

King's Fork High School

March 10, 2025

THE BULLDOG BARK

Ariyanah Parsons Makes History: Undefeated Champion, City's First-Ever Girls State Champion! by Donald Motley

For years, Ariyanah Parsons had been knocking on the door of greatness. Twice before, she had stood under the bright lights of the Virginia state finals, coming so close to the ultimate prize. But in 2025, she didn't just knock—she kicked the door down and stormed through, cementing her place in history as the school and city's first-ever girls state champion!

Parsons dominated her way to the top of the podium, completing a perfect, undefeated season (19-0) that left no doubt—this was her year. Match after match, she outworked, outwrestled, and outclassed her opponents, proving that her relentless drive and dedication had paid off.

In the finals, she stepped onto the mat with ice in her veins and fire in her heart, ready to seize the moment that had eluded her in the past. From the opening whistle, she imposed her will, showing the strength, speed, and technique that made her untouchable all season. She ended the match with a :31 second pin. When the final whistle blew, her arm was raised in victory, and the arena erupted—Ariyanah Parsons was a STATE CHAMPION!

With this historic win, she not only etched her name in the record books but also paved the way for future generations of girls in her school and city to dream big and chase their own titles. A three-time state finalist. A state champion. An undefeated warrior.

Ariyanah Parsons didn't just win—she made history.

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THE BULLDOG BARK

**Ariyanah Parsons Makes History: Undefeated Champion,
City's First-Ever Girls State Champion! by Donald Motley**



HANNAH SEITZINGER
INDIANA - 37 5
HAYDEN MAYO
VIRGINIA RED - 15 0
Seitzinger over Mayo Pin 0:39 FINAL

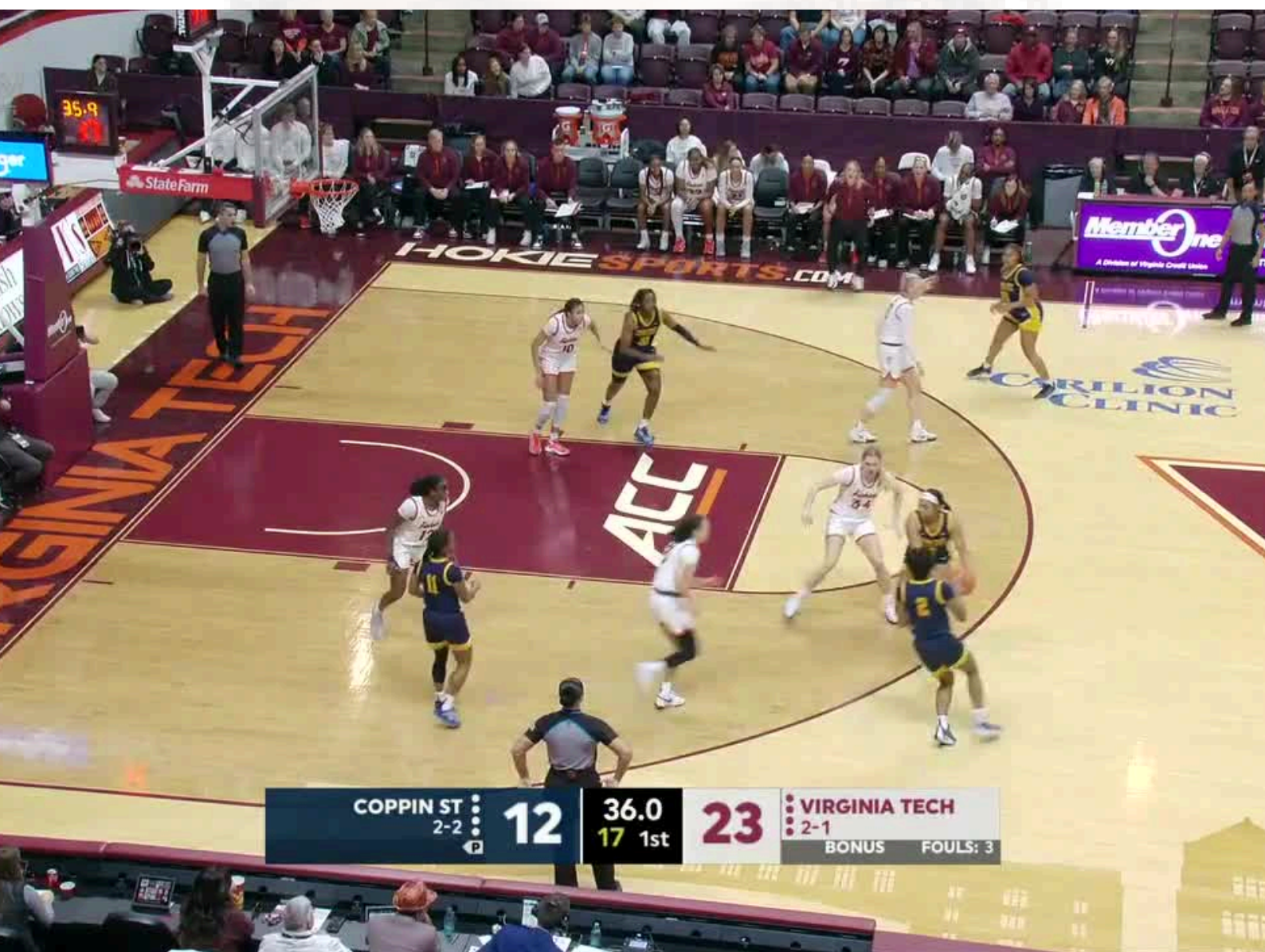
Throwback Video:
Arianyah Parsons in the 2023 Junior Nationals Duals

