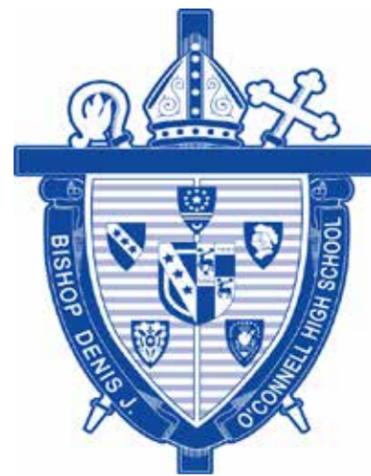


The Visor

Bishop O'Connell High School

Volume 57 Issue 1



Welcome Back Dance: If it's Not Neon it's Not On!

Gabriela Douse
Staff Writer

This year's welcome back dance was definitely one to be remembered! Maybe this is partly from a senior perspective, since it would be the last welcome back dance any seniors would ever attend, unless they become teachers! The Executive Board went all out: from the confetti, to the glow-sticks, to the party favors at the door! It was something new and innovative this year! Dance organizers kept the hydration as well as caffeine levels sufficient to keep everyone dancing. Proceeds from the drink stands were targeted to help defray the cost of homecoming. Seniors also showed leadership in keeping the dancing going! Everyone involved worked extremely hard to make this dance a success, from teachers Mrs. O'Reilly and the new Mrs. Borgiasz, to the homeroom representatives. It was the Executive Board's first official project! Preparation for the big night included buying party favors, confetti guns, and of course the set-up of the courtyard!

President Kylan Luna observed, "The most stressful part of the Welcome Back Dance was the set-up. We had to make sure everything, from the speakers to soda distribution, was working like a well-oiled machine."

The music was pumping, thanks to the DJ Reid-a-Book Reid Stevenson, and DJ Young Mushu, student body President Kylan Luna. DJ Reid and Young Mushu guaranteed that the stage and sound were ready to go when the dancers arrived. There was also help from Nicolas Suarez and Ben Watson to get the crowd pumped up! It is this reporter's opinion that the

music was by far the best it has been over the past three years! Everyone was on their feet! There was the occasional reluctant dancer, but the senior leadership was quick to respond and encourage everyone to join in the fun.

The leadership of Mrs. O'Reilly and Mrs. Borgiasz was key to the dance's success. They helped supervise and also expended a lot of time and energy that could've been used for grading papers- at least they wouldn't find themselves staying after school until well after 12:30 am. The SCA has been relying on Mrs. O'Reilly's leadership and enthusiasm since 2009.

Mrs. Borgiasz, formerly Ms. Maniglia, commented on her first experience with the SCA: "It was very nerve-racking at first, but ended up being a lot of fun."

Mrs. O'Reilly added, with her characteristic energy, "The Welcome Back Dance is a wonderful chance for students to get back together at the beginning of the school year and embrace the friendship and the community that makes O'Connell awesome! Plus it's a really really great night to dance and have fun!"

The lovely moderators added their thanks to everyone who helped out with cleaning up, along with Kylan Luna who received a special thank you!

"I would like to thank the class counselors, our moderators, and the maintenance crew for helping us put on such an amazing event!"

All of the executive board, Kylan Luna, Ben Watson, Alisa An and Nicolas Suarez, along with senior counselors and junior leadership all worked hard to return the dance area to its "pre-dance" stature. Following

the clean-up, everyone decided to regroup in the gym for a pick-up game of basketball! For everyone involved, it turned out to be a night of excitement and fun.

What's New, What's Next

Laura McLellan
Health Editor

We've all seen the dramatic changes that have been made all over the building during the summer. A new and improved Muller Center, chemistry lab, chemistry prep lab, science department workplace, IDL lab, IT office, and second floor men's room join a lengthening list of changes that have been made to the school in recent years. Our new rooms feature all manner of exciting new improvements. The renovated rooms have quiet air conditioning; the IDL lab and Muller Center feature new computers; a biology lab is lit naturally by the new skylights.

All these improvements have come about because of the "Time Is Now" major gift initiative, which also gave O'Connell the new football and baseball fields, as well as the new seats in the auditorium. Though it has brought plenty of great new improvements to the school, the "Time Is Now" major gift initiative is coming to an end. Fortunately, a new major gift initiative is coming soon that is bigger and will change much more.

Dr. Vorbach characterized this new initiative as an "ambitious, 8-phase plan that will require a lot of planning and fundraising, and coordination with the diocese over the



next five to ten years."

It is a huge undertaking that will change the very face of the school, as it alters the look of the front entrance and updates the classrooms. The plan focuses on improving traffic flow between classes and making more open spaces for better learning environments. The design of classrooms will change to have quieter air conditioning systems and natural lighting that has already been incorporated into some of the new classrooms.

Though this plan won't be starting immediately, there is a great deal of work being put into making it a reality. O'Connell has always been

21
Days Until Thanksgiving Break!

43
Days until Christmas Break!

127
Days Until Superdance!

What's Inside:

- *Homecoming! (p. 6-7)
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Of Mice and Miracles: Mr. Martin's Inspirational Biography Comes to Print

Laura McLellan
Health Editor

Many students, teachers, and faculty are already familiar with Mr. Martin, who retired after 47 years at Bishop O'Connell, which includes his time as wrestling coach, principal, and teacher. The imprint Mr. Martin has made on this school will not be soon forgotten, especially now that *Of Mice and Miracles: An American Educator's Story* has been published. This biography, by Frederick J. Day, not only tells Mr. Martin's story, but also much of the Bishop O'Connell story.

