The Swim Team won their state conference late in the 3rd quarter. The Wingspan interviews Junior Josh Murray and senior Ryan Van Der Poll on their thoughts over the season in general and more specifically, their win at their conference in Greensboro, North Carolina.

**Question 1:** What were your expectations going into the season?

Josh: So we were runner-ups for the state last year, it was a very close point differential and what we were looking for was a state title. We were expecting it since we had not lost any of our key main swimmers, so we were very excited and
hoping for that state title. It was our goal, our reach, and being conference champs would be very nice, beating CCS as well, lots of benefits.

Ryan: I just wanted to get fit for golf-season and spend more time with Justin because he said swim team was fun. He also told me that we might win state which made me join.

**Question 2:** As for early morning practices, did you think they were good, bad, what are your thoughts on them?

Josh: Well, they definitely woke me up. I was a lot more alert when I was swimming. And they also made me more alert for the school day like for my 1st period APLANG class wth Mrs. Howard. So they were exciting, got to go to Chick Fil’ A before school so that made things easy. Overall, very beneficial and getting up early wasn’t that bad.

Ryan: I’m a morning person so I like to get up early. So it wasn’t hard for me and, like Josh said, you’ve had an hour of exercise and a shower so you just felt good and ready for the day.

**Question 3:** What time were your early-morning practices?

Josh: Six to seven, so I got up around five in the morning and make sure I have everything.

Ryan: I get up at five-thirty, I think I live closer than Josh.

**Question 4:** What were your exact thoughts when you figured out you won?

Josh: So there are two circumstances: one of which is when the announced the second-place and they announce the winners in reverse order. Second-Place was Christ the King so we were knew it was coming. We know we would come in first and when they announced GRACE Christian we all got very excited. Gave Ryan a hug, it was cute.

Ryan: It was good. When they announced Christ the King came in second we all screamed initially and we stopped ‘cause we didn’t win yet so we tried to be polite to them since they were right next to us. After we won, we screamed and shook their hands. It was nice.

**Question 5:** This question is more for Josh, what are you expecting for next year’s season?
Josh: I don’t think as a team we will be as strong since we are losing a lot of key figures like Justin, Christian, Ryan, and Eric to name a few. That’s a lot of our team. You know, I’d still love for us to win again at conference next year but it’ll be a completely new experience.

20 Time Projects
By: Santoro Giuggio

For the past school year the 10th graders in Mrs. O’Brien’s English classes have been working on an individual project called “20% Time.” If you remember, last semester they held a fair in the chapel room to show off what they were working on and their proposed ideas. This past quarter they have been working to actually make their ideas happen. Here are some project highlights Santoro Giuggio reported on.

Interview #1: Jessica Regehr

Question One: What is your project about?

For my project I am writing and illustrating a children's book. I am also researching how you could become a published author and sharing that with my audience.

Question Two: What motivated you to choose this topic?

Ever since I was a little girl I was a voracious reader, and I just loved to write as I grew older and it was a goal that I’ve had since I was in middle school and I’ve never had time to do it. I saw this as an opportunity to do something that I never thought I’d have an opportunity to do.

Question Three: How might your work benefit others?

This past week, Teen Tech week was hosted by Mr. O’Brien, the GRACE Librarian, during lunch. So we asked him a few questions reflecting back on it.

Question #1: Teen Tech Week, what is the inspiration behind it?

“The inspiration behind Teen Tech Week is to get kids excited about technology. In a school that is heavy with its use of technology, a lot of times you don’t think about how you’re using it in the classroom, but Teen Tech Week is a dedicated time to get excited about the fun aspects behind using technology and learning about it as well.”

* Continues on page 4
I want my work to be able to inspire people to be able to try and to reach goals that they are told they can’t accomplish because they don’t have time and they don’t have the skill for it. And I don't have a lot of artistic ability so me doing my own illustrations speaks to pushing your own creative limits.

**Question 4:** How has your project helped you accomplish personal growth?

It’s really, like I said before, helped me be pushed out of my comfort zone. Working with illustrations is something that definitely isn't one of my strengths so it helped me to stop pursuing perfection and just put my ideas on paper no matter what they were.

* Jessica’s story is titled the *Sorta Kinda Pet Show*. The book features elements of problem solving and creativity.

**Interview #2:** Lela Arruza

**Question One:** What is your project about?

I am collecting and donating warm winter clothes to some of the homeless in the downtown Raleigh community and I have sent some clothes up to New York as well.

**Question Two:** What motivated you to choose this topic?

I’ve done several service projects with my small group at church and I wanted to try creating my own.

**Question Three:** How might your work benefit others?

My project is providing warm clothes for some of the homeless and poor in our own community so it helps in that way.

**Question Four:** How has your project helped you accomplish personal growth?

It helped me strengthen my communication skills with others and helped me practice not to procrastinate on my work.

**Interview #3:** Lisa Scheiern

**Question One:** What is your project about?

I’m doing five first aid tutorials teaching people about first aid and how to handle different situations.