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THE BULLDOG BARK

Grad Spotlight: Niyah Gaston (c/o '23) Shines on ESPN

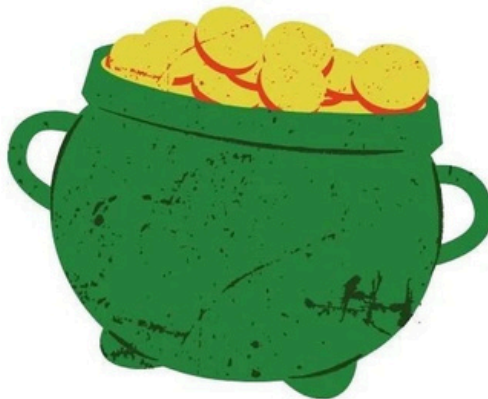


ST. PATRICK'S DAY



Bucket List

- ☐ GREET SOMEONE BY SAYING "TOP O' THE MORNING!"
- ☐ EAT GREEN PANCAKES OR EGGS
- ☐ WATCH ST. PATRICK DAY PARADE
- ☐ MAKE GREEN SLIME
- ☐ BAKE SODA BREAD
- ☐ LOOK FOR GOLD AT THE END OF A RAINBOW
- ☐ HAVE CORNED BEEF AND CABBAGE
- ☐ DRINK A SHAMROCK SHAKE
- ☐ ENJOY SOME GOLD COINS
- ☐ LEARN THE HISTORY OF ST. PATRICK'S DAY
- ☐ GIVE TO A GREEN CAUSE
- ☐ FIND A FOUR LEAF CLOVER
- ☐ LEARN A WORD OR PHRASE IN GAELIC
- ☐ DO AN IRISH JIG
- ☐ SHAMROCK COOKIE DECORATING CONTEST
- ☐ MAKE A ST. PATRICK DAY CARD
- ☐ DYE YOUR MILK GREEN
- ☐ WEAR FUN FESTIVE SOCKS
- ☐ WATCH AN IRISH MOVIE
- ☐ LISTEN TO AN IRISH SONG



King's Fork High School

March 10, 2025

THE BULLDOG BARK

KFHS Shines at ODU's Model United Nations Conference

The King's Fork High School Model United Nations (UN) Team has brought home the city's first-ever Model UN award after an outstanding performance at the Old Dominion University Model United Nations Conference (ODUMUNC) this past weekend. The team's dedication, intellect, and passion for global problem-solving shone brightly as they competed against students from across the state and beyond, earning recognition and making history for Suffolk.

The conference, held over an exhilarating and transformative weekend, saw the King's Fork delegates engage in non-stop debates, craft solutions to complex global issues, and collaborate with peers from diverse backgrounds. Their hard work paid off as they returned with not only accolades but also invaluable experiences that will last a lifetime.

A Historic First for Suffolk

The highlight of the conference came when Mikaylah Josey, a dedicated member of the team, received an Honorable Delegate Award for her exceptional performance in the Spanish Flu Crisis Simulation. This marked the first time a King's Fork High School student has been honored with an award at the ODUMUNC Conference, setting a new standard for the school's Model UN program.

In addition to Mikaylah's achievement, several other delegates were commended for their professional attire, poise, and meaningful contributions to the conference discussions. Their collective efforts brought pride not only to their school but also to the entire city of Suffolk, which celebrated this historic milestone.



