



Dear Tower readers: remember, if you would like to submit a Letter to the Editor, we are always accepting them. See details on page 2.

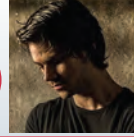
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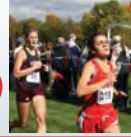
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## DACA At Adams

CLAIRE STOWE - REPORTER

“Sí se puede, yes we can!” cheered the students standing outside Adams on Friday, September 8. It was hard to miss the exodus from the classrooms. Over 100 students walked out of the building protesting President Trump’s recent decision to phase out the Deferred Action for Childhood Arrivals (DACA) policy in six months unless Congress can resolve the issue through legislation. This action caused the estimated 800,000 people nationwide protected by DACA to fear deportation, and outraged their many supporters.

When DACA was implemented by an Obama Administration executive order in 2012, it offered two-year protection to anyone under the age who 31 who had illegally immigrated to the United States when they were under sixteen years old. This action temporarily protected the affected immigrants from deportation, allowing them to continue their education and start careers.

Of these 800,000 recipients of DACA protection, or “Dreamers,” twenty to thirty of them are students here at Adams. Sophomore Cynthia Marin, one of these students, agreed to share her story. “My mom brought me here when I was nine months old,” she said. “She came looking for work [...] and crossed the border on foot. That’s how I came, and I’ve just been here all my life.”

Marin has only returned to her home of Michoacán, Mexico once in her life, when she was three, and has no memories of it. She has attended school in the United States her entire life, and overall, she feels that her experience has been normal. “Sometimes people [...] generalize the way I look, [...] but to my face has anyone ever said anything? No.”

Now she is worried about her future, but she can only hope that Congress will make the right decision. Marin says she was conflicted about the walkout because “people are going to be going out that don’t even know what it is or that don’t even care.” Despite her misgivings, she participated anyways, and believes “it did make a statement.”

When asked how she would respond to some-

one opposing immigration on the grounds that it takes away opportunities from native-born Americans, Marin said they are blind to her side of the situation. “I believe immigration is good for the country and both economically and morally right,” she said. “[Immigrants] are just looking for a better place to live, raise a family, provide for their family. It’s not like they come here demanding stuff; they work for it, and they don’t receive benefits.”

Marin has remained optimistic throughout all of these recent twists and turns and is determined to do everything she can to achieve her dreams. She is planning on attending college after graduating from Adams and has hope for the future. All her life she has had “to work a little bit harder than most people would have to,” and she will



continue doing whatever she can to accomplish her goals.

Although DACA was only implemented in 2012, there were several other previous measures taken to protect undocumented children. Spanish teacher Felix Marquez told his fascinating story. Born in El Salvador, Mr. Marquez came to the United States when he was sixteen “through the hard route. I walked, I took the bus, I took the train. I came with what is called a coyote, or smuggler. [...] In the country at that time we were having a civil war [...] and that’s why we [came to America]. It was either you stay and go fight in the war, or you just flee the country and go find a better place.” Mr. Marquez was granted asylum, and after living in the United States for

ten years with asylum and then another five as a permanent resident, he was allowed to apply for citizenship.

Mr. Marquez came to the United States speaking no English, and he feels this was the primary reason for the many hostile reactions he received. He told one story of an experience in a laundromat where a woman approached him, her face contorted in rage, and began screaming at him.

As an immigrant himself involved in a program similar to DACA, Mr. Marquez believes that the rescinding of the policy is unfair. “I don’t see how having DACA hurts this country, and I don’t think [the government can] explain how it hurts the country.”

The Adams community clearly felt very strongly about the decision to revoke DACA. In response to the decision, several seniors organized a walkout in protest. On September 8, many students came to school wearing black, the color agreed upon via social media only the night before. After 6th hour, students flooded the doors, walking past the school’s security and administration staff, and out to the corner of Mishawaka and Twyckenhaven Avenues. There they stood for 7th hour, holding “Defend DACA” signs and joining in various chants, making their opposition to DACA’s removal abundantly clear.

