



DE EQUITIBUS

INSIDE



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Staying true to original mission key to being top school

By Clara Moffitt

To two long-time faculty members, Mrs. Nancy Calahan and her son Mr. Nate Calahan, *Newsweek's* ranking of Tempe Prep as Arizona's No. 1 high school is no surprise. Both say TPA has remained steadfastly true to its original mission when it opened its doors 20 years ago.

Newsweek magazine uses SAT and ACT scores, student-to-faculty ratio, graduation rate, and college enrollment rate, to determine the rankings of the nation's high schools.

Mrs. Calahan has been at our school since it opened in 1996. She began as a parent volunteer, starting the hot lunch program and the Parent Advisory Council until she was asked to work in the Athletic Office. Then, one thing led to another, and now she teaches English full-time.

"When the school first started, it was definitely unique in the sense that it gave students a different option," says Mrs. Calahan. Since then, there have been many schools established that are similar to TPA, "but we have stayed true to [our] mission; we value a small class size, and we are still rigorous. We have teachers dedicated to their profession and they know what's important," she says.

Mrs. Calahan explains that Tempe Prep has enhanced the use of technology in our curriculum and brought more attention to how our students, with our outstanding liberal arts curriculum, can take advantage of great college and scholarship opportunities with the help of our College Counselor.

Mr. Calahan has also been at TPA for a very long time. He first attended the



Mrs. Nancy Calahan



Mr. Nate Calahan

school in its second year, 1997. Mr. Calahan has seen Tempe Prep grow in terms of size. It used to be much smaller and was at a different location. In its first year, it was also limited to grades 7-9. Now, of course, we have not only expanded our high school, but also our middle school by adding 6th grade. Mr. Calahan believes that Tempe Prep distinguishes itself from other schools by teaching how the idea of "the human experience isn't just able to be described in a factual way but also an artistic way" and that, "the only way to understand truth is to understand it from a variety of perspectives."

One of the criteria in *Newsweek's* ranking methodology is students' "college readiness" as determined by their ACT and SAT scores. According to TPA's College Counselor, Mrs. Moffitt, "Tempe Prep students score well above the national average on these college admissions tests. Our students are phenomenal. When they put a genuine effort and sense of wonder into their learning and studying, that shows on their excellent standardized test scores."

Another factor that *Newsweek* takes into consideration is the number of students who graduate. Mrs. Calahan recognizes that students stay at Tempe Prep because

they know that their teachers care for them. "We want to help students who are struggling. We don't want them to fall through the cracks or feel like they are lost in the masses; we want to see them succeed," says Mrs. Calahan. She believes that when students feel this, they really do want to stay at the school.

What do the rankings mean to our teachers? Mr. Calahan hopes to continue to work to make "TPA better than it has ever been. Rankings are a

wonderful way to communicate that there are things we do well as a school, but I never want people to look at Tempe Prep as something that is fully formed. We cannot think of Tempe Prep as being 'perfect.' We must ask ourselves, 'What are we doing, what are we doing well, and what could we be doing better?'"

Tempe Prep's Headmaster, Dr. Porter, is pleased to see that we are being recognized for our excellent work in preparing our students for college and for life. He says, "We work very hard to help our students think about and analyze their thoughts about what they are learning... The liberal arts education we offer does not emphasize one subject as being more important than another. To be well educated in the tradition of the West, a student needs to be immersed in all of the subject areas we teach and asked to think deeply about them."

Overall, Tempe Prep's faculty is extremely proud of this small school that has managed to stay strong for 20 years and rank 1st in the state and 15th in the nation. Mrs. Calahan sums it up: "I think the ranking just confirms that we are the mother ship, and we're doing it right."

There's a TPA club to match every student's interests

By Lindsay Newfeld

While Tempe Prep may be one of the smallest schools in Arizona, it is among the best in the state, both academically and athletically. The same goes for our wide array of school clubs and extra-curricular activities. From Cantamus to French Club to Speech and Debate, Tempe Prep has it all.

Joining clubs on campus is a great way to meet new people in other grades that you might not necessarily interact with otherwise. These clubs are also a fantastic opportunity to learn and experience a variety of different subjects that aren't generally taught in the classroom. Additionally, the school year has just started, so this is a great time to join new clubs on campus!