King's Fork High School

March 10, 2025

THE BULLDOG BARK

KFHS Shines at ODU's Model United Nations Conference

The King's Fork High School Model United Nations Team is made up of an impressive group of students who showcased their dedication and talent at the recent ODUMUNC Conference. Leading the team as Head Delegate is Michael Harrison, who is joined by Tahir Holland, Javon Ford, Jaidon Faircloth-Scott, Clotee Williamson, Triston Moore, Kalynn Carter, and Takaylah Riddick, the only freshman in this year's group. Rounding out the team are Casey Russell, Nevaeh Greene, Reiken "Ferris" Proctor, Xavier Benn, Abigail Ford, Mikaylah Josey, Alexandria Lowder, and Alexandra Rollison. Together, these students represented King's Fork making their school and community proud.

Notably, Michael Harrison, Tahir Holland, Clotee Williamson, Triston Moore, and Abigail Ford returned for their third year at the ODUMUNC Conference, showcasing their growth and commitment to the program.

The road to success was not easy. The team spent countless hours preparing for the conference, including sleepless nights researching, writing position papers, and honing their debating skills. Their sacrifices and determination were evident in their performance, as they tackled complex global issues with confidence and creativity.

Beyond the awards, the students forged new friendships, gained a deeper understanding of international diplomacy, and developed skills that will serve them well in the future. Their experience at ODUMUNC was not just about competition but also about personal growth and collaboration.

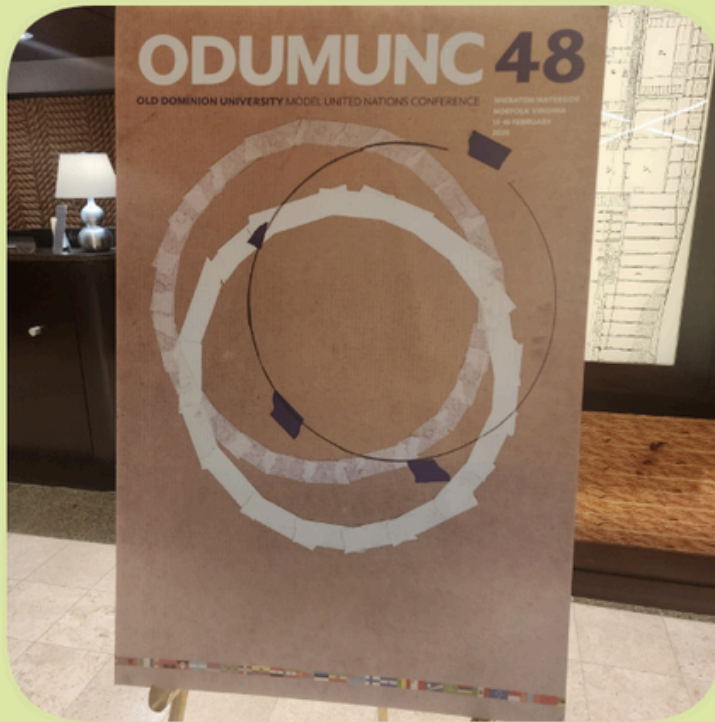
The King's Fork High School Model UN Team has set a new benchmark for excellence, inspiring their peers and future delegates to aim high. Their historic achievement is a testament to the power of teamwork, perseverance, and intellectual curiosity.

As they celebrate this milestone, the team looks forward to building on their success and continuing to make their school and city proud. Congratulations to the King's Fork Model UN Team for their remarkable accomplishment and for putting Suffolk on the map in the world of Model United Nations!

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KFHS Shines at ODU's Model United Nations Conference



| GENERAL ASSEMBLY MEMBER STATES BY SCHOOL | | |
|---|---|--|
| (as of 24 January 2025) | | |
| Albemarle High School Belgium | Hampton High School Cabo Verde | Ocean Lakes High School Cambodia, Mali, Russian Federation, Uruguay |
| Annapolis High School Ireland | Heritage High School Congo, Republic of | Oscar F. Smith High School Iran, Islamic Republic of |
| Appomattox Regional Governor's School Bangladesh, Israel | Hermitage High School Togo | Princess Anne Academy Ukraine, Zimbabwe |
| Beetham High School Lebanon | Hickory High School Japan | Randolph Maroon Academy Colombia, Jordan, Serbia |
| Broadneck High School Afghanistan, Jamaica | Highland School Luxembourg, Suriname | Solebury School Bulgaria, Czechia |
| Brooke Point High School Dominica, Ghana, Lao People's Dem. Rep., United States of America | I.C. Norcom High School Tunisia | St. Stephen's and St. Agnes School Fiji, Mauritania |
| Cape Henry Collegiate Bosnia, Sudan, Turkey | Indian River High School Somalia, Spain | Tabb High School Bahrain, Croatia, Cuba, Georgia, Nepal |
| Catholic High School Indonesia | Kecoughtan High School Saudi Arabia, Yemen | Tallwood High School Canada, Ireland |
| Churchland High School Ghana, Nigeria | King's Fork High School Algeria, Germany | The Agnes Irwin School Albania, Finland, Morocco |
| DW Daniel High School Egypt, Honduras | Lafayette High School Austria, Marshall Islands, Paraguay | The Hague School Australia, Trinidad and Tobago |
| First Colonial High School Malaysia, United Kingdom of Great Britain and Northern Ireland | Leonardtown High School China, South Africa | Tidewater Collegiate Academy United Arab Emirates |
| First Flight High School Chile | Liberty Christian Academy Poland, Republic of Korea | Virginia Episcopal School Guatemala |
| Georgetown Preparatory School Panama | Malvern Preparatory School Seychelles, Uganda | Warwick High School Belize, Lithuania, Oman |
| Granby High School Myanmar, Pakistan | Manor High School France, Viet Nam | West Springfield High School Armenia, Romania, Rwanda |
| Grassfield High School Argentina, Denmark, India, Senegal | Maury High School Singapore | Western Albemarle High School Philippines, Sierra Leone |
| Great Bridge High School Sweden | Melvern Preparatory School Seychelles | |
| Green Run Collegiate Slovenia, Venezuela, Boliviana | Menchville High School Estonia, Mexico | |
| | Mountain View High School Latvia, Libya | |
| | Norfolk Collegiate School Peru | |



