



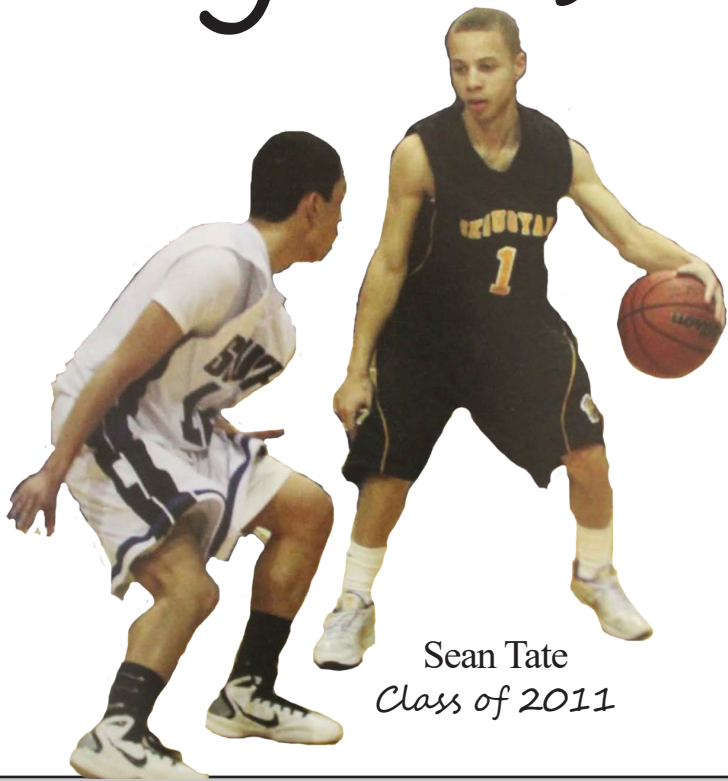
The Arrow



Sequoyah High School -- 4485 Hickory Rd, Canton, GA -- Fall 2019 -- Volume XVII Issue 7



years of Sequoyah



Sean Tate
Class of 2011



Sam Reinhardt
Class of 2003



Rachel Renner
Class of 2018

INSIDE
THIS
ISSUE

Follow us on
Instagram @SHS.arrow



Sports continue to develop
Pg. 5

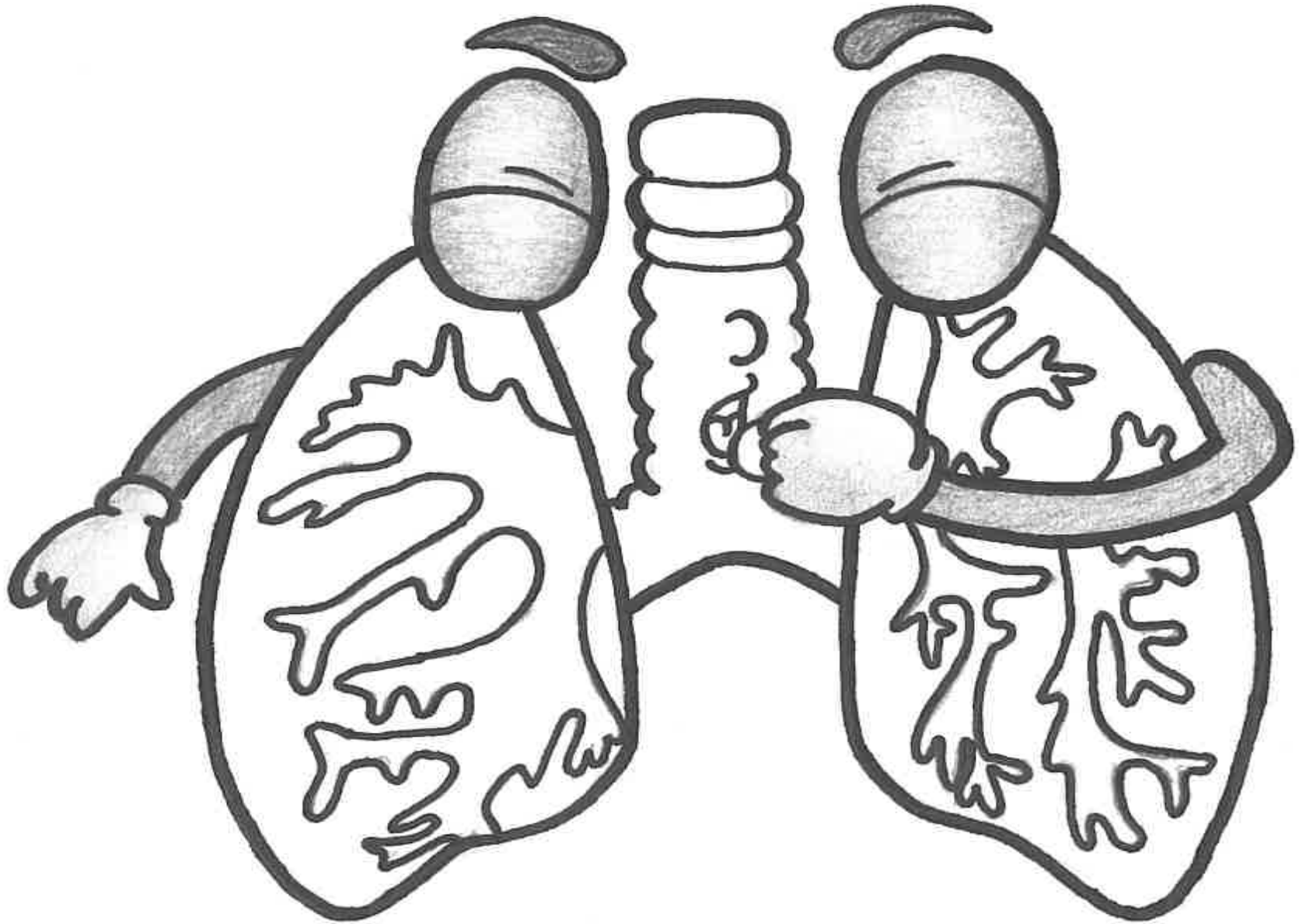


Mr. Gerald Parker takes one last bow
Pg. 9



90's Fashion Is Back and Better Than Ever
Pg. 10

Students speak their minds about vaping



Picture by Jalen McMickens

Ridley Joseph (9)

“I believe the rule was a good approach, but the punishment is far too severe. It is too strict because these kids would be stripped of their social life at school, which would most likely have a heavy effect on [their] mentality. [But] the new policy is definitely necessary. It was a first step to [making] Sequoyah a better environment.”

Cole Burton (12)

“I think it’s a necessary deterrent to a real problem at school. It’s strict enough to, hopefully, make those [who vape] stop doing it at school, at least. [However,] I think imposing a fine on minors for possession of vaping products would be more effective, seeing as there’s already overcrowding in prisons for nonviolent drug offenses.”

Brody Terrell (11)

“I think that the new vaping policy is a bit excessive and, at the same time, ineffective. This new discipline code can ruin a good person’s future career. The discipline should vary across students.”

Helen Marie Goodwin (12)

“I don’t think it will prevent anyone from vaping. Maybe one or two kids who are scared of authority [will stop,] but the group of kids that vape aren’t typically scared of authority. Besides, vapes keep getting easier to conceal. They won’t catch everyone; they’ll only catch the kids who aren’t smart enough to hide it well.”

Lily Carras (9)

“I think that some of the smarter kids will realize that vaping isn’t a good decision, but there [are] always people who throw their lives away. It was necessary to implement this policy simply due to the fact that teenagers have been hospitalized from excessive vaping. Discouraging it is the only thing we can do to save them.”

Cadence Harvey (10)

“I do think the policy is a little too strict, but I understand where the school board is coming from. Their goal isn’t to punish students for vaping, just to incentivize them not to do it on campus. I think it will actually [be effective]. I’ve heard [that] a lot of people who used to do it at school have stopped because they’re afraid of what will happen.”

Trenton Benner (10)

“It won’t stop people from vaping. Just because they can’t do it at school, [it] doesn’t stop them from doing it elsewhere. Regardless, a rule will not change what people do. It’s a high school. What do you expect?”

Paige Ussery (11)

“I don’t believe it will prevent people from vaping, necessarily; I think that it might make people do it more. When someone is told they can’t do something, there is a good chance they’ll want to do it even more. [But] I think if someone is caught, and the word spreads, then people will be less likely to do it.”

Vaping: is it all just smoke and mirrors?

By Valerie Ambriz

A group of students huddle in the back of the bathroom, attempting to conceal the small device that they pass around. As soon as the bell rings, the circle of students breaks apart, and they go on about their day. While the evidence of their actions may simply vanish into thin air, the health effects will accumulate into a dark storm cloud—lasting a lifetime. Here is the truth about vaping.

Vaping is not a phenomenon specific to Sequoyah students. In 2018, the Centers for Disease Control and Prevention (CDC) reported that more than 3.6 million middle and high school students currently use e-cigarettes. According to the Food and Drug Administration (FDA), use of e-cigarettes has increased by 80 percent in the last year, with the number of middle school users increasing by 48 percent.