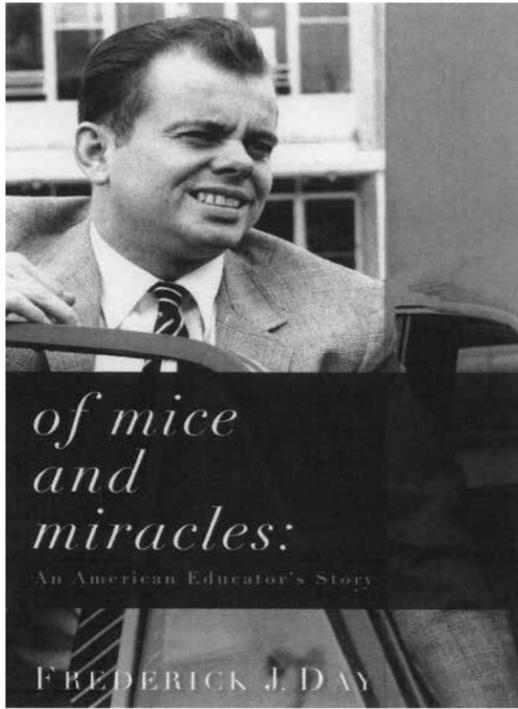
Mr. Martin explained how closely linked his and O'Connell's stories are. "A huge part of my life was my experience here at O'Connell."

Alongside stories of O'Connell, the biography is filled with the names of famous athletes, recountings of astounding feats, childhood tales, and no small amount of sports talk. From the start of the biography, with Mr. Martin's upbringing with his stern father and compassionate mother, to its end and the

lessons to be learned from Mitch Albom's *Tuesdays With Morrie*, *Of Mice and Miracles*

contains a plethora of facts and anecdotes that keeps readers entertained while making them think about how the book's messages apply to them. What are these messages?

Mr. Martin explains, "I think there's two main messages, for educators and for students. One of the messages ... for teachers, [is] how much



power they have, how much influence they have on students' lives ... don't give up on a kid. For kids, the message

is ... don't give up. ... nobody gets through life on their own. ... when you have an opportunity, take advantage of it."

The biography is filled with the same sort of wisdom Mr. Martin displayed as a coach, teacher, and principal, a wisdom that comes with experience. The book is entertaining, but retains a theme throughout; meaningful messages that apply to students and educators alike. *Of Mice and Miracles*

is a story anyone can enjoy, and a story anyone can learn from.

Now Available at 2donna.com

American Legion Sends Two O'Connell Students to Junior Law Cadet Training

Nicole Gardenier
Special for the Visor

"...It is up to you if you have a good experience or a bad one. We're here to provide an experience that you will not have unless you come four years later to our department. My advice is for you to open your ears and your eyes, and keep your mouth shut, and respond with 'yes sir, yes ma'am, no sir, no ma'am.' You will give the staff, not only the American Legion staff but the State Police staff, the utmost respect... if you're ready to take the challenge, head on, and learn, and have an awesome experience, we welcome you."

These were the words that introduced the Junior Law Cadet Program at the Virginia State Police Academy in Richmond. From June 22 to June 27, 38 other cadets and I, chosen by the American Legion, were immersed in a modified basic training session of the Virginia State Troopers. These few words given by the Sergeant who headed the program set the tone for the five days that our stay would consist of.

Our days were planned out from the time we needed to be ready for physical training, or PT, in the morning (5:30AM) until the time that the lights out rule was enforced (10:00PM). Activities during the day included things such as K-9 demonstrations, water safety, military drills, a Career in Law Enforcement panel, and firearm safety. Two days consisted of field trips: one was to the State Capital and Governor's Mansion in Richmond, and another to a driver-training range. All of the activities and both field trips were educational and extremely interesting and gave us all insight on the skills needed to be a State Trooper.

During our time there, we stayed in the academy dorm rooms, with two other roommates. Rooms were expected to stay clean and organized at all times, and beds would be flipped if the rooms were not up to standards, exactly as they would be if we were real trainees going through the full Academy program. Room checks were a stressful time!

Respect was one of the main themes re-enforced to our group of 39 throughout the week. Anything less than utmost respect for any and all member of the staff was simply not tolerated-

and many Junior Law Cadets remember the pushups used to enforce it! The men and women who helped run the program were American Legion members, as well as Virginia State Troopers who volunteered their own time, to help make our experience a success. While the Troopers were tough on us, they were also inspirational and kind. There was never a moment that I doubted the fact that their number one intention was for us to succeed and gain an amazing learning experience.

While I was hesitant at the beginning of the session, it quickly grew on me and I genuinely enjoyed my time spent there. I am extremely grateful to have been chosen to have this special opportunity. At the end of the week, it was clear that I and the other cadets, including a fellow O'Connell classmate, Anna Flach, chosen for this program, were able to leave the Academy with a better appreciation and understanding for the Virginia State Police force. I thank all of the Troopers, American Legion Post 44 and American Legion staff members, as well as all of my fellow Junior Law Cadets for helping create memories that I know will stay with me forever.



The Visor
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Opinions in the paper are not necessarily those of the staff, nor should any opinion expressed in this public forum be construed as the opinion or the policy of Bishop O'Connell High School, unless so attributed.

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Faculty Moderator
Dan Culler

OC SMASH LEAGUE

-New club forming based on hit game Super Smash Brothers
-Contact Senior Joshua Wells for entry in righteous tournaments



Spotlight On...

Coach Disch

Sara Sciulla
Campus News Editor



Coach Disch, coordinating the football team at the homecoming game vs. St. John's

Self-proclaimed “glorified hall monitor” and Defensive Coordinator of the men’s football team is O’Connell’s very own Coach Colin Disch. More than your average coach, Coach Disch also runs security with Mr. Hart. He helps keep the students of O’Connell in line, making sure they’re “swiping in” in the morning; and he occasionally supervises after-school detention. Besides being DJO’S security guard, Coach Disch also manages the D and O line during O’Connell’s football games. He coaches the students at practice and has significantly contributed to the team’s recent success. When questioned about his expectations for this particular season, Coach Disch responded, “We started very well... and I believe we will do well in upcoming games. We have a very close team and are building something special here.”

Born and raised in North Plainfield, N.J., Disch went on to play college football at the University at Albany in New York, NY. Playing the position of Inside Linebacker, Disch finished his athletic career at Albany as the all-time leading tackler in Albany football history. Following his many accomplishments at Albany, such as

making two-time consensus mid-major All-American, Northeast Conference Defensive Player of the year in ’05 and ’06, and three-time captain with three varsity letters it’s as plain as black and white to see how athletically outstanding Disch was in his college career. Following his graduation from the University at Albany in 2008, Disch went on to play a year of professional football in Germany. Now that his athletic career has turned to coaching, Disch coached college football for three years at St. John Fisher College in Rochester, New York. Since coaching college football, Coach Disch has come to Bishop O’Connell High School to work with student athletes.