For high school students, Tempe Prep has foreign language clubs associated with each of the languages offered at the high school level: German, French, Spanish and Latin. You also do not necessarily have to be in a certain language class to join that specific club.

Some fairly new clubs have also returned to campus for another year, including the Environmental Club, HOPE Crew, and Herstory Club. All three of these clubs were first introduced last year and were received so well by the student body that they have returned.

High school students who are ready for larger time commitments can also look into joining our FIRST Robotics team or our Speech and Debate team. Both of these clubs compete with other schools from around the state and require much time, effort, and commitment in preparing for those competitions. While these two clubs may sound intimidating, they are both open to all students

Do not be afraid to join a club you are interested in. They are all open to new members and create a very welcoming environment for newcomers.

in grades 9-12. You do not need to have any sort of prior experience or knowledge in order to join them. As long as you are interested and willing to work hard there will always be a place for you on the team!

There are also many clubs on campus that are open to both junior high and high school students. Newspaper and Yearbook are both great opportunities for students interested in journalism and photography. Odyssey of the Mind and Art Club are also open to all Tempe Prep students and are geared towards those who wish to express themselves in more creative ways.

Those students who are more musically inclined can join Beginning Strings, for students who have little to no experience playing a musical instrument. The Sinfonia Orchestra is also open to all students in grades 6-12 who have more knowledge in playing their instruments. Junior high students also have their own VEX Junior High Robotics team, which competes separately from the high school team.

If you are interested in any of these clubs, their meeting times can often be found on different flyers around the school. You can also speak to a person you know is already in that club and talk to them about joining, or seek out a teacher you know to be involved with the club. Once you have decided you wish to join a club, make sure to sign up and register on the Tempe Prep website.

Extracurricular activities are an integral part of Tempe Prep; do not be afraid to join a club you are interested in. They are all open to new members and create a very welcoming environment for newcomers!

De Equitibus

www.DeEquitibus.com

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Anyone interested in participating is invited to attend.

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Art Club has broad palette of projects

By Cole Klassen

Art Club is starting up again this year, and it's coming back in a big way. "We have five times the students we had last year," says Mr. Savaglio, one of the art teachers and the head of Art Club. "As a result, we are able to work on more projects at once." The projects range from improving the Michelangelo mural to designing the cover of the yearbook and even to adding more colors and textures to the German room (pictured at right).

In Mr. Veenstra's room a unique art project is going to be happening. Art Club members are asking every TPA teacher, who was the most influential figure for them. Then, the members are going to draw 11-inch by 14-inch portraits of those influential figures. The portraits are going to be displayed on the wall of Mr. Veenstra's room for all of us to admire.

And if all of that isn't enough, Art Club has another project up their sleeves. Inspired by an art exhibit seen by TPA's own Mr. Granville, "Art Club is going to give a teacher, starting with Doc (Hickernell), a canvas with chalkboard paint which they can take notes on. The day they receive it, they will write all of their notes on it. Art Club will then take it and turn it into a permanent art piece," Mr. Savaglio explains.



The project is going to be a great way for TPA teachers to express their unique personalities and styles.

Art Club is working on a large amount of projects, but they are definitely able to handle it. If you are looking to join Art Club or just would like some more information, contact Mr. Savaglio or attend an Art Club meeting on Thursdays. Enjoy and happy creating.

Tempe Prep welcomes three new teachers this year



Ms. Kuntzelman

By Rachel Dinh

Meet Ms. Kuntzelman, one of the newest teachers at TPA. Ms. Kuntzelman has been a teacher for about 19 years, with sixteen of those years spent in an after-school enrichment program. Now, she teaches 7th grade English and 10th grade Humane Letters at Tempe Prep.

Growing up, Ms. Kuntzelman didn't always want to be a teacher. She explains, "I wasn't interested in it because both of my parents were teachers." Little did she know, she would end up having a Bachelor's degree in History of Science and Technology in Western Civilization from Northern Arizona University and a Master of Arts in Philosophy from the University of Texas.