While e-cigarettes do not contain tobacco, they do contain other toxic substances, including acrolein which is used as an herbicide, and volatile organic compounds which are found in car exhaust. Although popular for their flavorings, these flavorings consist of several carcinogens, such as aldehyde, and heavy metals, including lead and cadmium. The addictive substance, nicotine, is found in all e-cigarettes, but a recent study from Truth Initiative found that only 37 percent of e-cigarette users were aware of this fact.

The Juul e-cigarette contains as much nicotine as a pack of regular cigarettes, which makes addiction just as likely. In fact, a study by the University of Pittsburgh Schools of Health Science found that youth who smoke e-cigarettes are four times more likely to begin smoking tobacco cigarettes within 18 months than those who do

not use e-cigarettes. Not only does nicotine act as a gateway, but it alone has detrimental health effects such as constricting arteries, raising blood pressure, causing seizures, and impairing memory. Youth are especially vulnerable to nicotine’s harmful effects since the prefrontal cortex does not fully develop until the age of 25.

Recognizing the dangers of vaping, the administration at Sequoyah has implemented a new policy regarding students who are caught vaping at school. If a student is found with a vape, they will face external suspension for nine days from school and possible assignment to alternative school. If the vape is found to have THC oil, immediate expulsion will follow.

Teachers only recently became aware of this issue. Mr. Brian Carnes, a chemistry teacher, noticed that students here were vaping about two years ago. He believes that once teachers realized the dangers of vaping, they increased monitoring.

“There are definitely not as many ‘groupings’ in the restrooms as last year,” Carnes said. “Hopefully, the policy will minimize students’ exposure to vaping and increase the awareness of the detriments of vaping.”

Indeed, 39 out of 51 e-cigarette brands contain the chemical diacetyl which is known to cause bronchiolitis obliterans. This disease is often

referred to as “popcorn lungs,” in which the scarring of air sacs in the lungs leads to respiratory illnesses. Furthermore, a study by Live Science found that out of 400,000 individuals, e-cigarette users had a 70 percent higher risk of having a stroke and a 40 percent higher risk of heart disease.

Upon noticing the prevalence of vaping, psychology teacher Mr. Travis King discussed it in his classroom. He wants students to understand how such a habit influences their brain.

“The chemicals that students are putting into their bodies using vape devices are in no way beneficial to the process of them coming to school and learning,” King said.

Teens who vape create more dopamine receptors in their brain, thus requiring more nicotine to get a high. When vaping THC oil, an individual consumes even higher concentrations of this drug as opposed to smoking it regularly, increasing the probability of addiction. In the city of Milwaukee, 16 people were hospitalized with chemical pneumonia after inhaling marijuana through a vape. Symptoms included shortness of breath, cough, fatigue, fever, and chest pains.

As of September 17, the CDC reported 530 cases of severe lung disease linked to vaping nationwide. In August, the CDC reported the first

death related to vaping in Illinois, after a man was hospitalized for suffering from a lung disease. Since then, there have been seven additional deaths confirmed by the CDC all linked to vaping.

After individuals who developed a lung disease submitted their vape for testing, the New York Department of Health found high levels of vitamin E acetate in almost all cannabis-containing vapes. This discovery indicates that vitamin E acetate could be a potential factor in developing a lung disease.

While vitamin E acetate is not harmful when taken as a vitamin supplement or applied to the skin, it is believed that because of this chemical’s oil-like properties, inhaling it through a vape could have dangerous effects not otherwise displayed.

While research is still being conducted, it may take several years to establish a definite causal relationship between vaping and certain diseases. However, doctors remain concerned about the risks that have been established and those that are currently unknown.

Science teacher Ms. Wendy Roberts cites the Precautionary Principle when discussing the effects of vaping.

“If you’re unsure as to the safety of a substance, it should be avoided at all costs,” Roberts said. “This definitely holds true for vaping.”

Roberts believes that the unknown chemicals and effects of vaping are exactly what makes it so dangerous.

“When you’re buying vape juice from random individuals, how do you know they even passed high school chemistry?” Roberts said. “Are they really to be trusted as to what’s in there?”

“As of September 17, the CDC reported 530 cases of severe lung disease linked to vaping

THE DANGERS OF VAPING

In 2012 an estimated **1.78 million** students in grades 6–12 had tried the devices.

Teens were asked what was in their e-cigs:
66% said just flavoring
13.7% dont know
13.2% said nicotine
5.8% said marijuana

11.7% of high school and **3.3%** of middle school students reportedly used e-cigarettes in the last 30 days,

- 39 OUT OF THE 51 e-cigarette brands contain the chemical diacetyl which is known to cause “popcorn lungs”.

Go, fight, men!

By Grant Davis

Sequoyah has a new squad in town. With the addition of a flag football team this fall, some students have decided to start a cheerleading team to rally them on to the Benz. However, this new cheerleading team is not like any other at the school; instead, it is composed of all male students.

Seniors Nolan Searcy and Christina Downing are two of the students who are starting up the team. With seven years of cheerleading experience between the two of them, the team has qualified leaders. The idea of an all-male cheerleading team came up after Searcy was not allowed to be on the competition cheer team.

“Our principal was talking about getting involved at school, and I told him about how the competition cheer team at our school wasn’t co-ed,” Searcy said. “After class [Mr. Van Alstyne and I] came up with the idea for the all-guys sideline team.”

Downing is very passionate about cheer and wanted to spread this passion to others

“This new team gives anyone who wants to join the opportunity to enjoy the sport I love,” Downing said. “I hope [that] this sport is taken seriously, and I hope it opens the boys’ eyes that [cheerleaders] actually work when [they]

cheer, and [cheer] is not all about pom poms and megaphones.”

Downing and Searcy hope that the team will become a fundamental part of the school after this season. Both believe that the team has potential to become a staple here.

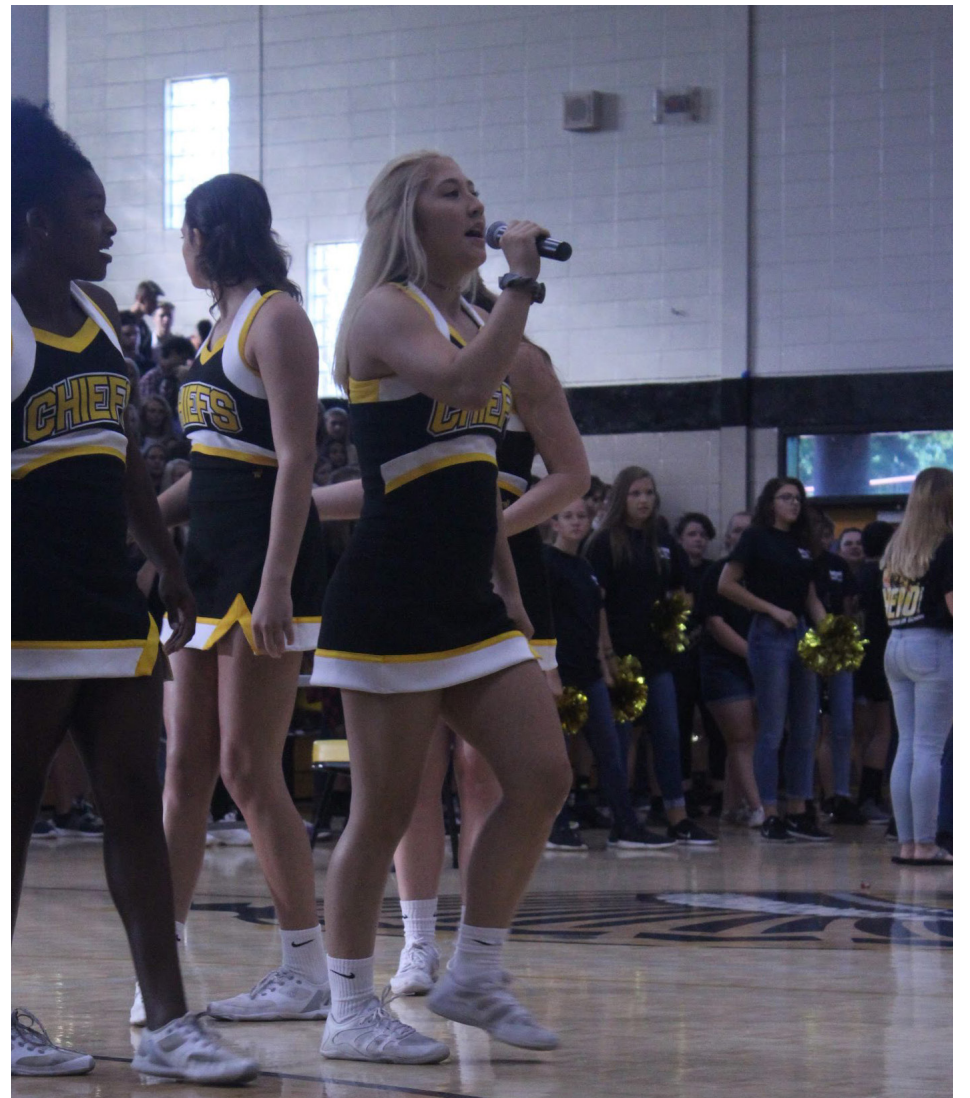
“I hope that everyone for years to come can have fun on this team,” Searcy said.