King's Fork High School

March 10, 2025

THE BULLDOG BARK

Students at King's Fork: Are You Using AI Technology the Right Way?

The use of artificial intelligence (AI) tools for school assignments is increasing as more students learn the various ways AI can enhance and assist learning. While AI can be a game-changer for learning, some students are misusing it in ways that are causing concern. From poorly crafted prompts to outright copying and failing to check if the information matches the assignment, the misuse of AI is raising questions about academic integrity and whether students are really getting the most out of their education.

One of the biggest issues is the use of bad prompts when interacting with AI tools. For example, if you're working on a history assignment about the Civil War and you ask an AI tool to "write about the Civil War," you're likely to get a generic response that doesn't focus on what your teacher actually asked for. Maybe your assignment required you to analyze the causes of the war or compare key battles, but because your prompt was too vague, the AI gives you a broad overview that misses the mark. Submitting this kind of work not only leads to lower grades but also means you're missing out on the chance to really dig into the material and learn something new.

Another problem is the blatant copying of AI-generated content. Some students are using AI to complete entire assignments—essays, reports, even math problems—and then turning them in without making any changes or adding their own thoughts. This might seem like a quick fix, but it defeats the purpose of the assignment. Teachers give you work to help you develop critical thinking, research skills, and a deeper understanding of the subject. When you copy and paste from an AI tool, you're not just cheating yourself out of learning; you're also risking consequences for academic dishonesty.

Perhaps the most concerning issue is that some students aren't checking whether the AI's output actually matches the assignment. AI tools are powerful, but they're not perfect. They can give you outdated, incorrect, or irrelevant information, especially if your prompt isn't clear. For instance, if you ask an AI to explain a scientific concept but don't specify the level of detail you need, it might give you an answer that's too simple—or way too complex. If you don't take the time to review and verify the information, you could end up submitting something that doesn't meet the assignment's requirements or, worse, is completely wrong.

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THE BULLDOG BARK

Students at King's Fork: Are You Using AI Technology the Right Way?

Many students are turning to AI tools as a way to bypass the hard work of actually learning the material, and this is a huge mistake. While AI can quickly generate answers, summaries, or even entire essays, relying on it to do the work for you means missing out on the critical thinking, problem-solving, and deep understanding that come from engaging with the material yourself. Learning isn't just about getting the right answer—it's about building the skills and knowledge that will help you succeed in future classes, careers, and life. Also AI is not guaranteed to give you the correct answers. When you use AI as a shortcut, you're not just cheating your teachers; you're cheating yourself out of the opportunity to grow and truly master the subject. Remember, AI is a tool to support learning, not replace it, and using it responsibly is key to making the most of your education.

At King's Fork, we're all about helping you succeed, and that means using tools like AI responsibly. AI can be a great resource for brainstorming ideas, organizing your thoughts, or even learning new concepts, but it shouldn't replace your own effort and critical thinking. Teachers are here to guide you, not just grade you, and they want to see your unique perspective and hard work in every assignment.

So, how can you use AI the right way? Start by crafting clear, specific prompts that align with your assignment. Take the time to review and refine the AI's output, making sure it's accurate and relevant. Most importantly, use AI as a tool to enhance your learning, not as a shortcut to avoid it.

The misuse of AI technology is a challenge, but it's also an opportunity for all of us at King's Fork to grow. By using AI responsibly, you'll not only improve your grades but also develop skills that will help you long after high school. Let's work together to make sure we're using technology in ways that support our learning and uphold the values of our school community.