She recalls the variety of jobs she held after college. "I realized I was always teaching in whichever job I had. I guess I couldn't deny the calling." She first encountered the Great Hearts Schools from the after-school enrichment program, where she talked with students and faculty from Veritas, Scottsdale Prep, and Tempe Prep. She noticed that the Great Hearts Schools constantly provided an outstanding curriculum, and "the faculty reminded me of the academic, collegial fell of grad school." Her goal to one day lead discussions at TPA was fueled by a belief that education should always have a focus on the liberal arts and Western tradition.

Ms. Kuntzelman is an avid rock collector and animal lover. She especially likes horses and has four cats named Hal, Moshi, Bonnie, and Pearl. She enjoys walking everywhere, with some of her favorite places being Tempe Town Lake and Mill Avenue.

And guess what? She's played the acoustic guitar in a punk/heavy metal band! She met some musicians that lived in her new apartment complex and they played together for seven years, until she moved to Tempe. The name of the band, The BT's, comes from the prophecies of Nostradamus, in which the Antichrist will be recognized by his blue turban.

Welcome to the TPA family, Ms. Kuntzelman!



Mrs. Hunt

By Maya Kostov

This year at Tempe Prep, we have a new 7th grade teacher in our midst. Her name is Mrs. Hunt. Mrs. Hunt graduated from ASU as a psychology major with a background in science. She went back to school to get her teaching certification because she knew she had always wanted to teach.

Before TPA, she taught 9th grade Biology and 7th grade Algebra at Chandler Prep and Scottsdale Prep. She also taught 8th grade science at Aprende Middle School in the Kyrene School District.

She came to TPA because she saw that Dr. Porter became the headmaster and really admired him. Mrs. Hunt says, "I love science because it is very hands on, you learn by doing. Science is not just memorizing facts, but a dynamic process of discovery and constructing one's own understanding about the world with the information and tools we have."

Mrs. Hunt chose to teach 7th graders because they have a natural curiosity and love to learn about how the world works and their place in it. In her spare time, she loves to read and hang out with friends. Mrs. Hunt is married and has one daughter who is a hospitalist at Banner Good Sam.

Mrs. Hunt is an amazing teacher and Tempe Prep is honored to have her teach here.



Ms. Heyer

By Jasmyn Genchev

Meet Ms. Devra Heyer, Tempe Prep's newest 6th grade science teacher. She has a chemistry/bio major and an education minor from the University of Texas, and knows how to teach several different grade levels.

Ms. Heyer had her first teaching job at the age of 19, where she tutored kids to help them get ready for college, kicking off her career as a teacher to a great start. After a friend of hers, who had already been teaching and living in Taiwan for a year-and-a-half, encouraged Mrs. Heyer to apply for a teaching opportunity in Taiwan too, Ms. Heyer decided that, "I lived in Texas my whole life, I should move." Sure enough, she was interviewed and requested to come as soon as possible.

In Taiwan, Ms. Heyer taught both speech and conversation to high school students and math to the middle school students ages 7 and 8, at an elite private boarding school (with its own train). "I was impressed with how brilliant they were at math even though they were required to be taught in English," Ms. Heyer said.

Even in her spare time, Ms. Heyer enjoys science oriented activities such as gardening and mapping caves. During her time in China she had an amazing opportunity to explore Er Wang Dong, the largest cave in the Wulong Karst region in Chongqing Municipality China, as well as the nearby San Wang Dong. One of them just so happened to be a location where *Transformers: Age of Extinction* was filmed.

When asked why she finds science so fascinating and why she enjoys teaching the subject, she replied, "Science was the only subject I couldn't teach myself, so I wanted to share my love for it with others." Now living only 3 miles away from school, and with no car, Ms. Heyer rides her bike everywhere, traveling about 15 miles an hour.

As devoted as Ms. Heyer is to what she teaches, I'm sure she will have a very successful career at TPA.

You'll find more at
deequitibus.com
 including:

Ms. Heyer's caving photos
 More football game photos
 More volleyball photos
 Link to the *Newsweek* "Best Schools" article
 Art section
 Literature section

Mr. Ditsworth unearths family treasures

By Jasmy Genchev

Most people know Mr. Ditsworth as the math teacher who always has a story to tell - whether it's about fly fishing, his adventures in Hawaii, or his brother's rats, Buzz and Click. But many have no idea about the precious artifacts dating back to the 19th century that passed down through his family tree.