Some students questioned whether this team will be considered a real sport. Downing hopes that this team is taken as a serious sport at our school rather than it being brushed off as a joke.

“Most of the boys that are doing it are just doing it to [have] fun and be with their friends, but hopefully as the season pushes on, they will take it seriously and earn the respect of their peers,” Downing said.

Principal Robert Van Alstyne is the teacher sponsor of this new team. He will over-look the team in its inaugural season.

“The team will not be boys who want to goof around on the sideline,” Van Alstyne said. “The players are going to be playing to win, and we want the squad to help play a part in that. I have solicited the help of Coach Manus, [the SHS Sideline Cheer Coach], to make sure the team is prepared and has everything needed to pump up the crowd.”



Senior Cheer Captain Christina Downing talks to the students about the upcoming competition cheer season. Downing helped start the male cheerleading team this year. Photo by Grayson Belanger.

Fresh faces spike into the volleyball program

By TJ Murphy

With the 2019-20 high school season approaching, members of the volleyball team have proven themselves as a promising force so far. With the introduction of the ninth-grade athletes into the program, the Chiefs have a lot to look forward to in the upcoming years.

Freshman libero, Skylar Martin, has entered her first year as a Chief. Martin has high expectations for the Chiefs’ progression throughout the next few seasons.

“There is a lot of talent this year in the program,” Martin said. “It is expected that the talent will continue for the years to come.”

Martin believes that she, along with the other three freshmen on the varsity squad, has a lot to offer to the program in their ninth-grade year.

“All four freshmen bring a high volleyball IQ to the table with a lot of experience playing at the top level,” Martin said. “We all play four distinct positions

which should add a lot of consistency to the court.”

Martin, throughout her four-year volleyball career, has found much success on the court. As a highly experienced decorated athlete, Martin brings a winning mindset to the program.

“The past two years, I have won back-to-back USAV beach volleyball national championships,” Martin said. “Three years ago, I won the ROX beach national championship with one of my freshman teammates, Taylor Pecht.”

With all the young talent in the program this year, Coach John Edwards, the head varsity volleyball coach, believes that there is still room for improvement. Edwards believes that there are always more ways to contribute to the team’s success.

“This year’s freshman class is talented, but it will take a hard-working mindset in order to realize their talent’s full potential,” Edwards said. “Every-

one has to find how they can contribute to the team, whether it is on the court or off, and each player can always improve themselves as players and teammates.”

Edwards believes that the older, more experienced players within the program play a vital role in the development of the younger athletes. So far, according to Edwards, they have filled that role successfully.

“Our upperclassmen have done a fine job of bringing in the freshmen and working with them on how we do things as a program,” Edwards said. “The continued leadership is essential in what we will get to do as a program moving forward.”

Junior Paige Powers, outside hitter for the Chiefs, has emerged as one of the leaders of the team. So far, she has taken a more vocal, optimistic approach to developing her younger teammates.

“This season I have been working on staying positive and making sure I am constantly talking on the court hoping

they will catch on,” Powers said.

Powers, who has been to the playoffs twice already in her brief high school career, knows what it takes for a team to be successful. She hopes that the freshmen will continue to make contributions towards the team’s success.

“I hope throughout the season they learn to keep high energy and stay consistent,” Powers said. “They have had a huge impact on our team which I think is the reason why we’ve been successful so far. I expect us to improve and get better throughout the season.”

As the 2019-20 season progresses, the Chiefs are working to make it a year to remember. Many key players within the program, including the coaching staff and the upperclassmen, are playing their role in developing the highly touted freshmen group of athletes.



Junior Paige Powers (right) prepares to send the ball over the net. Powers has helped the younger athletes within the volleyball program develop their skills. Photo provided by Paige Powers.



Freshman Skylar Martin (#5) celebrates with her teammates after scoring a point for the Chiefs. Martin was one of the four freshmen on the varsity team this season. Photo by Grayson Belanger.

Meet the new athletic trainers

By Keira Schroter

A new school year means a new season for sports. From fall sports to spring sports, student athletes grow busy with packed schedules. With every game they play, their risk of injury grows greater. In order to prevent and treat any injuries, athletic trainers care for the students. This year, the school added two athletic trainers to the staff: Gina Lee and Madison Bauer.

Originally an athletic trainer at Paulding High School, Lee is the new head athletic trainer. She has been involved in sports for a large portion of her life; she started playing soccer at the age of four and played until her sophomore year of college.

Although an athlete, she did not always want to go into this field. Before becoming an athletic trainer, she initially had an interest in zoology.

"I've always been an animal lover, so maybe when I retire I'll volunteer," Lee said.

Lee graduated from the University of Georgia (UGA) with a traditional four-year degree, along with a two-year core class and two years working in the athletic training program at UGA. To complete her bachelor's degree, Lee stopped playing sports.

"When I got to college and missed playing sports, I found that being an athletic trainer was a fun way to be around the sports I love while incorporating the injury aspect," Lee said.

Almost half the students at Sequoyah are involved in sports. However, the more students there are playing sports, the more likely injuries are to occur.

"[The most common injuries I see are] ankle sprains and concussions, mostly with football and cheerleading," Lee said.

Having the athletes stay healthy is a major priority for the athletic trainers.

"Hydrate, eat healthy food, and try to get thirty minutes of some type of exercise in daily," Lee said. "Staying healthy is a key part in succeeding at sports."

Also joining the athletic staff is Madison Bauer who is excited to work with new students. Bauer previously worked at Kennesaw State University for a year, helping with the football and women's lacrosse teams.

For years, Bauer played softball, lacrosse, and ran cross country. Playing sports for many years is what inspired her to become an athletic trainer.

"I considered switching to nursing for a while, but I like working with athletes," Bauer said. "I couldn't imagine working at a desk all day."

Bauer graduated from Georgia College and State University with a major in athletic training and a minor in physical education.

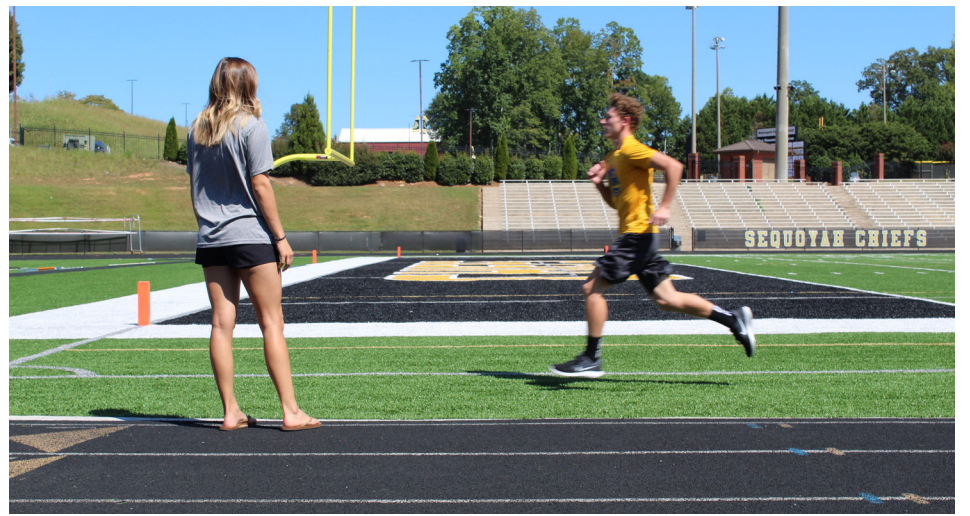
"[I took] four years of undergrad, but I was one of the last classes to be able to do this. Starting [in] 2020, all [athletic training] programs must be at the master's level," Bauer said.

Bauer has seen everything from ACL tears to shoulder dislocations. She recommends getting plenty of rest, eating right, and staying hydrated in order to keep your body healthy.

"[Make sure to] take care of your bodies," Bauer said.

Being an athletic trainer comes with the benefit of getting to watch every team play. But another feature that keeps the job interesting is not knowing what injuries she might have to handle.

"You never know who is going to walk in with an injury or when an injury is going to happen," Lee said. "The surprise aspect of my job is what keeps me interested and motivated to perform at my best every day."



Ms. Gina Lee tests to see how freshman Cameron Massey's hamstring feels before the game against Osborne. Lee graduated from the University of Georgia and was in the athletic program there. Photo by Keira Schroter.



Madison Bauer uses the Theragun to roll out junior volleyball player Martha Isley's shoulder before practice. Bauer had previously worked at Kennesaw State University before coming to Sequoyah. Photo by Keira Schroter.

New athletic director makes new changes

By Cameron Keehley

Sports have progressed as many different areas of athletics have gotten big changes.

