how they got it. The traditional ways of teaching tells students to memorize information without fully understanding what is being told; this makes students lose their interest in a subject and end up memorizing concepts in order to pass a class instead of in order to gain a better understanding of a subject. Common Core encourages students to research topics in order to independently come to a conclusion as well as understand the logic behind core concepts.

It is important that students are encouraged to think for themselves from a young age. In fact, kids who are encouraged to think for themselves have better processing speed as well as a heightened sense of logic and reasoning. The ability to think independently helps create people who have the ability to question assumptions, come to rational conclusions and establish opinions based off of research and individual knowledge. These qualities, if established in schools from a young age, will help in creating the next generation of forward thinking and rational adults.

Common Core has been established in Centennial for a few years and many students have seen a noticeable increase in projects and lessons based off of independent research and critical thinking. For example Kelli McDonough, a 10th and 11th grade English teacher, pushes her students to do independent research. During the Pursuit of Power unit in her class, students are encouraged to explore different types of texts and express their

views on the topic.

"Students are able to take whatever ideas they get from the unit and explore on their own and make decisions," said McDonough.

Instead of reading a book and answering questions generated by the teacher, students are now encouraged to explore the different aspects and opinions on a topic then come to their own conclusions about the unit.

Common Core has served as a way of bringing the importance of independent thinking into the public's eye. It is crucial for kids to begin learning how to think autonomously at a young age. For kids to be successful in school and in their careers, they must be able to make decisions based off of information gathered independently. Hopefully, with the attention Common Core has brought upon itself, more steps will be taken in order to establish a more individualized and independent way of learning.

Design: Kelly Simmons.

SENIORS OF THE MONTH



ABBEYSTROTT

BIRTHDAY: Aug. 5, 1997
NICKNAME: Abbs
SIBLINGS: Alex and Carrie
HOMETOWN: B'more

HERO: Ron Swanson

QUOTE: "You just gots to get your freak on."
FAVORITE ACTOR: John Krasinski 4ever
BEST WORD TO DESCRIBE YOU: Soulless
FAVORITE SHOW: *The Office*

HOBBIES:
All things Orioles



ANDREWFlick

BIRTHDAY: Sept. 7, 1996
NICKNAME: Flick
HOMETOWN: North Augusta, SC
QUOTE: "You do you."

COLLEGE PICKS: Everywhere

HOBBIES: Soccer, carpentry, binge watching Netflix
BEST WORD TO DESCRIBE YOU: Most-irresistible
DREAM VACATION: Australia
HERO: Kate Latona

FUN FACT:
I'm a stellar pokémon player



JAMIEWIREBACH

BIRTHDAY: Aug. 2, 1997
HOMETOWN: Ellicott City
MIDDLE NAME: Coyle
COLLEGE PICK: Towson

FAVORITE BAND: AC/DC!

ACTIVITIES: Blue Ocean Competition, FBLA
SPORTS TEAM: Raiders
HOBBIES: Guitar
DREAM VACATION: Train trip to Los Angeles

QUOTE:
"Well that play sucked." - Abe Lincoln



CHRISTIANACASEY

BIRTHDAY: March 26, 1997
NICKNAME: Christi
HOMETOWN: New York City
QUOTE: "Wait, what?"

FUTURE PLANS: Baseball wife

BEST WORD TO DESCRIBE YOU: Average
SPORTS TEAM: Orioles
ACTIVITIES: Competitive eating and leisure running
FUN FACT: I modeled for Teen Vogue

BEST PART ABOUT BEING A SENIOR:
"Doctor's Appointments"