It all began when Mr. Ditsworth's great grandfather, Irving Hart, purchased land and built a cabin in the 1940s on the western shore of Big Sandy Lake, Minnesota. The area was a known location of a French fur trading post in the 1800s. It would have once allowed trade between fur traders and the Ojibwa and the Chipewya Indian tribes (or any other tribes that may have passed through the area).

Around 1959, Mr. Ditsworth (then, 4 years old) remembers visiting his grandfather on the shore. Mr. Hart and several other of his family members found many Indian and French fur trader artifacts on that land during the 1940s and 1950s. Mr. Ditsworth's brother John recalls finding pottery at several locations.

"I do remember going out on the lake and sifting dirt through a sieve looking for Indian beads," says Mr. Ditsworth. Besides finding beads and pottery, he is sure his family found Indian arrowheads, musket balls of lead, and probably some iron workings "but nothing too exotic like a Tomahawk!"

One of Mr. Hart's sons, Evan Hart (Mr. Ditsworth's great uncle), was a commercial artist. "I remember meeting him twice in my lifetime, once at the Sandy Lake cabin," Mr. Ditsworth says. "He was a very talented artist and a wonderful storyteller." In 1954, Evan Hart cast "fur trade

silver" crosses (only made with lead instead of silver) as replicas of the ones traded for fur pelts with the Indians. Now days, prices for actual fur trade silver can range from \$45 to \$1,200 depending on the shape and design of the "jewelry."

Around the same year, Evan Hart also made and gave a hand crafted treasure box, designed after Treasure Island, to his sister Elizabeth Hart (Mr. Ditsworth's great aunt). He filled the box with many items including the lead fur trade crosses and various maps of Treasure Island that he drew when he was growing up. In the 1970s, Mrs. Hart passed down the treasure box and everything inside to Mr. Ditsworth because he had shown a lot of interest in it when he was younger. It is a treasured family heirloom.

In the 1930s, Mrs. Hart made a rubbing of Sir Robert de Bures (a medieval knight from the 1400s) when she taught English in England, back when brass rubbings (a picture created by rubbing with charcoal or a crayon a paper placed on top of an etching) were very popular. When she passed away, Mr. Ditsworth misplaced the rubbing, so when he took a trip to Scotland with his father in 1998 he wanted to



Mr. Ditsworth shows off his treasure box and his rubbing of Sir Robert.

make his own rubbing to replace hers. While he was there, Mr. Ditsworth found a place in the middle of downtown Edenborough where he could make a rubbing for about \$10, with provided paper and black crayons. It took Mr. Ditsworth and his father over an hour to make a 6-foot-tall rubbing of Sir Robert's brass, etch plated crypt. He later painted the rubbing with polyurethane to preserve and give it an "antique" look, and mounted it on a frame.

"It was still fun to see Sir Robert," says Mr. Ditsworth.



Well-planned college visit can be crucial to landing your first choice



The 2016 Senior Class show off their impressive college acceptances. Achieving ambitious college plans is a long-held tradition at Tempe Prep that requires planning as well as hard work.

By Katherine Camberg

Right now, our high school students are starting to consider what colleges they are interested in. Many students will attend college information sessions and college visits, and take tours of college campuses.

These college visits are a great way to learn more about a school, and they can help you to decide if you are interested in that school. College fairs are also a great way to discover new schools that you may be interested in. If you are able to travel to a campus to take a tour, that is a great option. Many colleges will also host events here in Arizona, sometimes even coming to our TPA campus. Mrs. Moffitt is even hosting a college fair on Oct. 21 here on our campus.

However, your first time at a college visit can be overwhelming. The representative from the college will provide you with plenty of important facts about the college or university but it can be hard to determine if this will be a good school for you.

The first step to having a successful college visit is to ask questions. Mrs. Moffitt has a sheet full of excellent questions to ask on a college visit including: "Is living on campus required?"; "What extracurricular activities are there?"; and "What is the neighborhood surrounding the campus like?" These questions are a great place to start, and it can also be helpful to prepare some questions of your own beforehand.