New Athletic Director Peter Vajda has already made a meaningful impact on sports in his first year as the Chiefs' Athletic Director. Vajda has already made adjustments to the football program by recently adding a no-bag policy.

"I was shocked that we didn't have [the policy already]," Vajda said. "Coming from a different school, we didn't have students bring anything [into the games] because in today's day in age, with what's going on in the world, kids have a tendency to bring in [items] that

they probably shouldn't have in the first place."

To add to the no-bag policy at games, Vajda implemented a student gate at the football games as well. It was mainly added for the intention to keep everyone safe while attending the games.

"I was at Cambridge High School, and we didn't have a separate visitors and home entrance like we do here, so we took every single kid and [sent them] through the same gate," Vajda said. "We were making sure they weren't carrying anything they shouldn't have. Obviously, [we were] looking for any alcohol. Safety is our number one concern, and some kids have the tendency to do the wrong

thing coming to a game, and we just can't have it."

Vajda has some major goals that he would like to reach within the football program in the next few years. He would like to add an additional building to the football facility.

"We have some big plans," Vajda said. "We know our weight room and locker area is outdated, and it needs to be upgraded. Our goal is to build a fieldhouse, and the ideal location will be where the scoreboard is right now where we could build a two-story building and then take a video board and put it on top of the building. If we can build a building like that, which may take a year or two,

it will free up all that space that's down there for team rooms [and] better locker rooms."

Not only has Vajda made changes to the football program, but he has also made a significant impact on other sports programs around Sequoyah.

"The other thing we are working on currently is a baseball hitting facility [that will be for] softball as well," Vajda said. "We got architect's approval, county approval, and we are bidding it out right now for construction prices. We are hoping to get that up hopefully before this season."



Students purchase tickets at the new student entrance at the Sequoyah vs Creekview football game on Friday October fourth. The student gate was enforced earlier this year by Mr Peter Vajada. Photo by Emily Hill.

The truth behind the mask



By Valerie Ambriz

When leaves litter the ground in shades of orange and pumpkin patches become the hottest destination, you know it's almost Halloween—meaning candy and dressing up. But this holiday has one less popular aspect that people often avoid talking about. Even if you don't wear a costume or go trick-or-treating, it's still important to know what role cultural appropriation plays in this holiday. If you've never heard this word before, keep reading.

So, what exactly is cultural appropriation? Virginia Commonwealth University defines cultural appropriation as “the borrowing from someone else's culture without their permission and without acknowledgement to the victim culture's past.” In other words, it's the adoption of a culture by a more dominant one. Power dynamics and historical context are important to consider when distinguishing between cultural appreciation and appropriation; cultural appropriation is characterized by a power imbalance when the dominant culture takes advantage of another culture that has been systematically oppressed.

Cultural appreciation, on the contrary, benefits all cultures involved. This includes respecting all aspects of a culture rather than imposing your own culture or attempting to redefine that culture. For instance, if you were to visit your neighbor's home, you wouldn't barge in and command your neighbor to tidy their living room. In a similar way, one must not overstep their welcome as a “guest” into another culture's practices and traditions.

When marginalized cultures are made into Halloween costumes, it is a prime

example of cultural appropriation. You can't borrow a culture or a race for one day. You can't pick and choose what aspects of that culture you want to use for your own benefit while forgetting the stigma, persecution, and discrimination that these cultures have often experienced, both historically and currently. Treating a culture as a costume is inherently disrespectful because it disregards the culture's significance.

We don't have the right to take something from a certain culture and then continue to discriminate them for that same thing. For example, if someone wears dreadlocks or an afro as part of their costume, it's “cool” and “trendy.” But when a person of color wears that same hairstyle, they're denied a job. White people can take this wig off, never having to endure the discrimination and lack of opportunities that people of color often face. It simply isn't right for a white person to wear another culture and look “cute,” while a person of color wears what is theirs to begin with and is still treated as inferior.

Another example is dressing as Native Americans. While white people have the privilege to dress up as a mighty chief, actual American Indians can't take off this “costume” that brings racism and discrimination to their everyday lives. According to the National Public Radio, one third of American Indians have experienced racial or ethnic slurs. Furthermore, the National Institute of Justice finds that more than four out of five American Indians have experienced racial violence in their lifetime. Conveniently, people that dress up as Native Americans forget about this institutional and societal racism that remains prevalent.

Cultural appropriation in Halloween costumes also reinforces stereotypes and falsely depicts cultures. When Native American headdresses are worn as costumes, it perpetuates the stereotype that all Native Americans wore headdresses, when they were really only worn by a few powerful tribe members and are sacred symbols of honor. They aren't meant to be a costume or a fashion statement. Simon Moya-Smith, a

citizen of the Oglala Lakota Nation and journalist, writes that a headdress “is reserved for revered elders who, through their selflessness and leadership, have earned the right to wear one” and that wearing one “belittles what [Native] elders have spent a lifetime to earn.” It's often compared to the United States Medal of Honor, the highest award for those who serve in the armed forces; people would be appalled if this awards were to be commercialized like headdresses are.

Costumes also bear the crushing weight of historical genocide and oppression. Individuals dressed as gypsies don't realize that the term “gypsy” has been used to discriminate and persecute the Romani people, an ethnic minority, in Europe. When people paint their faces black, mimicking the blackface practice that white theater performers used to portray African Americans, they are promoting the dehumanization of the twentieth century. In addition, we can't forget

that Natives were forced to assimilate into American culture because their own culture wasn't accepted. The same culture that violently colonized Native Americans now wants to take something that isn't theirs.

“But it's just a Halloween costume. What's the big deal?” That's exactly the problem. Their culture shouldn't just be your costume. Culture is something we should appreciate, not something we use only when it's convenient. Even though you might not intentionally be racist, you can still perpetuate racism when appropriating another culture. Because they are the minority, these cultures must be preserved in their authenticity rather than promoting stereotypes which essentially redefine and erase this culture altogether. I'm not saying you can't dress up; all I'm saying is that learning the difference between appreciation and appropriation is of utmost importance to avoid repeating history.



Fast Fashion needs to make a fast exit



By Tatum Beckwith

Forever 21 is potentially filing for bankruptcy, and I couldn't be happier about it. Retailers like Forever 21 are known as Fast Fashion retailers. This means they produce cheaply made clothes and sell them at a low price. The product tears or something goes wrong with it, and people don't mind throwing it away because of the low price. This has negatively affected the environment because of the mass disposal of cheap clothes. According to “Fast Fashion: Environmental Impacts and What You Can Do as a Consumer,” it takes 2,700 liters of water to make one cotton T-shirt. That's how much water a person drinks in two-and-half years of their life. TWO-AND-HALF YEARS OF WATER FOR A T-SHIRT THAT SAYS, “I love tacos,” or “I hate Monday.”

Fast Fashion destroys the environment, but with the new spotlight on eco-friendly alternatives, there is a

solution. Thrifting has become trendy and even if you aren't into the trend you should consider trying it out, because this could help our planet. Fast fashion's alternative is called sustainable clothing. This is like hand-me-downs or thrifting. The same amount of money, or even less, can be spent on the same shirt at a thrift store. Giving a piece of clothing a second home is so much better for the environment than just throwing it away for it to be dumped in a landfill.

Of course, you don't want to donate a stained or ripped shirt, but you could give the piece of clothing a new purpose. There are endless DIY's for any piece of clothing. If you're anything like me and you're addicted to Pinterest, there are many different creative ways to repurpose your old clothes. Old flannels and jackets can be cut into squares and sewn into a blanket. Stained shirts can be used as rags or towels for pets or cleaning your car.

I know I sound like an environmental nut, but sustainable fashion is something some people are choosing, and without realizing it. There are YouTube videos and VSCO posts everywhere about the great things people find at Goodwill. The idea of thrifting is all cutesy, but people don't know that they are helping the environment without having to keep track of a metal straw or buying a \$40 reusable water bottle. I'm

not saying everything you buy must be second hand but choosing quality brands that will last years instead of months can make a bigger difference than you think.

Trust me, I love a good deal, but that doesn't change the fact those good deals will be thrown into a landfill just building up. Is it really a good deal if you're just going to throw it away in a couple months? Investing in higher quality clothing is an investment for the planet. A few extra bucks can help our kids have the opportunity to go to the beach and swim in the ocean without trash floating by. All that waste will just

keep expanding if we continue to choose quantity over quality.

We no longer have the excuse of ignorance when it comes to waste. The internet is filled with articles and research on simple lifestyle changes like sustainable fashion. It's whether you care enough to make the change. Stop shopping at Forever 21, invest in quality clothing, and think twice before you just simply throw away that old t-shirt. If any generation was meant to make a difference, I believe it's ours. Making such simple changes will leave an impact for a lifetime.



Staff Editorial



A Cherokee County schools police vehicle sits outside Sequoyah East during the school day. Throughout the years, schools have implemented more security measures, such as placing cameras and hiring police officers, to address threats. Photo by Emily Hill.