When questioned about his goals after Bishop O’Connell, Coach Disch responded that two huge passions of his are “trading and the financial markets” and “health and nutrition.” In fact, Disch even implied that he would love to bring both of these to O’Connell itself in the near future. But for now, the Coach predicts that O’Connell’s football teams will “beat everyone left on our schedule.” Hopefully the team has begun to embrace Disch’s ideas and vision for O’Connell, which of course includes a successful conclusion to the football season.

“We have a very close team and are building something special here.”



Coach Disch, playing for the University of Albany College.

Ben Watson

Vice President, Outdoorsman, Hero

Reid Stevenson
Sports Editor

“With great power comes great responsibility.” This is one of the many quotes from Ben Watson’s namesake and role model, his Uncle Ben, which describes Watson’s position as Vice President perfectly. Ever since freshman year, Watson has always dreamed of being Vice President of Bishop O’Connell. Watson’s love for this school is indescribable and his passion to make this school the best it can be is truly remarkable.

“I can describe my O’Connell experience in one word, Supercalifragilisticexpialidocious.”

His work ethic is what drives him to be the leader he is today. As Vice President, Watson has the opportunity to work closely with current classmates Kylan Luna, President; Alisa An, Secretary; and Nicolas Suarez, Treasurer. Along with his classmates he also is blessed to work with amazing faculty members such as Mrs. O’Reilly and Mrs. Borgaisz.

“They are like family to me and I could not imagine working in the SCA with anyone else,” Watson exclaims.

The Vice President is also responsible for many different pieces of DJO tradition, such as the annual Chunky Soup Drive and Super Dance! Watson also has the wonderful opportunity to be filmed on the morning announcements every day.

“It has been my dream to be on morning announcements since freshman year, and it is truly a blessing to be able to live out my dream this year.” Watson says.

Being a part of the O’Connell community is unlike any other experience.

“Being immersed in such a vibrant community of outstanding students is better than opening presents on Christmas morning!”

Having said that, Watson is always eager to invite new people to join O’Connell’s amazing community. The Vice President sends a message to middle schoolers:

“Imagine a bouncy castle, and think about how fun a bouncy castle is. Bishop O’Connell is easily 20 times as fun as your most complex bouncy castle!”

Ben Watson is a “people person” and thoroughly enjoys seeing all of the students’ happy faces during every school day.

Ben Watson’s life outside of Bishop O’Connell is also quite exhilarating and depicts his very unique personality. For example, at home Watson is not only a family man, but he also has many different hobbies to keep himself occupied, such as bird watching, hiking, harmonizing lyrics of songs, and sketching pictures of our school, DJO.

Watson enjoys the outdoors, “It gives me life,” he says. “Being outdoors is a great way to clear my head from stress and it helps me become more in touch with myself and nature.”

Along with being outside, Watson is a gifted vocalist and loves to sing many different songs, such as the school fight song! These talents and hobbies display his unique personality and remarkable traits that you cannot find in any other person.

The Bishop O’Connell student body is truly blessed to have an amazing Vice President. Ben Watson is one individual with great leadership skills and an outstanding work ethic. He is a great role model for everyone in the school and he is always there whenever you need someone to talk to. He is truly an inspiration for the whole student body.



Ben Watson, posing for a picture in Spain.

O'Connell Cross Country

Ryan Brideau
Front Page Editor

The Bishop O'Connell cross country team began their fall 2014 season this August 25th. With the graduation of former captains and leaders on the field the torch has been passed to this year's senior members, though not much has changed;

"The team is pretty similar to last year's" states Ria Duffy, senior and varsity runner. "It's a lot hotter," she laughs, "which definitely makes it harder to train."

Another obstacle the team has encountered is the loss of their workout spot, Williamsburg Middle School. The team now cranks out their blistering workouts at the more distant and hilly Knights of Columbus country club. The team runs over there every Tuesday.

That difficulty seems to have paid off. At the PR Kick Off Invitational on August 28th the girls' team placed 4th and the boys' placed 7th, out of 11 teams. This first race has set the mark for their season so far. In the six following races teams have finished impressively. The most recently published results for the boys' team, from the Octoberfest Invitational on October 4th, places them #17 out of 41 teams, and the most recent for the girls' team, from the Milestat Invitational on October 18th, places them 4th out of 27 teams. Men's Captain Josh Speier won the Arlington County Championships with a time of 17:15, 20 seconds ahead of second place.

"The races have gone well for me so far. It's my senior year and I want to finish strong, so I'm focused on putting in the work necessary to do well. I think we all are," Duffy explains.

The teams will have to maintain this focus for the next races they will compete in, their championship season.

"We're training really hard and using a lot of the races as workouts," Duffy explains when asked about the approaching WCAC Championships, a race the O'Connell team has won for seven consecutive years. "I feel strongly about it. All our girls' team varsity runners are training really well and we're motivated to win the race again! Especially the seniors—we want to end our last season with a bang."

It seems this desire has become a reality so far. But although the training is tough, the team dynamic makes up for any hardships faced on the course.

"Cross country is hard work but it's worth it because we have such a great team," explains varsity runner and senior Mark Husk.

The team had a phenomenal showing at the WCAC championships. The Girl's B Varsity had a clean sweep, coming in first through 10th place. The Varsity A girls had sophomore Isabelle Baltimore in 2nd place and senior Sarah Davis placed 6th. The entire girl's team received first place for the 8th year in the row. The Varsity boys had their strongest performance in over a decade, ranking 3rd overall.

The team has their final race at Woodberry Forest for the Independent State Championship. The girls plan to reclaim their trophy and the boys are itching to get their own. One step at a time, the entire cross country program is bounding towards success.



Senior Captain Marty Knauf, starting a mighty race at Arlington County Championships.



O'Connell Crew Team

Devin Christenson
Features Editor

O'Connell crew team's first race was on September 28. With rigorous workouts and dedication, the crew team is working hard to get ready for the racing season. With practices six days a week, including one on the weekend, O'Connell rowers are putting in time and effort to make this season a good one.