Transitioning to TPA

6th graders experience big changes from former schools

By Theresa O'Connor

Hello! My name is Theresa O'Connor and I am in 6th grade telling you about differences and similarities between my old elementary school and Tempe Preparatory Academy. The new 6th graders have to adapt to a new campus and a new schedule. So these are some things I had to adapt to when moving to TPA from my old school.

A difference from my old school and TPA is that we have uniforms and my old school didn't. I personally think that because we have uniforms we look more professional and we seem more controlled. According to Mr. Keating, our uniform is a unifying factor in our school. He said the uniform is very simple and is easy to look for. "It shows that our learners are dedicated to truth, beauty, and goodness." And if you have old uniforms, you can donate them to the Parent Organization and they will have sales for a very low cost.

Another difference is that we have catered lunches from fast food places, but my old school had cafeteria lunches and honestly they were not very tasty, with the occasional cardboard-tasting pizza.

Here at TPA people get to know each

other pretty well. Now at my old school people didn't know each other as well from different grades and different classes.

It was very hard to get adapted to a new schedule because as you all know, we go from class to class, but at my old school

**There also are big similarities:
Lots of clubs and sports,
Friendly, hard-working teachers,
and plenty of school spirit.**

we were all in one class. My favorite thing at TPA is that there is a lot of teacher interaction with students, like tutoring. At my old school there wasn't Paidea where we get tutored.

My last difference is that there was not

much homework at my old school and I think that didn't challenge me or my friends at all. Here, as you all know, we have a lot of homework.

Now let's move on to some similarities. At both TPA and my old school there were a lot of extra curriculums, like newspaper, art club, speech and debate team, yearbook club, Spanish club, different sports, etc. And at my old school there were things such as sports club, student council, yearbook club, announcement club, and school plays.

Another similarity is that at both schools the teachers are very friendly and they work hard teaching their students.

Lastly, both schools show a lot of spirit. For example at my old school we would wear our school shirts every Friday, and even one Friday there were cheerleaders. At TPA we support our sports teams and we supported Pau Tonnesen when he was in the Olympics.

In conclusion, here at Tempe Prep, although the curriculum can be challenging, we know we're getting a valuable education.

My Ten Commandments for success at Tempe Prep

By Carter Sampson

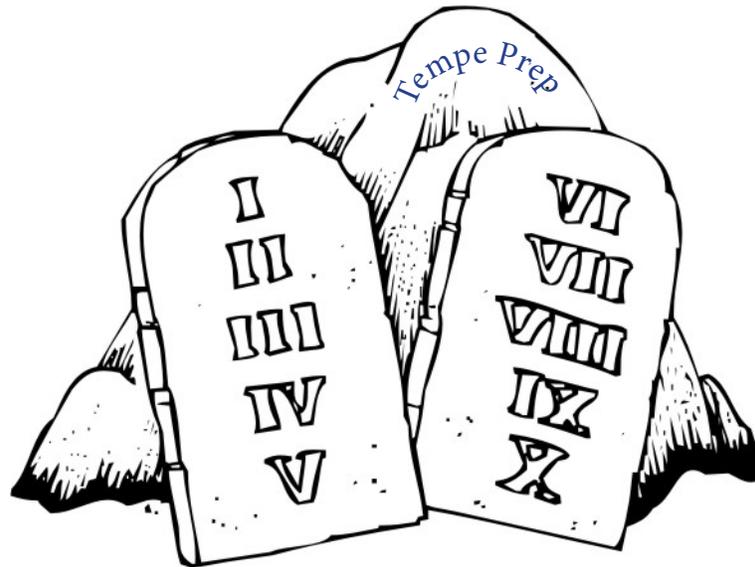
I. Don't Run - There is nowhere on campus so important that it requires you to sprint there. Junior Highers zipping around are a tripping hazard to the rest of us.

II. The Urinal Is Not a Trash Can - Boys, there is literally a trash can three feet from the urinal. Why would you put your trash where everyone can pee on it? It makes no sense.

III. Keep Track of Your Textbooks - You don't want to experience that moment of panic when you find out the history book you lost is worth \$1,000,000. It may be boring, but that doesn't mean it's not expensive.

IV. Don't Test the Dress Code - You cannot make khakis and a polo shirt look cool, it's a proven fact. It's even truer for plaid skirts. Just accept it, and don't get detentions trying to break the laws of fashion. Revel in your preppyness, be proud of it.