Thirty years ago, students at Sequoyah walked the same hallways, wore the same colors, and had the same school spirit that we have today. As the years went by, and society began to change, the school inevitably modernized as well—carpet was replaced with flooring, walls were painted, and Sequoyah East was opened. Among these significant changes has been the introduction of technology and security measures, such as the Safe Schools App which allows students to anonymously tip any threats to the school. Because of cameras, police officers, and other protocols, students at Sequoyah should be safer than ever before. But, students today face greater societal challenges, with the rise of the media playing a crucial role.

Students in the early 1990s didn't encounter the security measures that exist today. It wasn't until the Columbine school shooting in 1999 that schools began to recognize the significance of school shootings and implement policies aimed at decreasing the number of incidents. Despite these new measures, ABC News reports that the number of school mass shootings hasn't decreased throughout the years. In fact, according to Science Daily, as of 2000 there have already been more deaths related to school shootings compared to the entire 20th century.

Consequently, society has begun to normalize school shootings. While students in the 90s were not familiar with active shooter drills, over the years they have become a typical practice at schools. Students have become all too familiar with discussing active shooter scenarios. However, these drills haven't proved to be enough. What's worse is that the media today has more influence than thirty years ago. Because the media often focuses on the perpetrators of school shootings, it only fuels the notoriety that these individuals seek. In turn, it can influence others to act in

the same way. ABC News reports that in the 14 years after the Columbine shooting, at least 17 school shooters cited Columbine as a partial motivation for their attack, showing that the media influences the actions of others.

While physical security is often talked about, mental health is an issue that doesn't receive the attention it deserves. Since the 1990s, there have been vast improvements in medications and treatments available for mental health disorders, such as the introduction of anti-depressants. Despite having more access to treatments and therapy, mental health among youth has gotten worse. To corroborate, the Independent Journal reports that depression and anxiety among teenagers has increased by 70 percent in the past 25 years. The Association for Children's Mental Health further finds that today one in five youth suffer from a mental disorder, but about 80 percent of them still do not receive the mental health care they need. As a result, the Scientific American Journal finds that suicide rates among teenagers have increased to a "30-year high."

So, why has mental health gotten worse even though we have more widespread treatment than we did thirty years ago? One possible explanation is social media. In the 1990s, most students at Sequoyah only had pagers. Flash-forward to 2019, and people are addicted to their smartphones. A report published by the Common Sense Media finds that 70 percent of teenagers use social media several times a day. Because more people access social media, more people are exposed to its harmful influences.

Social media only portrays the highlights of one's life, which often leads to comparison among individuals. A study by the Huffington Post found that 60 percent of social media users said that it negatively im-

pacted their self-esteem. Thus, several studies report a direct link between social media use and mental health disorders. Time Magazine finds that teens who use social media daily are 13 percent more likely to report high levels of depressive symptoms.

Cyberbullying has also been on the rise; according to Bradley University, one in three students experience cyberbullying through social media. A study by this university found that 41 percent of students developed social anxiety because of cyberbullying while 25 percent attempted self-harm. While social media does have its benefits like increasing interconnectedness, it also breeds unhealthy behaviors that continue to negatively impact students.

As administrators begin to recognize society's pressures on students, action has been taken. This year, the Cherokee County School District implemented the Social and Emotional Learning program to address the rise of mental health issues. Instead of only focusing on academic success, teachers and administrators are attempting to view every student from a holistic standpoint—one that includes academic and personal development.

The challenges students face today have more complex causes and solutions compared to 30 years ago. As times change, some issues will continue to pose a threat while others will dissipate. If properly addressed, suicide rates among students can decrease in the upcoming years. If properly addressed, gun violence within schools can be reduced. If properly addressed, mental health can be destigmatized. One thing is for certain: these challenges cannot be ignored.

The Arrow Staff

Editor-in-Chief

Caleb Struchtemeyer

News Editor

Valerie Ambriz

Entertainment Editor

Tatum Beckwith

Sports Editor

Cameron Keehley

Design Editor

Phoebe Offenber

Copy Editors

Peyton Ripley

Cailyn Hooper

Katie Brown

Photographers

Grayson Belanger

Emily Hill

Keira Schroter

Hannah Robbins

Reporters

TJ Murphy

Rhyan Connolly

Grant Davis

Hannah Rogers

Cristen Johnson

Sequoyah High School

4485 Hickory Rd

Canton, GA 30115

770-721-3200

Editorial Policy

The Arrow is a student-produced print and online news publication that strives to provide information and entertainment to the Sequoyah High School community. The Arrow does not knowingly print anything that is libelous, obscene, or a violation of privacy or copyright. This publication follows the district student publications policies. Although the majority of the print and online news will cover events in an objective manner, both will have an opinion section. Columns are opinion pieces that reflect only the writer's opinion on a topic. Editorials are opinion pieces that reflect The Arrow's editors' opinion on a topic addressed in an article in the publication. Finally, The Arrow encourages Letters to the Editor where our readers can express their opinions on the topics from our publication. All opinion pieces will be in the Opinion section of the print or online publication.

The Arrow sells ad space in order to afford production costs. Costs of advertisements vary based on size. We do not publish ads for products illegal to minors or political advertisements. The Arrow reserves the right to refuse any advertisement if it is deemed by the editors to be inappropriate for our readers. Please contact us at shs.arrow@cherokee.k12.ga.us if you are interested in advertising in our publication.

Although the students who produce The Arrow always strive to be completely accurate, we make errors sometimes. We encourage readers to contact us or our adviser, Marla Hooper, if they notice an error.

Letters to the Editor

If our readers have an opinion about something they read in our publication, we encourage them to write to us. Each letter must include a valid name and email address. The Editor-in-Chief reserves the right to edit letters for clarity, grammar, and length. We will not print any letter containing obscenity or threatening language. The Editor-in-Chief may decide which letters to print based on available space and the desire to provide a balance of different viewpoints. To submit a Letter to the Editor, email us at shs.arrow@cherokee.k12.ga.us.