Got questions or thoughts about using AI in your assignments? Talk to your teachers or reach out to the King's Fork administration. We're here to help you navigate this new frontier and make the most of the tools available to you.

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THE BULLDOG BARK

The NBA's Hoop It Up 3v3 Tournament: A Legacy of Community and Competition

The NBA's Hoop It Up 3v3 tournament was once a cornerstone of grassroots basketball, bringing together players of all ages and skill levels for a weekend of competition, camaraderie, and community spirit. Launched in 1986, Hoop It Up became the largest 3-on-3 basketball tour in the world, with events held in cities across the globe. The tournament was more than just a basketball competition—it was a celebration of the sport, featuring music, food, and family-friendly activities that turned each event into a festival.

At its core, Hoop It Up was about inclusivity. It welcomed everyone from seasoned amateur players to weekend warriors, creating a space where basketball enthusiasts could showcase their skills and connect with others who shared their passion. The tournament's unique format—3-on-3 games played on half-courts—made it accessible and fast-paced, emphasizing teamwork, creativity, and individual flair.

Despite its popularity, Hoop It Up gradually faded from the spotlight in the early 2000s, as the NBA shifted its focus to other initiatives. However, its legacy lives on in the memories of those who participated and in the countless community bonds it helped forge.

Reviving Hoop It Up: A Case for King's Fork High School

Given the success and impact of the original Hoop It Up tournament, there's a compelling case for King's Fork High School to revive a version of this event. A 3v3 basketball tournament could serve as a significant fundraising opportunity for the school. By charging entry fees for teams, selling concessions, and securing local sponsorships, the school could generate funds to support athletic programs, academic initiatives, or other extracurricular activities. Additionally, the event could attract vendors and businesses, creating a revenue stream that benefits both the school and the local economy.

Reviving a Hoop It Up-style tournament would also bring the Suffolk community together in a meaningful way. The event could feature not only basketball games but also activities like live music, food trucks, and youth clinics, making it a fun and inclusive experience for all ages. It would provide an opportunity for local businesses, organizations, and residents to collaborate, strengthening community ties and fostering a sense of pride in King's Fork High School.

pen!

King's Fork High School

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THE BULLDOG BARK

The NBA's Hoop It Up 3v3 Tournament: A Legacy of Community and Competition

Basketball is a beloved sport in Suffolk, and a 3v3 tournament would likely generate significant enthusiasm among students, parents, and community members. Students could take on leadership roles in organizing and promoting the event, gaining valuable experience in event planning, marketing, and teamwork. The tournament could also reignite school spirit, as students and alumni come together to support their teams and celebrate their shared love of basketball.

Hosting a successful 3v3 tournament would put King's Fork High School in the spotlight, showcasing its commitment to athletics, community engagement, and innovation. The event could attract media coverage, drawing attention to the school's programs and achievements. It could also serve as a recruiting tool, highlighting the school's vibrant culture and strong sense of community to prospective students and families.

To bring this vision to life, King's Fork High School could form a planning committee made up of students, teachers, parents, and community members to organize the event. Securing sponsorships from local businesses would help cover costs and provide prizes for participants. Promoting the event through social media, local media outlets, and community networks would be essential to attract teams and spectators. Creating a festival atmosphere with music, food, and activities would make the event appealing to a broad audience. Engaging students to form teams, volunteer, or participate in other ways would foster a sense of ownership and pride in the event.

The NBA's Hoop It Up tournament left an indelible mark on the world of basketball, proving that sports have the power to bring people together and create lasting memories. By reviving a version of this event, King's Fork High School has the opportunity to honor that legacy while reaping significant benefits for its students and community. From fundraising and community building to school spirit and recognition, a 3v3 basketball tournament could be a game-changer for King's Fork.

Let's lace up our sneakers, hit the court, and make this dream a reality—for the love of the game and the future of our school!

What do you think? Should King's Fork High School bring back Hoop It Up? Share your thoughts and ideas to help make it happen.

CARE & CONNECTIONS

Co-founders:
Kelsie & Paige

Ages:
Newborn-10 years
old

We are a local organization for single parents who make carepackages for kids with clothes, toys and necessities.

We are asking for donations for clothes and toys, if you'd like to donate money or necessities that would be appreciated. All necessities need to be packaged and new! If you are wanting to donate necessities we are only taking small things that could fit into a 14.5x19 in package (EX: pacifiers, bottles, wipes, diapers, etc)

Contact Info-
Text & Call-
757-514-1663

TikTok & instagram:
@careand.connections

AS OF RIGHT NOW WE ARE NOT ACCEPTING MONEY DONATIONS



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THE BULLDOG BARK

FALSE ADVERTISEMENT: Sovereignty Taken From Immigrants by Nevaeh Greene

Following the 2024 presidential election, Donald J. Trump, America's 47th U.S. President, built his campaign on mass deportation. His administration advocated for a drastic immigration reform, using the program ICE (Immigration and Customs Enforcement), a law enforcement agency that is made to enforce federal immigration laws, to implement an aggressive deportation program.