Opinions about the walkout among adults in the building were mixed. In an interview, Adams Principal Mr. Seitz said that “as a private citizen, I am very proud of the students for standing up for what they believe in. I am excited to see the students that we work with on a daily basis to be excited about a cause and stand up for it.” However, he also had several concerns about it. “As principal, I don’t support a walkout,” he said, citing safety reasons.

Mr. Marquez observed that “if [a walkout] is how they want to show their support, that’s their decision, so who am I to judge? [...] They felt, that by them doing that, they were being supportive, and I can’t judge their feelings.”

Mr. Marquez would also like the focus to remain on the Dreamers themselves. “We have to think about these kids,” he said. “And other than being kids, these are human beings, and they want what’s best for themselves and for their families.”

THE JOHN ADAMS

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*The Tower* is a student-run newspaper publication and a voice for the Adams student body and staff. Letters to the Editor must pertain to Adams lifestyle, student/staff opinions, or local issues. Letters to the Editor must be sent to jnowicki2@sbcsc.k12.in.us, or submitted physically to room 1831 or mailed to John Adams High School, 808 S. Twyckenham Dr. Letters to the Editor for Issue 3 must be received by October 6.

Editorials are written by the Editorial Board of *The Tower* (comprised of Kaity Radde, Casey Carroll, and Alicia Koszyk) and are designated as such.

*The Tower* thanks the *Herald-Palladium* for printing services.

We at *The Tower* also request that readers consider donating to help pay for the printing & production of our newspaper. Your donations will help the growth of a voice for the local community; your help and contributions are greatly appreciated.

# New Classes Offered At Adams This Year

CLAIRE HARGIS - REPORTER

Just as there have been in the years before, John Adams is offering new classes for the students to enjoy. This year, there are two; John Adams now allows students to take Indiana Studies, Arabic, and World Religion.

Indiana Studies is a history class taught by Mr. Ruml. Indiana studies teaches the students about United States history with a focus on Indiana. People who take this class should be interested in learning about how historical events and how they affected Indiana's hoosiers during their time. For example, the class discusses the impact of the Great Depression and the World Wars on Indiana specifically. It also discusses the Potawatomi Indians, but Mr. Ruml, the class's teacher, wishes that it focused on this subject more. Overall, if you wish to learn more about this state's history, then this class is for you.

John Adams is also now offering another language class option - Arabic. Arabic is a language class that was not offered to Adams students prior to this year, so it is beginner friendly, yet you will still be learning and progressing just like you would with a normal language class. Consider taking this new class option and learning a useful and interesting new language this year.

World Religions (IB SL) is another option for students to enjoy the 2017-2018 school year. This class takes an educational yet empathetic look at many of the different religions throughout the world. The students

will focus on studying Buddhism, Judaism, Christianity, Islam, and Taoism. The World Religion teacher Ms. Beatty said that "for each religion [they] focus on what followers believe, why they believe what they believe, and how they put their beliefs into practice." The World Religions class does this by reading books, watching presentations, and listening to guest speakers. Fortunately, I was able to sit in on one of the guest speaker's talks, and the speaker did not disappoint. The guest speaker was a Buddhist monk, and during this talk we meditated and learned about the Buddhist religion, all of which created quite a joyful experience. I would recommend this class to anyone interested in different belief systems.

Enjoy the new class options offered to you as a JA student this year, and continue to learn new things everyday.



## You're invited to a Five Guys fundraiser.

For one day only, we will receive a donation for every purchase made at the Five Guys store. Here are the details:

**Where:** Eddy St. Commons at ND 1233 N. Eddy St. South Bend, IN 46617  
**When:** Wednesday, October 4th All Hours of Operation

Five Guys will donate: **20% of fundraiser sales and an additional \$1 for every milkshake**

Please bring your friends.

After all, it's a chance for all of us to help our cause and enjoy great food.

**The John Adams Tower**

Purchase a Gift Card.  
Receive additional donations.