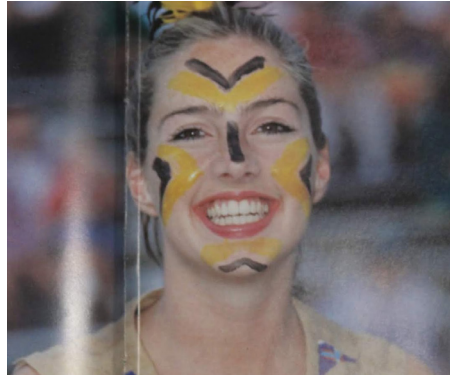
The Mighty Sequoyah

1993



Aaron Bursmith

1995



Lauren Hasty

2002



Trish Brooks

2003



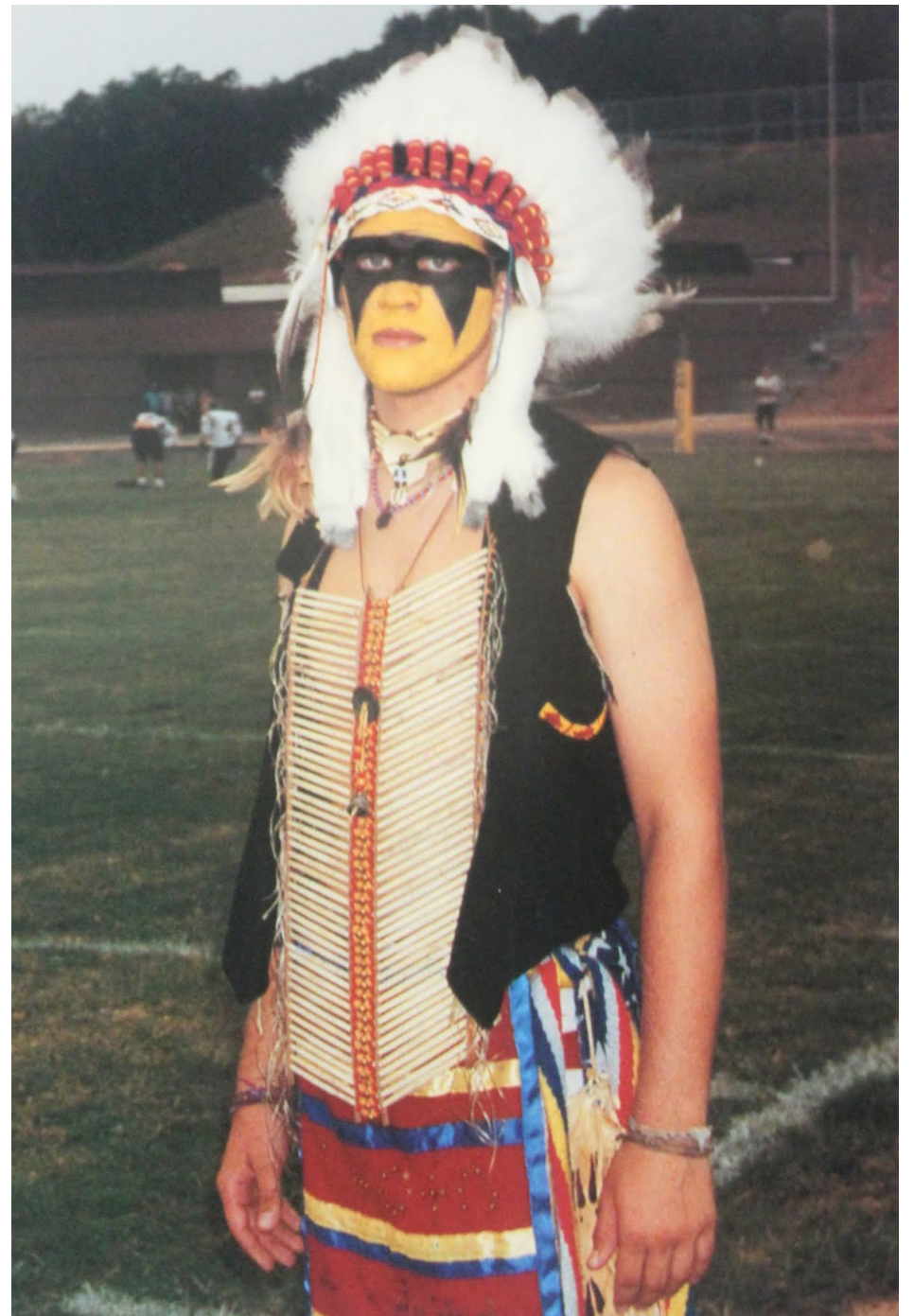
Sam Reinhardt

1990 Ronnie Nelson

School improvements over the years

By Emily Hill

- The brown carpet lining the hallways and classrooms was replaced with tile.
- The courtyard no longer has grass and instead has concrete.
- Dean Rusk Middle School became Sequoyah East in 2017.
- Grass on the football field became turf in 2018.
- The sidewalk from the main campus to the Sequoyah East campus was widened.
- All desktop computers in the media center were replaced with new laptops.
- Umbrellas were placed at all the tables in the courtyard.
- The student services and attendance office were remodeled with full length windows and new furniture.
- Window decals were added in the cafeteria and media center.
- New lighting and new ceiling tiles were added in the auditorium.
- Senior murals were replaced and hung throughout the halls.
- The “War Lodge” paint in the gym was redone.
- Banners were hung along the walls and ceiling of the gym.



Teachers remi



“I loved Sequoyah High School which is why I found my way back. My favorite part was the school spirit. There was nothing quite like the themes for Friday night football and the huge crowds for our basketball team. Sequoyah helped shape me into the person I am today for the better. I felt like I could give back to a place that gave so much to me. [Teaching at Sequoyah] is also fun because some of my friends have siblings that are now [here], and I get to be their teacher or coach. Everything comes full circle.”

Ms. Lauren Holland
Class of 2012



“I loved being a Chief. [Back then,] they used to make milkshakes in the cafeteria and every Wednesday I would get a vanilla milkshake. I think [students] have it much easier now than I did. I never got to turn in late work, make things up, re-do [assignments], [or] get reminders about homework. [My favorite part about teaching here is] connecting with students. [All of my students] are my babies, whether they believe it or not, and I want to see all my babies go on to do great things.”

Ms. Laura Sanders
Class of 2002

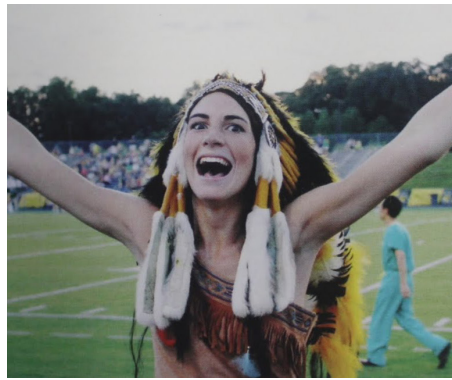
Chief through the years

2008



Alex Roberts

2015



Anna Tate Dorner

2018



Jordan Weems

2019



Molly Kate Bagwell

2020
Ella Avery



Mr. Gerald Parker takes one last bow

By Cailyn Hooper

Throughout Sequoyah's 29 years, many people have come and gone. Teachers have walked through the halls for the first time, while others have done so for the last time. The teaching body is ever changing, but one force has remained constant after all this time. Drama teacher Mr. Gerald Parker has been teaching here since the school opened in 1990.

Parker started teaching at Sequoyah when he was just out of college and has stayed here ever since; however, he will be retiring at the end of the school year.

Parker cited many factors that contributed to his long stay, including the student body, the consistency of the administration—having only three principals over the course of 29 years—and familiarity.

"I've always been a chief; I've been at Sequoyah longer than I have been in elementary school, middle school, high school, and college combined," Parker said.

Parker originally started out in the English department, teaching ninth and 10th grade grammar and literature. He later received his gifted certification in order to teach these courses at the honors level. But after working closely with the previous drama teacher, Ms. Janice Lewis, he took her place in 2006.

"When [Ms. Lewis] was ready to retire, it just kind of naturally fell into my lap," Parker said. "Teaching theater is something that I'd always wanted to do, but I majored in English because I knew it would be a lot easier to get a job that way."

This change required Parker to adjust his teaching methods accordingly, especially because theater is not taught in a traditional classroom.

"As an educator, you're constantly adapting because you've been given a new program to follow or a new way of doing something that

you've already been doing," Parker said.

Among the changes that Parker has seen during his time here is the expansion of the community. As the area became more suburban, the student body evolved along with it.

"We have a more diverse student body than we did when we opened up, and that's both in the physical diversity of our students and their intellectual diversity," Parker said. "There are a lot more businesses and houses, which are all good things, but it changes your student body."

When the school first opened, the building was still under construction, and there were still some kinks to work out.

"There were a lot of times when I was teaching class, and [I'd] see a hand come down through the ceiling and pick up some wires, and [then] the ceiling tile [would] go back," Parker said. "It was always an adventure, and I think that was a really unique experience that I wouldn't have had if I'd gone to a school that had already been open for a while."

Although the opening of a new school can be daunting, it was met with enthusiasm from the student body. When Sequoyah first opened, seniors could choose to continue at their original school or to transfer here instead.

"Those students [who transferred] had a sense of ownership that maybe no other group has had because they really felt like they left their imprint," Parker said. "I remember in particular, we had a bonfire during football season, which they probably won't let you do anymore, and the seniors from other schools brought their letter jackets and yearbooks from Etowah and Cherokee and threw them into the fire to show that they were cutting the past with their old schools—that they had no other allegiance now."

Parker has seen the drama department accomplish a lot throughout the school's history. They have gone to region (Continued on pg. 16)

Miss on past



"Since we were the first group at the new school, we had a lot of new experiences and opportunities to set the standard at Sequoyah. We had no history to live up to; we created history. On the first day, freshmen didn't have to worry about being lost because no one knew where they [were] going. One thing that has changed a great deal is the lunch. We had Dominos or Pizza Hut in one of the lunch lines once a week. We [also] had a deli line similar to a Subway style."

Ms. Tonya Carnes
Class of 1994



"My favorite thing about teaching at Sequoyah is how much things haven't changed. The kids still have the same needs: being supported and cared about, wanting to have a place to laugh and feel comfortable, and having the space to figure out who they are. I love getting to know these kids and, hopefully, show them what it looks like to be an adult who loves their job and family and enjoys life."

Ms. Michelle Nixon
Class of 2008

90's Fashion is back and better than ever

By Hannah Rogers

The 90s trends are coming back in style and people are taking their own spin on it. Things like jean jackets, plaid skirts, wind breakers, and band t-shirts are all trendy, and there are teens everywhere wearing these items. People who wear 90's style stand out more than others, because it is a lot of different styles compared to clothes in 2019.

Sophomore Meghan Kasel gets a lot of inspiration for her style from the 90's.

"I mostly look on Instagram to get inspiration from certain influencers, then I save the pictures and buy similar outfits and make them my own," Kasel said.

Kasel likes the 90's style because it is unique, and she believes people in the 90's had a much better style compared to now. Kasel believes that everyone dresses alike to fit in, but she dresses differently to stand out.

"I just don't like being like everyone else, and I want to be different," Kasel said.

Whether it is 90's style or not, everyone gets inspiration from someone. There are celebrities everywhere, in magazines, on social media, and in stores.

"I look up to Aaliyah, she was a pop star in the late 90's/early 2000s, and Jennifer Aniston since she had great street style," Kasel said.

Just this year, the 90's styles have become the "aesthetic," and they have made an impression on today's society.

"I think people in the 90's just had a really good taste in fashion, and people these days don't know what good taste is. Some styles that I consider 90's are jean shorts that go down to your knees and white chunky platform shoes since they're like something the spice girls

would wear," Kasel said.

Along with the 90's fashion, makeup and hair played a big role in the 90's.

"I love doing colorful eyeshadow sometimes most of the time my makeup is pretty natural, but I also love wearing butterfly clips because they're pretty 90's," Kasel said.

Math teacher Ms. Julie Geoghagan attended high school in the 90's, and she talks about how the trend was grunge. A lot of the grunge inspiration came from bands like Nirvana, and many teens looked up to them for fashion inspiration.