Varsity girls' team captain, Carly Swanson, looks forward to the new season. "I plan to unite the team to win! I want to continue old traditions and make new ones."

Races will take place from the end of September to the beginning of November. Almost every weekend in this time frame, the O'Connell rowers will be racing. Races are 5000 meters long. Endurance is the key in these longer races. In each event, a boat is sent out every fifteen seconds and they are racing solely against the ever-looming clock. Although this

sport is physically demanding, it is also mental. Extreme focus is required to ensure that the boat crosses the finish line as fast as possible. Coxswains, responsible for the race plan, motivate the rowers throughout the race.

Many new rowers have joined the team this fall. With no previous experience required, the fall is all about learning for the novices. They are taught how to row and by the end of October they are ready for their first and only race of the season.

Catherine Carroll, a novice and junior says, "Honestly; I had no idea what I was getting into at first. I never realized that it would be so much fun and that I would meet so many people through it. But I did, and it's awesome."

This tight-knit team is working together, not only to teach the novices but to start this year off right and continue to grow and learn.



Catherine Nguyen, varsity cheerleader, cheers on the football team.

Cheerleading

Devin Christenson
Features Editor

As the football season begins to wind down, the O'Connell cheer team is beginning to prepare for basketball season. The varsity team cheers at all the football games and also at home basketball games. They participate and lead the school in pep rallies and other events.

One of the three Varsity captains, Kendall Christenson is proud of her team, "We have been through a lot together and I think this has made us closer. We are a very

close team and I think that's important. I want to continue having fun and doing what I love most: cheering."

Practices for the cheer team started over the summer and they have continued to put in hard work. They have practices three days a week. From practicing new routines to learning new stunts, the O'Connell cheer team is stepping up their game.

Basketball season starts in November, and the cheer team will be ready.



Sara Wilson defends against a Good Counsel midfielder

DJO Women's Soccer: Another Exciting Season

Sara Sciulla
Campus News Editor

Bishop O'Connell has exceeded athletically when it comes to sports such as football, basketball, and soccer. In particular, the O'Connell girls' soccer team has reached a new level of "outstanding" when by late August they had three of their Varsity team members already verbally commit to colleges of their choice. With their senior year just beginning and already committed to a college for their first year, all three of them are overwhelmed with anticipation for what their future holds for them.

Sara Wilson, 17, is already verbally committed to the University of Florida playing Division 1 in the NCAA for Women's Soccer. The University offers a quality program, with several American Olympians playing for their varsity team. Wilson has been verbally committed since her junior year at Bishop O'Connell and seems to have her future already laid out for her.

When asked about her commitment, Wilson replied, "So excited, I can't wait to be a Gator!" Then when asked about how she would describe her journey in committing to a school, she replied "I received offers from other schools such as Georgetown in D.C., but I wanted to attend somewhere more Southern and the University of Florida seems perfect for me."

Another verbal commitment from O'Connell's varsity soccer team came from Lizzie Brooks, 17.

When asked about how she felt about her commit to Mary Washington University, Brooks responded, "I can't wait to attend Mary Washington and play soccer for my freshman year in college."

The University of Mary Washington, located in Fredericksburg, Virginia is Division 3 in the NCAA for Women's Soccer and offers an excellent program for incoming freshman players. Most recently, UMW destroyed Catholic University in a 6-0 match on September 23rd.

Last but not least, the Old Dominion University also received a verbal commitment from Kyra Alexander, 17. Kyra is ecstatic to be playing for the Division 1 University in the NCAA for Women's Soccer this upcoming fall in Norfolk, Virginia.

When questioned about how Alexander feels about her commitment, she said, "I'm really excited to be playing for a Division 1 College."

With all the future opportunities for O'Connell sports players to show their talent this year, there's no doubt there will be more commitments before the end of the school year. Whether it's in basketball, football, or in this case Women's Soccer: O'Connell has once again proved its excellence in creating successful student athletes.



O'Connell leads another charge downfield toward yet another goal

O'Connell Men's Soccer Refuses to Rest on Its Laurels

Rose Sloate
Entertainment Editor

Last year, O'Connell's boys' varsity soccer team was ranked number one in the state of Virginia and were ranked ninth in the region. Head Coach Jennings has been coaching the varsity soccer team since 2012 and led them to their first ever VISAA State tournament berth in his first year of coaching here at O'Connell.

Although the soccer season has not yet concluded, the boys' have more wins than losses and in their most recent game against Bishop McNamara the boys won 5-0. O'Connell's JV soccer team, coached by Mr. Mahoney, also won against Bishop McNamara's JV boys' soccer team. But Coach Jennings isn't satisfied. "To be brutally honest, I don't think satisfied is in my DNA. That is not to say that I'm not very proud of this group and the hard work that the boys put in. I just know that we can do more and it's the vision of what these kids can become that drives me and the other coaches to push them more."

At the start of this season the boys made O'Connell proud by winning a home game 1-0 against John Paul the Great high school; and as the soccer season progressed, pulled an even greater win, 13-0, against Archbishop Carroll high school. Winning a game by that much requires teamwork and communication and shows how devoted O'Connell's squad are to doing what they love and how passionate they are about doing it.

Coach Jennings coaches lots of other soccer teams such as the Braddock Road Elite Travel Soccer team. A great coach, Jennings is part of the reason that the boys have had such a successful season. The coach of any team is the back bone and the encourager, giving the boys the confidence they need to win. "Personally, I want to continue to see our players develop both on and off the field." With his excellent coaching tactics and the team's determination, Bishop O'Connell High School's boys' varsity soccer team is bound to conclude this season on a winning note.

O'Connell Volleyball's Close Community Yields Big Victories

Ryan Brideau
Front Page Editor

O'Connell's Varsity Volleyball team has had an impressive 2014 season. Of the 28 games they've played, they've won 22. The games began as early as September 3rd, and continued through October 23rd. This short season still allowed for rigorous practice sessions and team-bonding activities. Senior player, Sarah Cahill commented,

"This season, we've really come together and improved; and we've fought really hard to be where we are."