Notify cashier you are attending the fundraiser and make sure "Fundraiser" is on the receipt to receive credit for your purchases.

## JAHHS Band Wins Big at Recent Competition

JULIANNE GROHOWSKI

Here at Adams, we are lucky to have one of the most recognized and accomplished marching bands in the area. To be a part of this successful band takes a lot of hard work and practice; they start almost every day with zero hour and perform at every Friday night football game, no matter what the weather. Determination and commitment from all 80 members is apparent in their performances, and that is what makes them different from any other band in South Bend. For many years, the band has had a high set of standards that have been exceeded by each incoming class and will continue to do so.

Along with clearly being an excellent band just from Friday night performances, Adams is very well represented in the many competitions that the band attends throughout the year. Recently, the JA marching band placed first in the Class A division at Mixologic competition at Goshen High School with many other competing bands from around the northern Indiana area. This first competition was especially important for the Adams band because it was their first time competing under a new director, Mr. Rondfelt and Mr. Zolvinsky. Even though there is a new director and the dynamic of the band may be new this year, that does not stop the Eagles from pulling off the beginning of many wins for this season. Go Marching Eagles!

## American Assassin Movie Review

SIERRA WEAVER - REPORTER

In 2010, Vince Flynn released a prequel book to his popular book series following a main character with the name of Mitch Rapp, a CIA agent. In 2008, CBS Films acquired the rights to the series of books. CBS decided American Assassin would be the first of the books to be adapted into a film. The film was released on September 15 and stars Dylan O'Brien, Michael Keaton, and Sanaa Lathan. The movie is entertaining and has good acting, but it isn't the most original story.

The movie follows Mitch Rapp (Dylan O'Brien) who goes through a traumatic event resulting in the loss of his fiancée. After the event, Rapp becomes obsessed with getting revenge on the terrorists who caused the death of his fiancée. After setting up a meeting with the terrorists, he is taken in by the CIA and offered a chance to work on a special operations unit by Irene Kennedy (Sanaa Lathan). The unit is led by Stan Hurley (Michael Keaton), who trains Rapp and others interested in becoming part of the unit.

The acting in the film was strong with the exception of Lathan's character. O'Brien gives a great performance with his role as Mitch Rapp. The role was a bit more mature than his previous roles, and he did well playing an older character. Some of O'Brien's lines are on the cliché side, especially for an action movie; nonetheless, he delivers them well. Keaton gives a forceful portrayal of Stan Hurley. His character is interesting - and at some points, terrifying. Lathan does a decent job with some of her lines, but most times she could have used more emotion. Her acting makes her character seem very one-dimensional and boring.

The movie is definitely entertaining, but the story is un-

original. It has some good scenes in which the actors do a nice job portraying their characters' emotions. The action scenes are intense and easy to follow, avoiding some of the confusion that plagues scenes in other action movies. The second half of the movie is fast-paced as a contrast to the first half, which is more focused on introducing the characters and creating a good story.

While the film is entertaining, it is nothing action fans haven't seen before. Mitch Rapp has a backstory like many characters, following the general plotline of a character that has something traumatic happen to them, which causes the character to train and become a master fighter. The plot is similar to many past action movies, especially those with a bomb and a timer as the end scene in the second half. The story is full of clichés and tropes used in many past action movies, which makes the movie somewhat predictable. The movie is also lacking in character development, but if the other books in the series end up being adapted into films, character development could be part of the other movies.

Even with all the clichés and predictability of the movie, it was entertaining and fun to watch. The acting is good and the characters are interesting, even though they aren't the most original. The movie is a fun action thriller worth seeing for enjoyment purposes.



## A Historical and Personal Look on Russia and U.S. Relations

SETH KIRKPATRICK - REPORTER

Recent events relating to President Donald Trump and Russian President Vladimir Putin have made the history of the United States' relationship with Russia something worth discussing and remembering. The United States has not always had a stagnant relationship with Russia. In fact, the United States bought Alaska from the Russians in 1867, and during WWII, the United States worked with the Soviet Union to defeat the Axis Powers. Conflicts didn't truly arise until after WWII with the U.S.S.R as a whole. The conflict was then more complicated than country against country - it was a battle of ideologies. After the Cold War, relations with Russia have been somewhat up and down. One administration would try to work with them, and another would simply stay neutral.