"Grunge started and that's when Nirvana first started coming out. It was a big change from your 80's big hair bands to more grunge music like Nirvana. In high school, I wore Doc Martain boots, flannel shirts, and concert t-shirts. I wasn't completely grunge, but I was comfortably grunge," Geoghagan said.

Unlike Kasel, who gets her inspiration from Aaliyah and Jennifer Aniston, Geoghagan found her inspiration elsewhere.

"I didn't get inspiration from a specific person, I got most of [my inspiration] from my friends who wore the grunge style and every store sold that style," Geoghagan said.

The 90's style is coming back, and people are loving the trend. People dress like this to stand out and be unique. In a generation where everyone dresses to fit in with the trends, it's nice to have a taste of the fashion from the past. Trends come and go, but according to Kasel, this one is here to stay.

"The trends cycle, they change a little bit and old ones come back. People take inspiration from old styles and tweak them a little bit," said Kasel.



Sophomore, Meghan Kasel poses for a picture in her 90's inspired outfit. She dressed like this to express her love for the 90s fashion sense.

Photo by Hannah Robbins

A guide to the 90's aesthetic



Colorful barettes are a staple hair accessory to achieve the 90's aesthetic.



Coming back in all shapes and sizes, Polaroids are essential capturing any moment with a 90's flare.



Mom jeans have remained a key member of everyone's closet since the 90's, and for the sake of this aesthetic, we hope they never leave.



Whether it's just for décor or you want to play Mario Kart, a Nintendo 64 is a great addition to your 90's aesthetic.



What we now call "clout goggles" are a very important piece to achieving this desired look.



The most important part of your footwear is a pair of brightly-colored, high-top converse.

90's vs. Now: Morning Routine

90's:

- 6:00 A.M. - Jump out of bed.
- 6:05 A.M. - Eat a balanced breakfast including a Toaster Strudel, washed down with some Nesquik.
- 6:10 – 6:50 A.M. - Tease hair and add in a few clips that correspond with the outfit I planned.
- 6:50 – 7:00 A.M. - Apply makeup using blue eyeshadow and pink colored blush, and a dark red lipstick.
- 7:20 A.M. - Grab keys and my backpack.
- 7:25 A.M. - Head to school in my Buick LeSabre.

Now:

- 6:30 A.M. - Wake up and check Tik Tok, Instagram, and Snapchat.
- 6:40 – 6:50 A.M. - Brush teeth and clean face.
- 6:50 – 7:00 A.M. - Get dressed in jeans and a graphic t-shirt.
- 7:00 – 7:15 A.M. - Straighten hair or put in messy bun while applying mascara.
- 7:15 A.M. - Throw together a lunch including a couple snacks.
- 7:20 A.M. - Leave to swing by Chick-fil-a for coffee and chicken minis.

Birkenstocks: Should they stay or fade away?

By Peyton Ripley

It all started around my fourteenth birthday. Yellow had always been my favorite color, and I had always wanted Birkenstocks. One day, when scrolling through the Birkenstocks website, I saw them-- yellow Birkenstocks with a toe strap. They were perfect. I ran to my mom and told her that was what I wanted for my birthday more than anything. She asked me the price and then handed me her debit card; it was too simple! They came the day before my birthday. Perfect timing-- that meant I could wear them on my birthday. I walked down the stairs and into my living room. My mom took one look at me and said, "What the heck are you wearing?" I was offended. Moms are supposed to be supportive, right? To put it into her words they were "loud," and, to add insult to injury, "obnoxious." Usually kids want to please their parents, but this was my style, my birthday, and my shoes.

Birkenstocks can be traced all the way back to the 19th century, but they have not been popular for that long. Their peak was in the '60s, and for 20 years, they remained popular. But their popularity took a dip in the '80s. For nearly a decade, they remained absent from people's closets, until having a major comeback in the '90s. At that time, people with Birkenstocks were tree-hugging, grunge lovers. Unfortunately, after this, they inevitably faded out of style once more. But now, in the past few years, these shoes have become more popular than ever and loved by almost everyone. There are still some moms, aka my mom, that think they are the most horrendous thing to ever walk into the 21st century. But, kids today love them and rightfully so.

This time, Birkenstocks need to stay in style. They shouldn't be doomed to fade out of existence, only to reappear in a couple decades. Sure, there will always be other shoe brands like Vans, Converse, and even Crocs. But none of these shoes have the same range as Birkenstocks do. Once these other brands come up with more colors, materials, and styles, then maybe you can start to compare them to Birkenstocks.

There is no style that Birkenstocks could not fit into. '90s style? There are options for you. You have a more modern style? There is some for you too! Interested in a vintage vibe? The brown, vegan leather strap with big buckles is so '60s. And let's not forget about the VSCO girls. There are tons of options for everyone!

You want something colorful to spruce up your outfit? Birkenstocks. You want a comfortable, easily accessible shoe? Birkenstocks! You want a shoe that you can wear year-round? I bet you can guess by now. There is nothing that compares to these shoes, and that is why they should stay and not fade away.



Heart Throbs

Ms. Laura Sanders spent her high school days dreaming about the band members of New Kids on the Block, but one that stood out from the rest was Joey McIntyre.



"Oh my goodness look at those baby blues"

Senior Garret Beard has had a crush on Rihanna because of her growing musical career and even her own makeup line. Beard has held onto the hope of their future together.



"She got a lot of money and one day she gonna take care of me. You better send this to Rihanna"

Sequoyah's athletics across the decades

Sean Tate

Basketball



College: Dalton State/
Chattahoochee Tech

23.4 PPG

School single season record
for points scored-703 pts

1000-point club

Most assists in a game- 15

Most free throws made in a
game- 18

Best PPG average in a sea-
son- 23 ppg

Derrion Rakestraw

Football



College: Colorado

Total yards: 1502

Total touchdowns: 13

Total Catches: 102

Average receiving
yards: 14.7

Receiving yards per
game: 55.6

Legacies live on for sports facilities

By Cameron Keehley

Athletics have come a long way since the school's opening year in 1990. With the addition of many new sports and facilities in the past 30 years, their stories and significance don't often get passed down.

Most everyone is familiar with Skip Pope Stadium, but a lot of people don't know the meaning behind the name of the football stadium. Football Coach Travis Sheffield was informed about the story of Skip Pope and has continued to share the story of Pope's positive impact on football.

"Skip Pope was Sequoyah's first Athletic Director, if I recall correctly," Sheffield said. "He was killed in a car accident when he stopped to change a flat tire on his way to scout an upcoming football opponent, so the stadium was named after him. He had a big and positive influence at Se-

quoyah in the early years of the schools opening."

Head football Coach James Teter is interested in making some additions to the football team and facility. As the football team continues to grow, the space within the facility is becoming hard to cope with.

"I would like to add a bigger fieldhouse if at all possible," Teter said. "Mr. Van Aalstne is also looking into building some stuff like that. Right now, we just need some more space because as the team grows, you need more space.

Wrestling coach Zach Jones believes the wrestling facility is in good shape as of now, but he would like to add some equipment to the building as a motivational factor for the wrestlers throughout the season.

"The building, at this point, is nearly 20 years old. Our mats are in good condition, and the

facility itself is in good shape," Jones said. "My big goal this year would be to put in an actual sound system for the room. Right now, we have a pretty old radio that we use, but I'd like to get some speakers mounted in the ceiling and an actual sound system. When we wrestle, we listen to music, and that kind of helps motivate us through the tough practices. A new sound system would be a good addition to the room."

Former athletic director Bob Eddy still remembers why the wrestling facility was named after Chad Cipriani and Jeff Jones.

"Chad Cipriani and Jeff Jones both graduated in 1997, and they were both on the 1996 state championship team," former athletic director Bob Eddy said. "When [they] were on their way to a tournament in the summer after they graduated, they got in a car accident [which] it killed them.

In the midst of all of that, we needed a wrestling facility."

Eddy was there to witness the construction of the building by the parents and wrestlers. The facility was donated to Sequoyah before the accident mainly because they had no facility to practice in.

"When the school opened, wrestling was held down in the gym, so we wrestled and practiced there," Eddy said. "That kind of got to be an issue because a lot goes on down there. We had been looking for an alternative practice facility. It was cool to see that it was the parents and wrestlers who put this together. It was interesting to see the parents in here putting this building back together, and wrestlers putting up fans and running wires; we did it all ourselves."



The Chad Cipriani Wrestling Facility sits beside the football practice field and in front of the tennis courts. The facility was built in 1996 by the wrestlers and their parents, and it was mostly self-funded. Photo by Grayson Belanger.



Skip Pope Stadium is located between the school and the baseball field. The field was renovated from grass to turf last season. Photo by Grayson Belanger.