The results speak for themselves. The team has developed a sense of community, on and off the court, certainly a factor that contributes to its incredible dynamic.

Perhaps the highlight of their season was the well-earned victory against defending WCAC champion, Holy Cross, on September 30th.

"The Holy Cross game was the best feeling. It was a huge accomplishment for everyone," said Mckinlee Houghland, a senior on the team. The scene was one of astonishment and jubilation.

Senior Captain, Lexie Lucchesi, added, "The energy was so amazing that at one point we all jumped up screaming and my teammate popped me in the face by accident."

This energy and excitement

stayed with the girls as they continued on in their domination, winning all but their match with Paul VI on October 8th.

And although she would have enjoyed the victory over Paul VI, Houghland observed that a record of 22-6 was "a pretty good record for a team that lost 4 starting seniors from last year's squad."

The seniors on the team are enjoying their final season at O'Connell.

Asked if they would have liked to change anything, Lucchesi said, "Honestly; I would not have done anything differently this season. Even our rough practices and losses made us better and got us to where we are now."

Through intense training, wins losses, through it all the team has grown in strength and determination, something that will serve them well as they enter the WCAC championships.

"After all of the four years of playing volleyball, this has been my favorite season. I love my team and everyone gets along so well! We had a successful season because everyone worked so hard and everyone was always positive towards each other."

The spirit, determination and general dynamic of this closely knit group should serve them well, as they turn their attention to the WCAC tournament. Good Luck to Our Talented Lady Knights!

O'Connell Women's Field Hockey: Frankly Amazing

Reagan Hogan
Staff Writer

The Field Hockey team of 2014 is a strong group lead by 8 senior girls. Captains Brooke Fernandez and Olivia Barksdale contribute to team organization and instructional drills. A part of the coaching staff for four years, Mary Quinn, led the team into their first win of the season on Sept. 11, at Flint Hill.

The relatively new sport welcomed new coaching staff for JV and assistant varsity, Coach Rex and Coach Molly. The seniors on the team include: Erin McDonald, Olivia Barksdale, Anna Weaver, Maddie Kelly, Emma Holleran, Shannon Cross, and Brooke Fernandez. These seven O'Connell field hockey seniors raise awareness for breast cancer at home games with their pink ribbon

socks, in support of the "Play for the Cure" field hockey program for the fall season.

Senior night will be held on October 8th. This senior class of field hockey players is significant because these seniors were freshmen in the first season of field hockey when the sport returned to O'Connell. They are the first class to have had the opportunity to play on the team for all four years, and have shown their commitment to the team and the coaching staff. The team hopes to participate in the WCAC finals beginning October 20th and continuing until October 23rd. With their heavily veteran squad the Varsity Field Hockey team anticipates a great season at Bishop O'Connell in 2014. The team encourages fans to come out and support the team.



Chunky Soup Drive Success

Thomas Borek
Outside News Editor

Each fall since 1975, the students at Bishop O'Connell High School have been collecting cans of hearty soup to help feed the hungry in our community. This year's soup drive ran from Sept. 26 through Oct. 7 and culminated in a school-wide Living Rosary, where the student body gathered on the football field on an especially sunny Friday morning, praying for those individuals and families who would eventually benefit from the students' efforts.

During the soup drive, homerooms and school offices competed for prizes and bragging rights to see who brought in the most cans of soup. In the end, these efforts resulted in more than 9,000 cans being loaded onto the delivery truck at the conclusion of the prayer service.

Members of the student government, accompanied by faculty members, including O'Connell Chaplain, Father Gregory Thompson, then unloaded the truck at Catholic Charities' Christ House in Alexandria, working together through the afternoon to fill the food pantry's shelves to overflowing.



Homeroom 3D's 216 Cans

DJO Drama Gears Up for Fall Production Under New Leadership

Selene Swanson
Special for the Visor

Opening night of *The Trials of Robin Hood*, DJO Drama's first show of the year is fast approaching. With rehearsals in full swing, *The Visor* talked to cast members about their experience so far.

This year, the Drama department debuts a new director, Ms. Zimmerman, who also teaches A.P. Psychology at O'Connell. When asked about her approach to directing the show, freshman Leka Bucaj replied, "I think that she gets whatever that's needed to get done, done."

Laura McLellan who plays Danni and Sister Agatha adds that, "Her style in play directing is positive and upbeat, and I think that translates into the play really well."

Ava Coffin, a townspeople with Lecca, notes that she "likes to take everyone's opinion into account," and "wants to make everyone feel comfortable."

Isabel Fernandez, a DJO Drama veteran who plays Janice added, "Her style is very organized and fun! We get a lot done, but still have a

bit of freedom during rehearsals. She has a plan, sets goals, explains it to us, and together we all work to reach those goals."

What's the best part of being in the play? "What I like most is the sense of community and excitement that builds leading up to a performance," says Isabel, "Now that the show is only a couple weeks away, we feel like more of a unit than just a bunch of individual actors; it's a great effort and we're all there to get each other pumped up!"

Laura feels similarly. She emphasizes "how much fun we all have putting it together. It takes a lot of work but, at the same time, working as a group makes it so much better."

The play tells the story of Robin Hood's trial, conducted by King Richard after his return from the Crusades. Witnesses include Robin, Maid Marian, and the Sheriff of Nottingham. Audience participation will help determine Robin Hood's guilt.

The show will run from November 21st through 23rd with 7:30 p.m. shows Friday and Saturday and a 2 p.m. matinee Sunday.



The Homecoming game against St. John's

Grind Now, Shine Later

Gabriela Douse
Staff Writer

Football is all the talk during the fall season! O'Connell's faithful fans' weekend plans often consist of going to those Friday night games, in some cases, Saturday afternoon. O'Connell has a long tradition of enthusiastic student sections to cheer its team on to victory, and also intimidate the other team! O'Connell's revamped Spirit Club has now become the Spirit and Leadership Club, or SALT, which has also spawned the "O-Zone," which has battled the "Cardinal Crazies" and the "Sixth Man" from other schools. The turnout has been incredible!