V. Don't Cheat - Believe it or not, teachers tend to be smarter than you. You will probably get caught and end up looking



foolish. It's usually easier just to study anyways.

VI. Don't Play Recorders on Campus - Dr. Wolfe and Ms. Wilkison will teach you how to use it as an awesome musical instrument. Until then, it's just a plastic whistle that makes the rest of us want to stick our pencils in our ears. Be courteous and save it for your house.

VII. Make Friends with Mr. Keating - The less trouble you cause, the less time you spend in his office. The less time you spend in his office, the less you bother him. The less you bother him, the better friends you will be.

VIII. Go to Varsity sports games - Football, volleyball, even swim meets. Watching people from your school compete is fun, and they appreciate it. Cheer, scream, chant. Whatever it takes to let everyone know that Tempe Prep is better than their opponent.

IX. Participate in Class - You are graded by whether you contribute in class, so force yourself to speak up. Whether you're really shy or just really bored, it's worth it to say

something.

X. Relax - Have fun, enjoy junior high and high school. You probably won't marry your crush, and that reading quiz isn't going to keep you from graduating. Try your hardest, appreciate the good stuff about life, and have a good time!

Knights cap Spirit Week with big win over Scottsdale Christian

By Carter Sampson

Our football team is kind of weird. They like squeaky pigs and finger puppets. Practices ring with calls of “HEYO ED!” and “PHAT GENO!” They have mating calls and strange nicknames. And yet despite these oddities, or maybe because of them, the Knights have marched through the first part of the season with huge success.

It started with a 47-15 thrashing of Valley Christian, which proved TPA was just as dominant as ever. That was the first



Jacob Matsumoto weaves through traffic for a gain against Scottsdale Christian on Friday.

victory for new coach Josh Brittain. Quarterback Max Rich attributes Coach Brittain’s early success to “Not changing the tradition or culture already built in to our program.” Coach Brittain and his staff have kept what made Tempe Prep great while bringing a more aggressive look to the playbook.

The team then moved on to a close game with Round Valley, currently number one in the division. After leading in the first half, the Knights lost by two touchdowns.

In this game, Tempe Prep proved that it could finally pass, something that hasn’t been part of the game plan since the school started. Quarterback Max Rich spread out the field and passed for 173 yards and a touchdown, giving the offense the boost it needed to stay in the game.

After smacking Glendale Prep 50-0, the Knights came into a huge game against the second ranked team in the division, Scottsdale Christian. With a new quarterback and solid passing game, Scottsdale was certain to provide a challenging game. After a first half crippled by penalties, the Knights were tied 7-7 with the Eagles. In the second half, the offenses traded touchdowns until Joe Swingle’s end zone interception and Ahmad Jones’ four touchdowns proved too much for Scottsdale.

In the fourth quarter, the Knights walked all over the Eagles, running out the



Ahmad Jones scores one of his four touchdowns during Friday’s win over Scottsdale Christian.

More photos at deequitibus.com

clock and just beating them with plain physicality. As Swingle said, “The only thing better than absolutely dominating someone who can’t defend themselves is completely robbing someone of hope, and that’s what we did when we pulled away from Scottsdale.”

These Knights with their strange inside jokes have proved themselves as a force to be reckoned with. They look forward to continuing their success, and plan on winning out the regular season. The unofficial motto for the team so far has been “Bagging Bodies,” and the Knights are clearly playing with that type of ferocity in their hearts.

Tempe Prep swimmers showing championship potential

By Maya Kostov

This year’s high school and middle school swim teams have had a great start to the new season. The high school team has had multiple meets so far and has done exceptionally well. The middle school team has had one meet and the team is already improving. All the swimmers have improved their times and are working on improving them even more. They all push themselves to be the best they can possibly be.

Head coach Jennifer Stephens says that “swimming is a unique sport because you receive from it what you are willing to invest. During each practice, swimmers make deposits. Then, on meet days,

everyone makes a withdrawal for the race.” She, along with many other devoted swimmers, believe that Tempe Prep is capable of becoming a state champion.