During the election and now, Trump and his administration seem to have a strong liking towards Putin and Russia, which has some people raising their eyebrows. To get a more local understanding of public opinion on United States relations with Russia during and after the Cold War, I talked with two different teachers: Mr. Kingston, who teaches economics, and Mr. Cline, who teaches history. Both people had very interesting insight on the relationship between the two countries over their lifetime.

Mr. Kingston said, "We've gone from Cold War enemies that we need to get along with, then to Cold War enemies, then to sort of a friend, to now an enemy again [sic]. Growing up on an Air Force base in England that was a fighter and interceptor base, I quickly learned about the Soviets."

He then remembered the political situations during the Cold War and added, "In the late 70s they were the Cold War enemy that Carter tried to get along with.

Then Reagan came in and called the Soviet Union a threat... 'one that would end up on the trash heap of history.' Then Reagan and Gorbachev met in Iceland to try and come to terms. Even with this the Cold War began to thaw during Reagan's last few years. I do recall Reagan's speech in Berlin where he said 'Mr. Gorbachev, tear down this wall.' Indeed a few years later it did come down."

He continued, "Then Boris Yeltsin and the Soviet Union were no more. The Republics of the Soviet Union became independent. Russia was just a shell of itself and our relations improved. From the 1990s through 2004 the relations stayed pretty decent. They were almost not relevant anymore." In subsequent administrations, however - namely the later years



of the Bush administration and all of the Obama administration - relations became more turbulent.

He concluded with a recap of some recent events relating to the situation: "We stood by as Russia took over the eastern part of Ukraine after an internal dispute with that former Soviet Republic. As gas prices rose 2009 and 2010, Russia got a huge infusion of cash since they were selling oil. Everything seemed fine then. When Russia took in Snowden who had helped or was accused of hacking secrets... our relationship went south with Russia. Then Russia played the mediator in Syria and the relationship started to sour again. Not much of an issue till after Election 2016. Now Russia are bad guys again. It is funny since many of the ones saying 'Russia is bad' are the ones that accused

Reagan of not giving the Soviet Union a chance."

Mr. Cline said, "With Reagan it was 'out spend them,' as well as asking [everyone where they stood]. You were either with us or against us; there was no middle ground. Of course, The Reagan Administration was guilty of a few things, [...] the Iran Contra Scandal, for one thing, as well as giving socialists no chance to thrive."

Moving on to our relations and the progress, he added, "I think the relations are progressing nicely." He lists some examples - "The International Space Station and the collaboration there, they are in the global market and their hockey players come over here now. I think in my lifetime, overall it is progressing to the positive."

He then briefly discussed the troubles with Russia and the election. "It's not like we didn't dabble in other elections either. In the late 1940's we sent bags of money over to Italy and intervened in their election. So our hands have been caught in the cookie jar as well." He concluded by going over recent administrations and how they handled Russia diplomatically. "I would say during the Clinton years there was an opening up to Russia. As for the Bush Administration, well, we didn't really include them much. As for Obama, I think he handled Putin pretty well [...] he did what he could. Is Trump handling them well? He is turning

the screw a little bit tighter [...] I really don't know enough to say how Trump is handling the Russians well, he could have them in his back pocket or it could be the other way around."

It is quite interesting to see how divided Americans today look at the situation with Russia and Putin. One side wants Trump to work and cooperate with them, declaring that positive relations would be beneficial. Looking at the opposite side, there are claims of corrupt government officials and actions. It could be said that the Cold War is back, especially if one considers North Korea. Recent events seem to prove the saying "history repeats itself." We will all see what will happen next - will history repeat itself?