O'Connell's football team welcomes new players, a new coach, and a whole new team chemistry! Head Coach Del Smith says that the team this year is "good as a whole!" This year's team plays as if it has been together all four years, but there are also several transfer students, who have been made welcome and quickly embraced O'Connell's storied traditions. O'Connell's football team has a spirit to match that of its fans. The players are gentlemen, on and off the field.

Since the season began, there hasn't been a dull moment. This reporter may be a little biased because I spend almost all my Saturdays with them; but the players and the coaching staff always give

100%! The players dedicate their lives to excellence almost all year long, from workouts beginning in the summer, to the long evening practices at O'Connell during the fall- many even dedicate themselves to "optional" workouts in the spring! Apparently their catchphrase, "Grind Now, Shine Later" is embraced by all of the student athletes.

One of the more overlooked members of the team factors are the girls in the blue jackets. No- they are not the team managers, even though sometimes it seems that way. But like managers they always take care of the team, tossing a water bottle to a dehydrated athlete coming off the field or fetching a forgotten piece of equipment and getting it to the player before the next play. For the senior student aides it will be the last season with this amazing team: no more early Saturday mornings, no more late practices, no more laughs during taping sessions!

Many will be sad to see the fall season end, whether it is the seniors on the football team, the senior "water girls," or the many fans who have enjoyed the action on a weekly basis. Even the coaches, who maybe won't admit it, will be sad to see their seniors leave! Football has had a positive impact on so many people, in so many ways, it is always with a touch of melancholy that one looks to the end of another great season.



Lisa Humfelt, Gabe Spratt, Ryan Annitto, Peter Lucas and Daniel Herreias



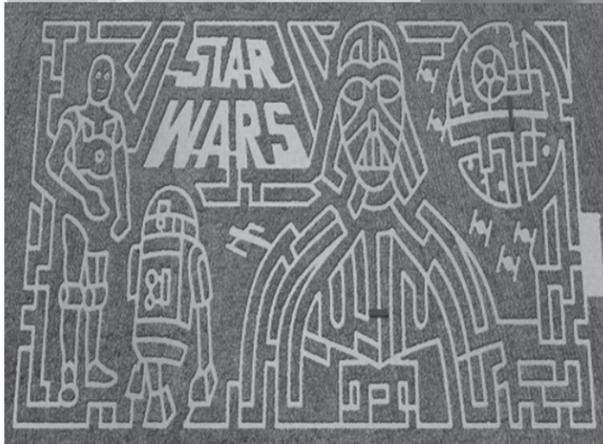
Pumpkin Patches

Cox Farms
15621 Braddock Road, Centreville, Virginia (703) 830-4121
Leesburg Animal Park
19270 James Monroe Highway, Leesburg, Virginia (703) 433-0002

Mount Vernon Fall Harvest Family Days
George Washington Parkway, Mount Vernon, Virginia (703)780-2000
Ticonderoga Farms
26469 Ticonderoga Road, Chantilly, Virginia (703) 327-4424
Burke Nursery and Garden Center
9401 Burke Road, Burke, Virginia (703) 323-1188
Heather Hill Gardens
8111 Ox Rd., Fairfax Station, Virginia (703) 690-6060



Apple Picking
Crooked Run Orchard
37883 E. Main Street, Purcellville, VA 20132 (540) 338-6642
Hollin Farm
1436 Snowden Road, Delaplane, VA 20144 (540) 592-3574



Corn Mazes

Corn Maze in the Plains
Old Tavern Rd., Just off I-66, Exit 31, The Plains, Virginia. (540) 456-7339
Dairy Farm Tours Corn Maze Adventure at Cows-N-Corn
5225 Catlett Road, Midland, Virginia. (540) 439-4806
The Maize at Temple Hall Farm Regional Park
15789 Temple Hall Lane, Leesburg, Virginia (703) 779-9372
Corn Maze at Bridgemont Farm
600 Wissler Road, Quicksburg, Virginia. (540) 477-4200
Corn Maze at Hartland Farm and Orchard
3064 Hartland Lane, Markham, Virginia. (540) 533-6901
Corn Maze at Buckland Farm Market
4484 Lee Highway, Warrenton, Virginia. (540) 341-4739
Corn Maze at Liberty Mills Farm
9166 Liberty Mills Road, Somerset, VA. (434) 882-MAZE (6293)
Wayside Farm "Heroes of the Corn" Maze
5273 Harry Byrd Highway, Berryville, VA (540) 539-3276



Haunted Forests

Fright Night
19790 Ashburn Road, Ashburn, VA 20147 (571)-209-5000
Halloween Woods
Algonkian Regional Park
47001 Fairway Drive Sterling Virginia, 20165 (703)-450-4655
Markoff's Haunted Forest
19120 Martinsburg Rd. Dickerson, MD, 20842 (301) 216-1248



Chocolate Milk: Fitness Potion

John Patterson
Editor-in-Chief

Chocolate milk has usurped sports drinks and water as the go-to recovery quencher after exercise. It provides nutrients Gatorade and Water cannot bring to the table. It packs around four times more potassium than a Gatorade Thirst Quencher, along with significant amounts of Vitamin A, Vitamin D, calcium, iron, and most importantly protein not found in any sports drink or water bottle. The sugar in chocolate milk, most likely from



high fructose corn syrup, supplies a tired body with carbohydrates it sorely needs. Chocolate milk's pinch of sugar also helps retain water in the body.