**Question Two:** What motivated you to choose this topic?

My mom’s a nurse and I’ve had a huge medical background in my

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**Teen Tech Week Recap**

By: Seeby Earle

* Continued from Page 3

**Question #2:** Reflecting back on the projects and events, what has to be the most interesting thing about Teen Tech Week to you?

“It’s hard to pick a most interesting one because each day catered to a different kind of interest. Like, the Maker Faire day was a display of projects you created on your own. The coding day was a nice and easy introduction to that. The Lego Robotics day was for kids, who obviously, would be interested in robots and in seeing how those are built. Then you could control the robots you built with computer or wireless devices. The tech deconstruction day, and I think that would be my favorite day if I had to pick a favorite, was inspired from, ‘Hey, we have a bunch of old stuff that doesn’t work, let’s just tear it apart and see what’s inside of it,’ so we looked at what made it work, see what we can reuse, and just learn more about something from the simple joy of deconstructing it.”
family. My sister is training to be a nurse, my younger sister wants to go into medical administration.

**Question Three:** How might your work benefit others?

It will teach people how what in certain situation and how to react and how to help someone rather than just freaking out, standing there and feeling like they can’t do anything.

**Question Four:** How has your project helped you accomplish personal growth?

I think I’ve grown in the procrastination area because it took me a while to get started but once I did I started setting goals and boundaries and guidelines.

**Interview #4:** Victoria Schenck

**Question One:** What is your project about?

My project was creating a habitat for humanity club and my goal was to complete one community service project per quarter.

**Question Two:** What motivated you to choose this topic?

There’s a special place in my heart for volunteering. I love giving up my time and using it for the good of other people. I thought this was a great way to incorporate that love into a project and let other people experience that, too.

**Question Three:** How might your work benefit others?

Very directly since Habitat does a lot of home preservation and building. We are directly impacting lives by fixing homes and building homes.

**Question Four:** How has your project helped you accomplish personal growth?

I’ve really gotten to see parts of Wake County that I didn’t even know were there, and I’ve gotten to establish relationships with different people. While I was in the club and fixing their homes I was able to grown in relationships.

**Student Spotlight: Sophia Czekalski**

**By:** Sarah Mitchell

Sarah Mitchell, our new Middle-school reporter, interviewed chapel singer and guitarist Sophia Czekalski. This new series, “Student Spotlight,” created by Sarah, is aimed to highlight the achievements of students outside of the classroom.

**Question #1:** How did you get into singing?

When I was around four years old, my cousin sang *Complicated* by Avril Lavigne in her school talent show and I loved seeing my role model up there so much singing that I decided to memorize all the words, and ever since then it’s just been a part of me.
Question #2: What do you like most about singing in general?

I love that you can relate to other people, express your own emotions, and tell a story.

Question #3: What have been your biggest challenges?

This is going to sound really silly, but I have really really small fingers and hands and some of the chords on the piano and guitar have been really hard for me to do and learn and place but I’ve been improving.

Question #4: What does a successful song look like to you?

To me, it looks like a thought process. If you can that someone has put in time and emotion then I see it as a successful song. There is something musicians call the “Song Writing Formula,” which correlates to the National Number System and it tells you in what key do certain chords sound good when making a song. And you can have the most simple songs have two chords out of that system or they can be a bunch of variations between flats, and sharps, and minors but what I think unites the two songs on either end of that spectrum is emotions, feelings, and what you want to put into the song. I think that a song that someone truly cares about and wants to promote and put out their full heart and soul into is successful. But obviously it has to be something the public will like and not just random screaming or weird words over and over again.

Question #5: How long have you been singing in chapel?

Well, this is my second-year, more like a year and a half, but I’ve only been lead singer for about half a year. During the beginning of the year with all the set-up going on in the chapel space and a bunch of technical difficulties, we’ve had weeks on and off so I was never the official lead singer, but Jordan, our chapel band teacher, asked me to about four or five months ago. Around October, however long ago that was.

Question #6: How would you describe singing on stage?

I absolutely love it. I get super nervous right before I’m about to sing but once I start, everything just plateaus. I feel totally okay again and I just realize I’m doing what I love and these people enjoy hearing it and it makes my heart happy.

Question #7: Where have you performed?

I’ve actually performed at the North Carolina Museum of Art and I did a showcase there where I performed a couple of original songs and a few covers. And I’m song writing now so I really hope to get out an EP or a shortened album by the end of the school year. I also perform in little restaurants like Patrick Jane’s near Trader Joe’s in Cary and at random showcases for my guitar teacher at his music studio.
Godzilla Comics:
By: Lee Robinson

Teacher-of-the-Month [April and May]
The Teacher of the Month contest will continue in our surprise issue coming next week so stay tuned!

Shout-out to a student: Brad Clarke
Shout-out to Brad Clarke who designed the Swim Team Graphic on the cover page. Pretty awesome of him!

Meet the Staff:
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Also, email us if you want to write for your paper! We are always looking for new viewpoints to showcase.