# iPhone Prices Soar: Has Apple Gone Too Far?

ALICIA KOSZYK - MANAGING EDITOR

This month, Apple debuted the long-anticipated iPhones that are expected to fly off the shelves this year. In celebration of their tenth anniversary, the new iPhone 8, iPhone 8 Plus and iPhone X are expected to be released on November 3. Since Apple unveiled the new products on Sept. 12, there has been some controversy about the price increase. The iPhone X starting price is \$999 with 64GB and increases to \$1,149 with 256GB. And if you're looking for a cheaper option, the iPhone 8 advertises at \$699 while the iPhone 8 Plus ranges from \$799 to \$949. Apple also offers their monthly payment plan, which would cost consumer's approximately \$56.10 per month for an iPhone X, \$45.75 for an iPhone 8 Plus and \$40.75 for an iPhone 8.

Consumers also have to include the additional cost for a plan, accessories and a warranty. After hearing the price for the new iPhones, Senior Lena Gonzalez said, "It is extremely ridiculous to spend that much money on a phone when it can be put to a better use. It's basically the same iPhone with a few more things."

Senior Olivia Downey agreed, "I would not upgrade unless it came with my plan because it's a waste of money. Think of how much food you could buy with that amount of money." However, Apple CEO Tim Cook guarantees the iPhone X will be worth consumers' money. When unveiling the news at the Steve Jobs Theater on the Apple Campus, Cook revealed some of its features, which include a high definition OLED screen, Face ID, a thinner redesigned look, Animoji, and wireless charging. One of its biggest features is the face recognition. Instead of using the fingerprint sensor, a dot projector maps your face and unlocks your phone. In addition, Apple also claims that it can still work if you're wearing sunglasses or if you change your appearance, like getting a haircut or growing facial hair. Another feature added is the Animoji, which scans 50 of your facial movements and uses an emoji to mirror your expressions. These emojis can then be sent through the Message App.

Even though Apple is including many of these new systems to improve the iPhone, there also have been more noticeable drawbacks. During the announcement at the Steve Jobs Theater,

Senior Vice President of Software Engineering, Craig Federighi had trouble with the face recognition. In the live demonstration, there were some failed attempts and Federighi had to enter his passcode. Due to a bigger OLED screen, many consumers disapprove of not having a home button. Apple users will now have to get used to swiping the screen upwards from the bottom to return to the home screen. Consumers will only be offered two colors for the iPhone X: Space Gray and Silver. And although the iPhone is built with better material, both sides of the iPhone will now be glass, so Apple users will need to have an iPhone case. In addition to a later release date, Consumers are expected to have delays in shipping because of a short supply in the OLED screen. Many retailers also expect that the iPhone will constantly be out of stock until Black Friday.

## One Million Cups

CASEY CARROLL - ASSISTANT EDITOR-IN-CHIEF

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# Foo Fighters Create a New 'Golden' Standard with New Album "Concrete and Gold"

RYAN DOWNEY - REPORTER

Having not released any new music in three long years, the king of classic alternative bands had to remind the world that they aren't anywhere close to being finished. The Foo Fighters' ninth studio album was first teased in June with a music video for their second track named "Run." As of September 28th, the video already has 16.5 million views on YouTube and has received nothing but positive and encouraging comments from the music community. The band decided that unlike many other older bands that released a new record (i.e. Blink-182, Green Day, Metallica, etc.) that they would not go "back to their roots". After finding a new producer for the album, they wanted to create something that was entirely new and different than anything they have ever done. This album represents everything they wanted it to be.

Dave Grohl, the singer and guitarist of Foo Fighters said in an interview, "It's clear that the songs that we have are going from Foo Fighters' songs to something bigger than we've ever done before in our entire lives." For this album, the band collaborated with multiple popular artists that they encountered in the studio. This list includes Justin Timberlake, Shawn Stockman of Boyz II Men, Inara George, Alison Mosshart, Dave Koz, and Paul McCartney of The Beatles. Their producer - Greg Kurstin - has worked with several phenomenal artists including Sia, Adele, P!nk, and Kelly Clarkson. Dave Grohl, who is also the former drummer of Nirvana, definitely incorpo-

rated heavy punk roots into this record. If "Concrete and Gold" can tell the world anything, it is that the Foo Fighters are here to stay.