Noah Frazier, an 8th grader and a co-captain of the middle school swim team,

says, “I see our middle school team doing very well. The swimmers are working very hard at practice and Coach Jenn says that champions are made at practice so we’ll see how we go from there.”

To motivate these swimmers, the coaches had them write down a couple goals for the season so they can see what hard work can accomplish. Swimmers like David Hudson and Jeffrey Snoddy are being recruited by colleges for their swimming abilities. The swimmers are now starting to train for the new swimming division (DIII) state championship.

Nothing worth having comes easy, and these swimmers are definitely trying their hardest.



Mary Shroll leading team to impressive improvements



Mary Shroll, who was named female high school Athlete of the Week by the *Arizona Republic*, spikes the ball during a game with Leading Edge Academy. More volleyball photos at deequitibus.com

By Hayden Sampson

As the volleyball season starts off, our varsity team has shown what it means to be Knights. With a relatively young team this year, our Lady Knights have played four games, with a record of 2-3. Mary Shroll, a sophomore, says, "We are very inexperienced and are relatively new to the sport. However, we are getting better as we go along."

Despite the slow start, this team is expected to go far. They are improving and getting closer as a team. When asked how the team has come closer together and how that has helped them improve, Coach Barlow explained, "We are a very young and inexperienced team that is improving every day. The girls are working very hard at practice and learning how to work together to be the best that we can possibly be."

This year's seniors are certainly showing leadership. At last Thursday's game, a nail biter against Trivium Prep, the crowd supported and went crazy for the team's great performance led by the upperclassmen.

Claire Carmody, one of those seniors on the team, commented, "We are coming closer together as a team and are working hard." This surely has shown throughout the season.

Please come out and cheer for the team as they go to Chandler Prep on Sept. 22.

Go Lady Knights!

Cross country runners break up the hard work with some fun

By Katherine Camberg

Cross country season is just starting to pick up pace. Our high school runners have already had multiple meets. Team captain Genevieve Gaylor has hopes that "all of our runners will be able to get personal records this season, that we will unlock a passion for running in our new members, and both our teams will be able to qualify for the state meet this year." With hard work, these hopes could become a reality.

New members help to build the team, while returning team members are continuing to have great times. At the first meet alone, seven runners had their personal best times. Our girls team won their dual meet on Sept. 6, and the boys team is placing much higher at meets than last year. Our team has also done well at a dual meet, and an invitational this season, with many personal bests. The girls team won their dual meet and placed third at the invitational.

Hard work from runners over the summer has definitely paid off. The runners will have to keep up the hard work in order to qualify for state at the sectional meet on Oct. 28.

Cross country may sound rigorous, but the team does have its fair share of fun. On Fridays they play Frisbee, and have also enjoyed post-practice pizza and pancakes.

Our junior high cross country team has

also had a lot of fun this season. They had fun volunteering at a race, and also have a race planned where they will all be wearing tutus. The junior high team is also working very hard this season and according to coach Granville they have a large team this year, with many runners showing a lot of potential. He hopes "that everyone pushes themselves to be the best

they can be. That's different for each person, what that means in the way of time. Times aren't really important to me. Pushing yourself to the edge of your ability is what is important to me."

Coach Granville's sentiments are shared by the cross country team. It doesn't matter if you are the fastest, as long as you are working hard. That's what is important.



Coaches Hickernell and Camberg give the runners some pointers before the start of a major invitational meet last week at Pecos Park in Phoenix.

Olympian Pau Tonnesen got his start on TPA track team

By Carter Sampson

Tempe Prep is not usually known for the great athletes it produces. The Socratic method and school uniforms tend not to attract elite athletes. But at least one of our alumni has broken the mold. Pau Tonnesen, who graduated in 2011, competed in the decathlon in the Rio Olympics. Tempe Prep has not only produced great scholars, but now has an Olympian among its graduates.

Pau has competed among the greatest athletes in the world, and he looks the part.

Standing, it's not hard to imagine him as an Olympic athlete. But how does a 1A track athlete become one of the best in the world?

Pau started his track and field career at Tempe Prep, also playing basketball and football. He won the 1A championship in pole vault, showing his potential. He says, "Tempe Prep taught me how to work through both academics and athletics. Life isn't always easy, and you're going to have to do things that are difficult. TPA



Pau became an athletic star in his mother's home country, Spain.

prepared me for that."