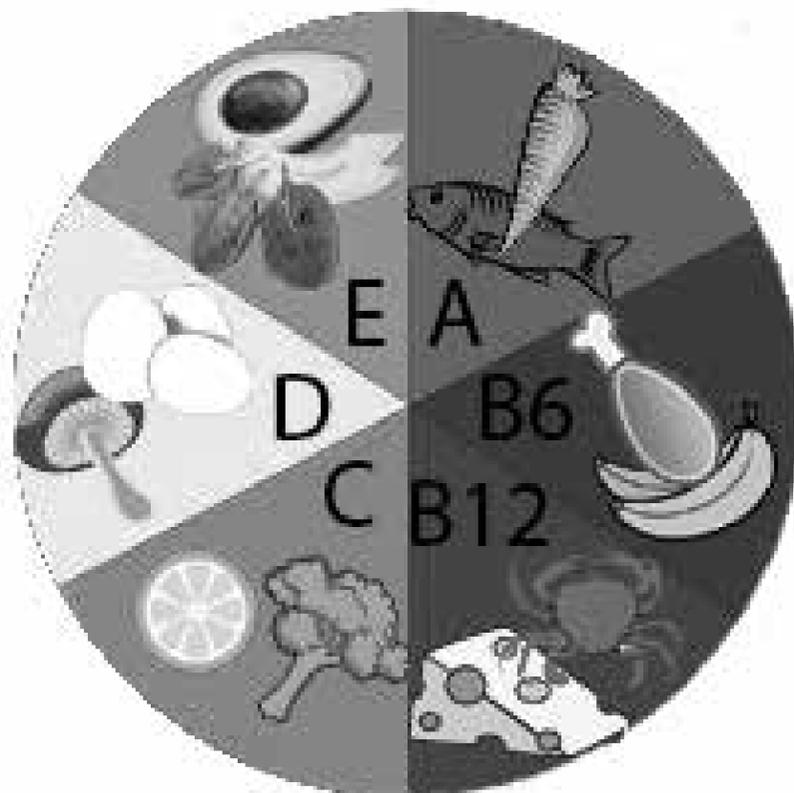
Indiana University's Director of Human Performance Laboratory Joel Stager describes chocolate milk as "water plus a whole lot more."

Stager's studies conclude chocolate milk is best for endurance athletes like swimmers, runners, cyclists, and cross-country skiers. These extended exercises require carbohydrates and protein replenishment quickly, and chocolate milk is a simple and effective method of rebuilding muscle.

"I yearn for the fulfilling gulp of sweet and thick chocolate milk after I have added on to my daily mileage. I usually drink too much and my stomach hurts after, but it's completely worth the taste," reports cross-country captain Martin Knauf.

Chocolate Milk is an excellent replenishment after a workout, but beware excess sugar and carbohydrates when there is no need for them.

Get to know your vitamins with this vitamin wheel!



Vitamins

John Patterson
Editor-in-Chief

Ebola in America and around the World

Diego Garcia
Copy Editor

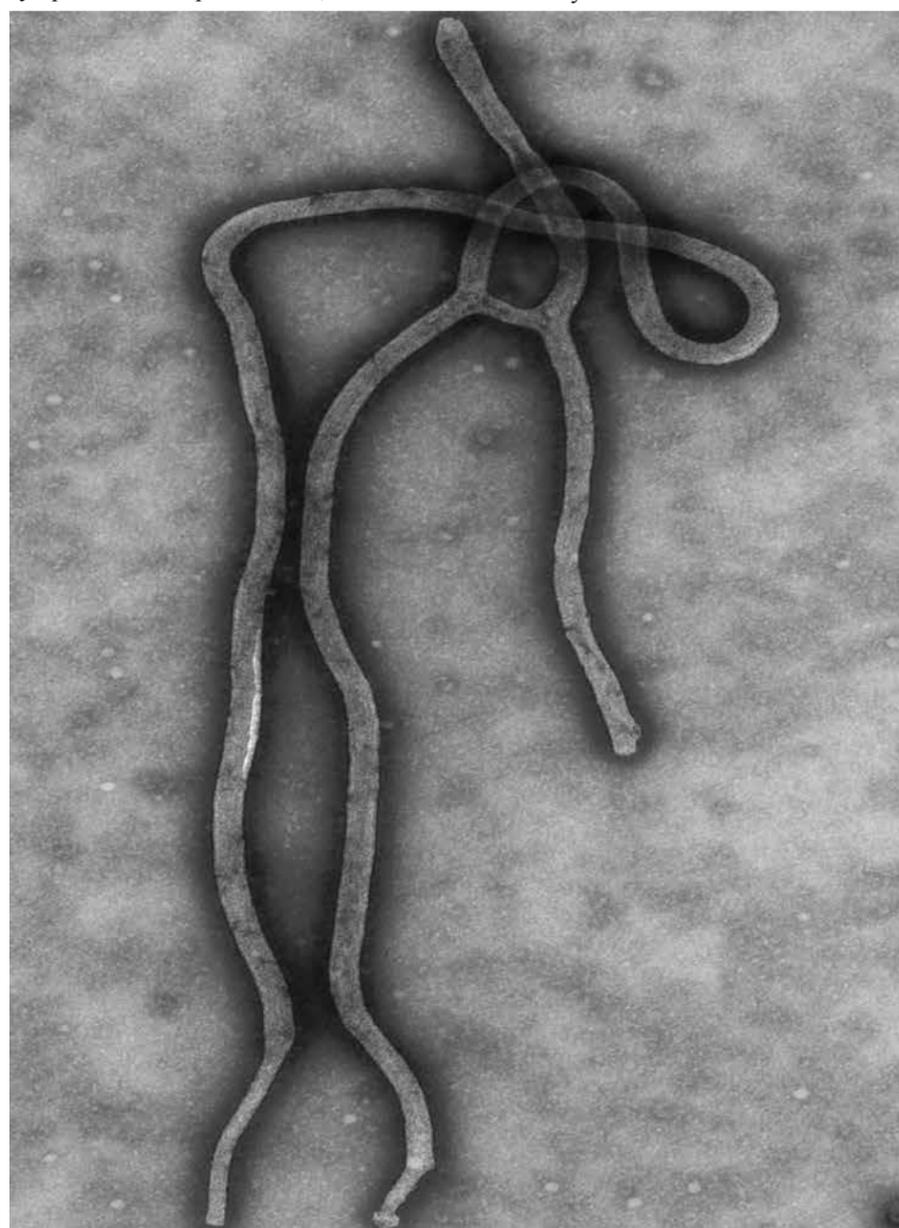
On December 6, 2013 a toddler died of an unknown illness in Guinea. By April 2014, the World Health organization had confirmed that Ebola, also called Ebola virus disease or Ebola hemorrhagic fever, was responsible for the death of that child (Patient Zero) and dozens of other Guineans. The virus soon spread to Sierra Leone and Liberia and several other West African nations. To date around five thousand people have died of Ebola, making the 2014 Ebola epidemic the deadliest in history, and another five thousand cases have been reported. In recent weeks Ebola carriers, like American (and Liberian) Thomas Eric Duncan, have traveled intercontinentally without knowing they were infected, further spreading the outbreak into developed countries like the United States and Spain. Others, like American aid workers Dr. Kent Brantley and Nancy Writebol, have been moved from Africa to treatment centers in Atlanta (headquarters of the Center of Disease Control) and Bethesda (headquarters of the National Institute of Health) to be treated. Fear of the (very small, according to the CDC) possibility of an Ebola epidemic in the United States now grips many Americans.