## Brady's Books

VALENCIA RANDOLPH - REPORTER

The JA library gets a monthly shipment of 13 to 15 books that are from 17 different categories. These five books are among them and waiting to be checked out:



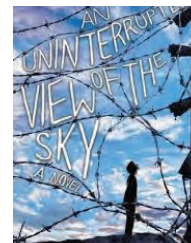
### **Hunted by Meagan Spooner**

Meagan Spooner spins a thoroughly thrilling Beauty and the Beast story for the modern age, expertly woven with spellbinding romance, intrigue, and suspense that readers won't soon be able to forget.



### **The Hate U Give by Angie Thomas**

The Hate U Give is a young adult novel by Angie Thomas, and it follows a protagonist drawn to activism after she witnesses the police shooting of her unarmed friend. This book is also being adapted into a movie.



### **An Uninterrupted View of the Sky by Melanie Crowder**

Modern history is unearthed as a boy becomes an innocent victim of corruption in Bolivia's crime world, where the power of family is both a prison and a means of survival.



### **The Lines We Cross by Randa Abdel Fattah**

An Afghani-Australian teen named Mina earns a scholarship to a prestigious private school and meets Michael, whose family opposes allowing Muslim refugees and immigrants into the country. While Mina and Michael's attraction seems at first unlikely, the pair's warmth wins out, and readers will be swept up in their love story and will come away with a clearer understanding of how bias permeates the lives of those targeted by it.



### **The Takedown by Corrie Wang**

Kyla Cheng is on track to be valedictorian, she's president of her community club, and a debate team champ. Kyla's even managed to make it through high school completely unscathed. But a week before college applications are due, a video of Kyla "doing it" with her crush-worthy English teacher is uploaded to her school's website. It instantly goes viral, but here's the thing: it's not Kyla in the video.

**Head to the library and be the first to read these and other books!**

## SENIOR SPOTLIGHT

# Logan Reimbold-Thomas

SAMI MIRZA - REPORTER

Logan Reimbold-Thomas began running six years ago, exceptional in the way that all athletes aspire to be. Initially, he began the sport to condition for soccer, and then he transferred to the sport full time. During middle school, he either won or was the runner-up in all but two meets.

His high school career began well, running a time of 19:17 for the five kilometer race his freshman year. He continued to improve in following years, dropping down almost a minute to 18:19 by his sophomore year. His personal record of 17:34 was achieved at Regional Championships last year. His performance during track season was just as commendable. His 4:36 mile at the Northern Indiana Conference [NIC] Championships last spring earned him a 2nd-team All NIC spot.

This season, he would have been defending the top varsity spot had injury not struck when it did. Shin splints, the bane of any runner, is a blanket term for any pain one feels in the tibia or shinbone. It is caused by

any number of things, from a runner's foot landing wrong, to more serious cases, such as Reimbold-Thomas'.

Sidelined for much of the early season, he maintained a strong presence at meets, taking splits (how fast each runner runs one kilometer), and often losing his voice cheering on his teammates. He ran once more at the City Championships and then again at the County Clash against Elkhart County, clocking a time of 19:02. Recently at the New Prairie Invitational, Reimbold-Thomas finished with a time of 18:51. However, he is still not entirely healthy.

"It's still shin splints, but at this point it's either losing the season [to injury], or running with an injury," he said. Reimbold-Thomas has gone to the Regional Championships three times throughout the years, and he is ready to take JACC there once more, injury or not.

Off the course, Reimbold-Thomas has made an impact as well. He is a member of Student Government and the National Honor Society, showing his involvement in both his school and the community at large. Last year, his Mock Trial team won the Regional competition at Penn High School and placed third at State. In addition, Reimbold-Thomas was one of the organizers of the controversial walkout in support of the Deferred Action for Childhood Arrivals [DACA] legislation.