Tempe Prep helped Pau get started, but he really began to excel at Mesa Community College, where he earned the attention of University of Arizona coaches. At U of A, he became a dominant decathlete, and won the Pac 12 championship. He then went on to compete in the 2015 Athletics World Championship in Beijing, placing 18th out of the best in the world. Sometime during this journey, he developed some nasty dunking ability. Pau can dunk between the legs, 360, and from the free

throw line!

Pau represented his mother's home country of Spain in the 2016 Rio Olympics. As most of the Tempe Prep community watched, he earned 3rd place in the pole vault and 7th in discus against the best athletes in the world. He finished in 17th place, meaning he is the 17th best decathlete in the world!

Of his Olympic experience, Pau says, "It feels amazing to have competed in the decathlon in Rio... It was just amazing to see so many people from

every corner of the earth, all the very best at what they do."

Pau also is a great person. I know because he spent an hour at TPA after school signing autographs for a tiny crowd of middle schoolers (the crowd was big, it was the middle schoolers that were small) earlier this year. Whatever I do after leaving Tempe Prep, I hope that people will scramble to take pictures with me when I return. Thank you Pau for putting TPA on the map, and keep making us proud!

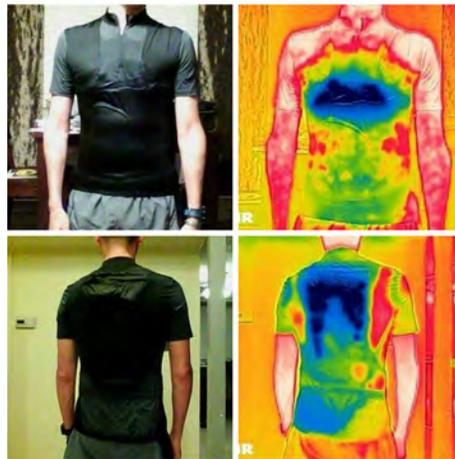
Mr. Granville launches Kickstarter campaign to market really cool shirt

By Rachel Dinh

He's not just a teacher. Or Tempe City Councilman and part-time lawyer. TPA's very own Mr. Granville is also an entrepreneur, launching a Kickstarter for his own line of running shirts.

The "Ice Shirt" has been in the making for about three months. It all started with an idea Mr. Granville had while driving home from the Boulder Half Ironman in June. "By the time I finished the race, it was easily 90-plus degrees. I was miserable in the heat. My time suffered, not because of my fitness level, but because of the heat. In response to that race, I started trying to think of ways to keep cool on hot runs." After failed online searches for cooling running shirts, he realized that he couldn't just find an ice shirt; he had to make one. So he worked with a local clothing company to make prototypes and even got a patent on the shirt.

Here's how it works: compartments on the front and the back of the shirt store ice. Worried about the possibility of that ice shaking around while running? No problem, Mr. Granville's got you covered. Not only does the shirt ensure stability of the ice, but it ensures even distribution



Infrared images show dramatic decrease in body temperature on chest and back.

Images courtesy of Mr. Granville

of the melted ice using some temperature dispersion technology. Furthermore, this shirt is one of a kind. He explains, "It is the only shirt on the market that allows someone to simply grab ice from an aid station on a run and put it in their shirt. The ice keeps you cool, and is easy to replace

when it melts."

Mr. Granville is currently trying to raise \$12,000 on Kickstarter from now until Oct. 6. The pre-orders from the website will help fund the initial startup cost to go into production. People will receive shirts depending on the amount of money pledged. Different shirts are available: the running shirt, multi-sport shirt, cycling jersey, and outdoor activity top. All are similar in that they have ice compartments and are for both men and women. The different versions have added features. The cycling jersey, for instance, also includes cycling pockets for extra tube and nutrition.

Despite his enormous capabilities, Mr. Granville could not have done this on his own. Reflecting on the entire process, he says, "I've been reminded of the value of friends. While I am the one who has coordinated all the work, I've had to rely on talented friends to do the things I'm not good at. For example, Mr. Sweet helped me with some of the science issues I was having, and another friend helped me by making the video for the shirt. There is no way I could have done all the various aspects of this on my own."