ICE's deportations are disrupting families, uprooting lives, and contributing to emotional and economic hardship, often with little consideration for the lasting impact on communities. America has gradually become numb to situations like this. It's as if the nation has built an emotional barrier that dulls humane reactions to issues that should spark outrage or concern.

Under Trump's leadership, ICE saw its power to expand dramatically. According to data from the Department of Homeland Security, during Trump's administration, the number of deportations increased by nearly 25%, with over 200,000 individuals deported annually. People who have built lives in new countries, raised families, and contributed to society are suddenly being uprooted without regard to the consequences. This has led to widespread panic and fear as families and communities are fractured. Reports also show that 4.1 million U.S. citizen children live with an undocumented parent.

With that, there is a sense of fear in communities. The role of media and public perception is prominent, The Trump administration continues to use platforms like X, TikTok, and Instagram to fuel a false narrative that is driving more fear and panic into the hearts of Americans. There is a mass public outcry for the families and individuals lives that are interrupted by this oppressive practice.

The need to advocate for immigrant rights has never been more pressing. Communities must come together to raise their voices against these inhumane policies, and demand justice and compassion for all people. It's crucial to be reminded that the strength of a nation lies not in its borders or policies but in its ability to uphold dignity, fairness, and humanity.

During this time, The U.S. faces a critical moment of reckoning. The question remains: Can a nation that values freedom and opportunity truly justify tearing apart families and forcing hardworking individuals back to places they no longer know as home?

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THE BULLDOG BARK

Seniors, Secure Your Future: Apply, Commit, and Succeed!

SENIORS! As the clock begins the countdown to decision day, make sure you are finishing up any last minute applications and scholarships and be prepared to await those exciting acceptance letters! May 1st—National College Decision Day—is just around the corner, and now is the time to finalize your plans. Whether you're still deciding between schools or have already made your choice, don't let deadlines sneak up on you. Many colleges have scholarship opportunities that are still open, and financial aid can make a huge difference in your college experience. Take the time to research and apply—you never know what you might qualify for!

If you haven't submitted your FAFSA or looked into local scholarships, now is the time. Even small awards can add up and help cover textbooks, housing, or other college expenses. Don't leave free money on the table! Stay organized, double-check deadlines, and ask teachers or counselors for recommendations if needed. Your future is in your hands, and a little effort now can pay off big time later. Keep pushing through, seniors—you're almost there!

And remember, your hard work doesn't go unnoticed! Colleges look for students who are proactive and determined, so staying on top of these last steps shows responsibility and commitment. If you're still waiting on acceptance letters, don't stress—use this time wisely to explore backup options, reach out to admissions offices with any questions, and make sure all necessary documents are submitted. For those who have already committed, consider applying for additional scholarships to ease the financial burden and set yourself up for success.

The finish line is in sight, but don't let senioritis slow you down now. Keep pushing, stay motivated, and take advantage of every opportunity available to you.

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THE BULLDOG BARK

REV Educates Students on Reptiles, Conservation, and Proper Animal Care

Reptile Education of Virginia (REV) recently made a special visit to King's Fork High School, captivating students in Tonya Bangley's Environmental Science class during 1st and 2nd blocks. The presentation, which also welcomed other classes during 2nd block, offered an engaging and educational experience about the fascinating world of reptiles. REV, an organization dedicated to rescuing and rehabilitating sick, injured, or abandoned pet reptiles, shared their mission with students, explaining how they collaborate with local reptile veterinarians to provide necessary care before finding these animals loving forever homes.

During the presentation, REV introduced students to a variety of reptile species, highlighting their unique characteristics and natural habitats. Students learned about the challenges these animals face in the wild and the specific care they require in captivity. The presentation went beyond mere facts, as REV brought several reptiles to the event, allowing students to see them up close and even interact with some of the animals. This hands-on experience brought the lesson to life, fostering a deeper understanding and appreciation for these often misunderstood creatures.

REV's visit not only educated students about reptiles but also emphasized the importance of responsible pet ownership and wildlife conservation. By sharing the stories of how these animals were rescued and rehabilitated, REV inspired students to consider the impact humans have on the natural world. The presentation left a lasting impression, blending education with excitement and leaving students with a newfound respect for the reptiles they met and the people who work tirelessly to protect them.