## Adams Students and Their Experiences Around The World

CLAIRE HARGIS & JULIANNE GROHOWSKI

On September 20, a group of five students gave a presentation on the experiences they had while traveling with the IUHPFL program. IUHPFL stands for Indiana University Honors Program in Foreign Languages, and it gives students the chance to travel to foreign countries and immerse themselves in the culture and language they choose. Students have the opportunity to travel to Spain, France, Japan, Mexico, China, Austria, Chile, and Canada.

The students who presented - Zoe Gezelter, Matthew Peterson, Naomi Freel, and Elliott Zyniewicz - traveled to Spain, Mexico, and Chile, respectively. According to the presentation, students stayed with their host families for six weeks and were only allowed to speak the country's native language. Students were given an hour of screen time every week to talk to their parents - they were not allowed to have a cell phone with them on their trip.

During their stay they attended school four days a week, went on "excursions" to historical sites in their countries, and spent time in the local areas. All five presenters said that they had a great learning experience and that they felt more fluent with the language after their stay. Within the presentations they encouraged lower level students to consider traveling with the program.



# SENIOR SPOTLIGHT NIKI HAKIMZADEH

KAITY RADDE - EDITOR-IN-CHIEF

Niki Hakimzadeh, the girl's cross country captain and one of Adams's best cross country runners, has been running competitively since fifth grade - making this her eighth season. This means that cross country has been a part of nearly half of her life. Yet she hasn't gotten burned out in the slightest.

"I've fallen in love with both running and my cross country teams," she explained. "Cross country and running in general has [sic] become a part of who I am, and I couldn't ever see myself walking away from it."

Niki started her high school career on Varsity, which she remembers as "surreal." Her freshman season was good, but her sophomore year presented more of a challenge - "I kind of ran into a rut. I stopped [getting personal records (PRs)]; people that had never beat me before were smoking me, and my self confidence was

kind of shot." Her team and their bond, though, got her through those times when it was hard to find motivation, and it turned out that there had been good reason for her problems. At the beginning of last year, she found out that she "had iron deficiency anemia, and once I began taking iron supplements and changing my diet I immediately improved. I [...] PR'ed for the first time in over a year." After that, things looked up, and she "ended the season with a 20:34 at semi-state and placed third on the team, and it was just amazing to see how far my hard work brought me."

She says that her biggest accomplishment during her time at Adams has been "making it to semi state last year. [...] It was the first time that the JA girls team had made it since 2005."

Hakimzadeh has been a captain since her junior year. Any leadership position, of course, changes your perspective and the way you approach the activity you lead. She agreed with that sentiment, saying, "I think that it helped me develop as a person [...] and] learn the importance of a team."

Hakimzadeh mentioned the team aspect of the sport quite often. Cross country is an individual sport, but

*"It's easy in sports like cross country and track to get caught up in yourself, but it is so important to learn that the best way to succeed in cross country is to work as a team."*

the team coherence is extremely important to the whole team.

"One of the things about cross country that I really think separates it from other sports is the team atmosphere. We work really hard to develop a bond and create a family," she explained. "It's easy in sports like cross country and track to get caught up in yourself, but it is so important to learn that the best way to succeed in cross country is to work as a team."

This becomes especially clear when you understand how scoring and winning at meets works. The top five runners are used to calculate the team score, and the lowest score wins. The closer the runners are to each other, the higher the places and the lower the score, so "a success for one teammate is a success for all." All of the runners have to be able to work together.

Obviously, this is Hakimzadeh's last year running at Adams, and for someone who is so close to her team, she is leaving a lot behind. She says she will miss the everyday interactions and practices with her teammates. She emphasized the importance of the "little things, like the girls sleepover and the camping trip," and that she would miss those the most.

To conclude, she said that she would tell all future Adams runners "to never give up on yourself. Cross country is a mental sport and if you believe you can get that PR, [...] you're already halfway there."