90-91:

The girls varsity softball team won the Region for 6AAAA playoffs



93-94:

Girls basketball team won the state championship



99-00:

Girls cross country team won the county championship



01-02:

Volleyball team won the county championship

Kameron Schofield

Track



College: Georgia Tech

400 meter school record 49.26

800 meter school record 1:53.27

1600 meter school record 4:19.54

Rachel Renner

Swim



College: Tennessee

2017-18 All state Diving

2016-18 All-American Diving

2016-2017 NISCA/Speedo High School All-American

2015-2016 NISCA/Speedo High School All-American

2015-2016 High School All-American Qualifier

2014-2015 High School All-American Qualifier

Chiefs by 90 since the 90's

By Grant Davis

Sequoyah has now seen the light of three decades, and with that, the school has seen many changes. There have been changes everywhere, from new paint to an additional building. One area that has seen a lot of progress is the athletic department. Over the years, many different athletes have been a part of the everchanging athletics.

One of those athletes is Varsity Soccer Coach Lauren Holland. Holland went to Sequoyah from 2009 to 2012. During her years here, Holland was very involved in the school. She participated in many clubs including student government, Fellowship Christian Athletes (FCA), and Young Life. Holland was on homecoming court along with being on the varsity soccer team all four years of her high school career. Since being a student, Holland has witnessed many changes in athletics.

"From my experience through playing at SHS to now coaching, you have to take many more precautions with the players," Holland said. "Back when I played, I hadn't even heard of some of the injuries that are happening now."

Holland has also seen changes not on the soccer field. She has seen a boost in support for different teams during the past few years.

"The support for the football team is amazing here at SHS whether the team is winning or losing," Holland said.

Another teacher has also seen the evolution of athletics since its second year being open. Ms. Sara Williams attended Sequoyah from 1991 to 1995 and was a very active student-athlete. During her four years, Williams participated in basketball, soccer, and competition cheer. Williams has seen a change in the competitive nature of high school sports.

"Sports have become so much more competitive over the years," Williams said. "Children were able to participate in multiple sports in the

1990's because we didn't have the year-round commitment that most sports have now. Today, if you don't participate in travel ball or year-round commitments such as swim or cheer, [your] chances of making a high school varsity team are slim to none."

Williams has experienced what the school has to offer since almost the beginning, and she has constantly gotten to watch the people who have changed and who are now changing the athletic department. From what Williams has noticed, one of the biggest role models to the school's sports is the man who is now immortalized as the name of the football stadium.

"Sequoyah's first athletic director, Skip Pope, brought an immense amount of school spirit and loyalty to the school," Williams said. "He was not a boss but a leader. He was a friend to the staff and made all of the students proud to be a Chief."

Football Coach James Teter is entering his 11th season with the team, and he has seen a lot come and go during his years at Sequoyah, mostly regarding the mental changes that the team has experienced.

"[In recent years, we have gotten] new weight equipment, [the] field has changed to turf, [and we have built a new] ticket booth," Teter said.

The team has seen a big change with Coach Teter, but it was not a physical one. Out of all the changes, Teter is proudest of the mental changes within both the coaches and the team.

"If anything has changed [with our team], we tend to focus more on the mental side of the game more than the physical," Teter said.

Over the past 30 years, athletics department have seen many changes, but the spirit of The Mighty Chief Sequoyah will continue to be present in Chief Nation.



Coach James Teter conjures a play as his quarterback walks over towards coach. Teter has been coach at Sequoyah for 11 years. Photo by Grayson Belanger.



03-04:

Wrestling team won the county championship



10-11:

Girls varsity basketball team won the region



13-14:

Jack Syers broke the school's record in the backstroke



18-19:

Boys varsity basketball team went to the Sweet Sixteen

Q: What do you wish the other classes knew about senior

A: "Do good in your classes [now] so you don't have to worry about them senior year"
- Avery Cooper

A: "Senior year is easier than junior year"
- Sarah Ladato

I wish you knew...

By Tatum Beckwith

"My classes are challenging; however I strive to make sure that I explain the 'why' and the 'how' so that students fully understand and become mathematicians and not just be able to do the procedural. I want anybody that comes into my class to know that we are a family that can feel a sense of belonging and we will work together to get through the most difficult concepts."-
Mr. Andrew Oberlies

"[The difficulty] for upper level courses is when a lot of students [don't think work] has to be done daily. It doesn't have to be done for hours at a time, but a way of going back and spending some of that time to make sure you understand and grasp the basic idea of what we were doing. Then going back and seeing how it relates to the overall skill which ties back to the raw idea or theme of what we're looking at."-
Mr. Paul Peacock



Q: What do you wish people knew about the class of

A: "We are the same as them just younger"
- Nylah Hall

A: "I wish the seniors knew that we are not all VSCO girls"
- Halle Morris

A: "I wish people knew that figuring out what you're going to do with your life is tough."
- Jackson Colbert

A: "Enjoy every second of high school because it goes by quickly"
- Adles Elisalde

The Arrow chats with Claire Hathcock about Veganism

By Rhyan Connolly

What does it mean to be vegan?

"You don't eat any animal products, so my diet consists of all plants and no milk, no eggs, no dairy, no meat, no honey, all that type of stuff. Also, you don't buy shoes made of leather or leather belts or anything with animal products; you just don't support anything that has animal products in it."

Are there any downsides to this lifestyle?

"Yeah, sometimes when you first go vegan, it can mess with your digestion a lot. It can also be hard socially; I think that's the hardest part because people are like 'oh my god you're vegan that's so weird' and that type of stuff... people just view it as vegans are people who are just like 'you have to go vegan or you're not cool or whatever' and stuff like 'pushy vegans.'"

What are some assumptions people make about you? Are they true or not?

"People think that it costs a lot and that I'm rich because I'm vegan, but being vegan is actually like the cheapest diet because it's only plants. Meat costs the most in the grocery store, so it makes sense. Also, a lot of people think that you fake being vegan, but I don't. People just think it's weird; I mean it is, like I'm weird, but I just like it."

Is there anything else you wish people knew about you and what it's like being vegan?

"I would say that it's a lot easier than people make it out to be and that not all vegans are the 'pushy mean vegans.' Also, you can make vegan jokes; they're funny."

Misconceptions of modeling with Skylar Garman

By Hannah Rogers

<p>Myth: Modeling is easy</p> <p><i>Reality: Everyone thinks you just stand there and model, but there's so much more than that. There's a whole team there, and you're there for hours and hours</i></p>	<p>Myth: You must be tall and skinny to be a model</p> <p><i>Reality: No, in Atlanta they don't look for only tall and skinny girls. You don't have to be a certain height and weight to model</i></p>	<p>Myth: Models keep the clothes they model in</p> <p><i>Reality: That is a complete myth, they don't let us keep any of the clothes. Just because we model in the clothes doesn't mean we keep them</i></p>
	<p>Myth: Models are mean to each other</p> <p><i>Reality: "The models are so nice to each other, and they all know what you're going through. I had to wrap my feet up because they were so sore from modeling in heels, and everyone helped me feel better"</i></p>	<p>Myth: If an agency likes me, they will pay for everything</p> <p><i>Reality: They will pay you for the certain jobs you get. The company pays the agency, and the agency pays you</i></p>

A: "The next freshman class is worse"
- Adin Watson

A: "There are a lot of different friend groups so not all of us are super obnoxious freshmen."
- Bailey DiMaria

90's slang scramble

By Tatum Beckwith

1. sa fi

Clue: "Yeah right"

2. het bmob

Clue: "Excellent"

3. gibnan

Clue: "Has it going on"

4. ay-obo

Clue: "Oh yah!"

5. eudd

Clue: "Noun. used for guy or girl"

6. Ho naps

Clue: "That's right!"

7. Oruy mmo

Clue: "The best comeback"

8. kand

Clue: "Awesome"

9. pode

Clue: "Great"

10. cie

Clue: "Jewelry with diamonds"

Mr. Gerald Parker takes one last bow (Continued)

nine times, won state runner-up for a one-act play, and have had 15 region best actors and actresses and two best state actresses.

Parker himself has received individual recognition. He was selected as the teacher of the year in 2013 and was inducted into the Georgia Thespians teacher hall of fame in 2014. Despite these various achievements, he is most proud of the influence he has had on his students.

"Even if they haven't gone on to be award-winning actors or actresses, I think a lot of [my students] have become supporters [of] the fine arts," Parker said. "Whether it's being in a community theater play after [they] graduate, or just being in the audience and supporting the artists. Hopefully, I've influenced a lot of people by exposing them to an area of their lives that they might not have been as interested in otherwise."

These accomplishments will be part of the legacy that Parker leaves. After his retirement,

Parker has considered getting work doing voice overs for commercials or television, but, for now he plans on taking a break before doing anything else.

"Even though I'm old, I'm still not that old, so I'm still very capable of going out [and] doing something else," Parker said. "I think it'll be fun to do something different after doing the same thing for a lot of years."

Very few people can say they know Sequoyah the way that Parker does. He has been with the school every step of the way, from unfinished construction to newly renovated halls. He has seen the community grow and the student body flourish. He has found success, both personal and within his department. He has impacted students and teachers alike. His 29 years at Sequoyah have been full of memories, but the time has come for him to take his final bow.



Before the sixth period begins, Mr. Gerald Parker goes over the assignment, which his class will need to complete. Parker took over the drama department in 2006. Photo by Keira Schroter.