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REV Educates Students on Reptiles, Conservation, and Proper Animal Care



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THE BULLDOG BARK

Inspiring Women You May Have Never Heard Of

Frances Marion: Hollywood's highest-paid screenwriter (1888-1973)

Frances Marion was a trailblazing screenwriter during Hollywood's silent era, penning 325 scripts and hosting "cat parties" to support women in show business. Her work and advocacy helped pave the way for women in the film industry.

Sybil Ludington: Female Paul Revere (1761-1839)

At just 16, Sybil Ludington rode nearly 40 miles to warn militiamen of a British attack, covering more than twice the distance of Paul Revere's famous ride. Her bravery was crucial in the American Revolution.

Ada Lovelace: The First Computer Programmer (1815-1852)

Ada Lovelace, daughter of Lord Byron, wrote the world's first computer program while working on Charles Babbage's Analytical Engine. Her visionary ideas laid the groundwork for modern computing.

Henrietta Lacks: The Immortal Woman (1920-1951)

Henrietta Lacks' cancer cells, taken without her consent, became the first immortal human cell line, revolutionizing medical research. Her story highlights both scientific progress and ethical dilemmas.

Lois Jenson: Seeking Justice for Sexual Harassment (Born 1948)

Lois Jenson's 14-year legal battle against workplace harassment at Eveleth Mines led to the first class-action sexual harassment lawsuit in the U.S., transforming workplace policies nationwide.

Amelia Bloomer: Activist and Trendsetter (1818-1894)

Amelia Bloomer championed women's suffrage and clothing reform, popularizing the "bloomers" that freed women from restrictive corsets and petticoats. Her work advanced women's rights and comfort.

THE BULLDOG BARK

Inspiring Women You May Have Never Heard Of

Dorothy Lawrence: The Woman in the Trenches (1896–1964)

Dorothy Lawrence disguised herself as a man to report from the front lines of World War I, spending nearly two weeks in the trenches. Her bravery challenged gender norms in journalism and war.

Mary Frith: The Roaring Girl (c. 1584–1659)

Mary Frith, known as Moll Cutpurse, defied 17th-century gender norms by dressing as a man, smoking, and performing on stage. Her boldness made her a symbol of defiance and freedom.

Nellie Bly: Journalist and Globetrotter (1864–1922)

Nellie Bly exposed the horrors of mental institutions and circumnavigated the globe in 72 days, breaking records and barriers for women in journalism and adventure.

Cecilia Payne: Astronomer Who Touched the Stars (1900–1979)

Cecilia Payne's groundbreaking thesis revealed that stars are made of hydrogen and helium, revolutionizing astronomy. Despite facing gender bias, she became a trailblazer in her field.

Rosalind Franklin: The Woman Who Unlocked the Structure of DNA (1920–1958)

Rosalind Franklin's X-ray crystallography work was crucial in discovering DNA's double-helix structure, though her contributions were largely unrecognized during her lifetime.

Grace Hopper: Rear Admiral "Amazing Grace" (1906–1992)

Grace Hopper pioneered computer programming, co-developing COBOL and coining the term "debugging." Her work laid the foundation for modern computing and inspired generations of coders.

Edith Cavell: The Selfless Nurse (1865–1915)

Edith Cavell saved countless lives during World War I and helped Allied soldiers escape, ultimately sacrificing her life. Her bravery and compassion made her a global symbol of heroism.

Hypatia of Alexandria: Philosopher and Mathematician (c. 350–370 CE–415 CE)

Hypatia, a renowned philosopher and mathematician, was a beacon of knowledge in ancient Alexandria. Her tragic death marked the decline of classical learning and intellectual freedom.

Edmonia Lewis: Ground-breaking Sculptor (c. 1844–1907)

Edmonia Lewis, the first African-American and Native-American professional sculptor, created powerful neoclassical works that celebrated her heritage and abolitionist ideals.

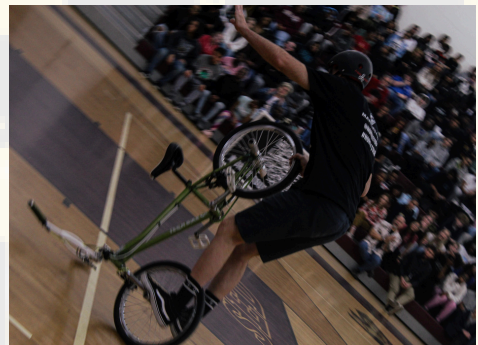
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THE BULLDOG BARK

BMX No Hate Tour: Uniting Through Action and Respect

The BMX No Hate Tour, supported by the U.S. Marines, brought an adrenaline-fueled show to the kennel, combining extreme sports with a powerful message of respect and unity. Pro BMX riders amazed the crowd with insane tricks while promoting a culture of positivity, resilience, and teamwork. The event wasn't just about high-flying stunts—it was about breaking stereotypes, embracing diversity, and pushing past limits. With the Marines backing the movement, the tour showed that both in the streets and in life, strength comes from character, not hate. Assistant Principal Shelton Morgan got into the act sitting atop the ramp as one of the performers did a backflip over him.

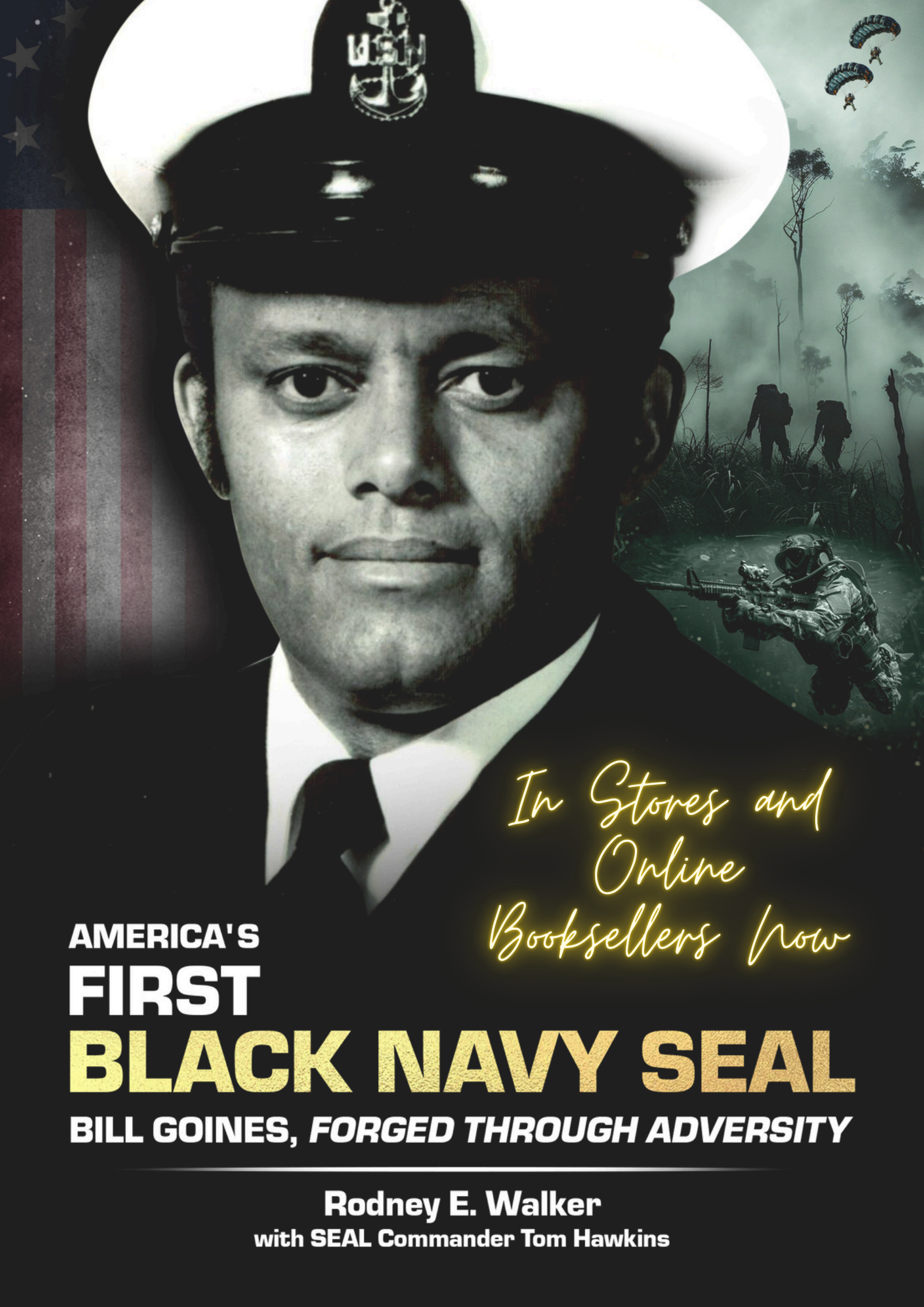


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THE BULLDOG BARK

BMX No Hate Tour: Uniting Through Action and Respect - See Asst. Principal Morgan stare Doom in the face and watch Doom Blink!!!!





*In Stores and
Online
Booksellers Now*

AMERICA'S
FIRST

BLACK NAVY SEAL

BILL GOINES, FORGED THROUGH ADVERSITY

Rodney E. Walker
with SEAL Commander Tom Hawkins