Ebola, named after the Ebola River, was first discovered at around the same time in the Democratic Republic of the Congo and South Sudan in 1976. Several hundred people died in this initial outbreak, but it was soon under control. Interestingly, in 1989 in Reston, Virginia, monkeys in a research facility were found to be infected with the virus. There were fears that workers who had been in contact with the animals would be infected; but luckily they never became symptomatic. This particular strain of Ebola was dubbed Ebola-Reston. Throughout the nineties to the present several isolated outbreaks occurred in the Democratic Republic of the Congo, in the Republic of Congo, in Uganda, and one in the Philippines (Ebola-Reston was responsible for this outbreak). It must be noted, however, that all of these outbreaks pale in comparison to the current international Ebola epidemic.

Ebola is a virus, not a bacteria, thereby making it much harder to treat.

Ebola can be transmitted through contact of bodily fluids of infected people or animals or contact with objects they have been around. It is not, however, transmitted through the air. In addition, for an Ebola carrier to be contagious he or she must be symptomatic; those who are still asymptomatic and those who have recovered pose no threat. While Ebola is not especially contagious, people who have direct exposure under these conditions to even trace amounts of Ebola for short periods of time have a high chance of contracting the illness. Generally, when one is infected with Ebola, more than a week passes before symptoms develop. However, the Ebola

virus has been known to have a broad incubation period of between a couple of days and several weeks. Ebola patients often suffer through a myriad of symptoms, including fatigue, fever, headache, nausea and other gastrointestinal issues, red eyes, aches, rashes and sores (especially in the throat), chest pain, respiratory issues and both internal and external bleeding. In past outbreaks of Ebola the fatality rate of the virus has fluctuated between twenty and ninety percent but this current outbreak has killed about fifty percent of the people it has infected. As of yet, there is no vaccine that can prevent Ebola or medicine that can effectively treat it.



Vitamins are fundamental to a healthy body. Some of the facts about vitamins are obvious, like the fact they all help prevent diseases like cancer and dementia. Some of these well-known "facts," though, are actually myths that dupe the general population. For example, Vitamin C has never been proven to help relieve colds. Every vitamin has a specific benefit to the body.

Vitamin A is a necessary nutrient for your eyes. It also contributes to the health of bones and red blood cells. The aforementioned Vitamin C helps the body repair itself from wounds, and bolsters the immune system; but it does not cure a runny nose or headache. Vitamin D is a nutrient that the body needs sunlight to manufacture. It aids in bone and teeth health, and maintains proper levels of calcium and phosphate in the blood. There is a rumor Vitamin E slows the wrinkling of skin. It does not.

Vitamin B is a different story, as there are multiple Vitamins B's with different names and functions. Thiamin (Vitamin B1) helps the brain, muscles, hair and skin, along with translating food into energy. Riboflavin (B2) has the same function but is beneficial to blood instead of muscles. Niacin (B3) has the same benefits of its fellow Vitamin B's but caters to the nervous system as well. Vitamin B6 and B12 are both unique. Vitamin B6 is beneficial to the sleep process and regulates mood and appetite. Vitamin B12 helps with the generation of new blood cells and the protection of nerve cells. The Elderly have a harder time absorbing this vitamin.

A strong foundation of vitamins helps every aspect of the body and prevents a wide variety of diseases. Any food associated with the word "healthy" is rich in vitamins. The B Vitamins are often found together in whole or fortified grains or meat. Vitamin A comes from dairy products, fish, eggs, carrots, and beef. Vitamin C is in most fruits and also vegetables. Vitamin E is found in oils. The best way to get vitamins into the system is through a healthy and varied diet.

Nationals Make The Playoffs

Thomas Borek
Outside News Editor

The month of October is always a very exciting month; homecoming, Halloween, and postseason baseball. This year, the Washington Nationals made their third playoff appearance, hoping to make a run at the World Series.

As a young team, the Nationals have relied on the power hitting of former Philadelphia Phillies' slugger Jason Werth, the talent of the young phenom Bryce Harper, and the lights-out pitching staff lead by Steven Strasburg. If the Nationals wanted to make it to the World Series, they would have had to play like a more mature team and they would have had to win the National league, which is not an easy task, considering the Los Angeles Dodgers were in contention for a World Series spot. Nationals fans all over the area began to dream of a trip to the World Series this year. Even though it was not to be, the team and the program has shown steady improvement since baseball's return to Washington, only 9 short years ago.

At that time, nobody in a million years would have predicted the Nationals would be a powerhouse baseball team dominating the NL East, partly because the Phillies were just too good. The Nationals, however, made some changes, traded some players, and made smart draft moves, and now they are dominating, at least during the long regular season. In the month of September, the Nationals won 19 of their 27 games, which is an astonishing number.

What did this mean for the post season, though? In the last 20 seasons of baseball, 50 teams have won 19 of their games in September to finish their season strong, and only 5 of those teams have ended up going to the World Series. Needless to say, this year's post season will be full of exciting hits, home runs, stolen bases, and lots of highlights. Unfortunately, after an early exit, the Nationals will not be providing any of these highlights. But hope springs eternal and with their stars, both offensively and defensively the future remains bright for the Nationals, and this East-winning season is simply a preview of things to come.



Teammates Jason Werth, Bryce Harper, and Ian Desmond Celebrate a Home Run.

ISIS And The New War On Terror

Diego Garcia
Copy Editor

On September 10, President Barack Obama addressed the American people about the threat of ISIL and announced the formation of a multinational counter-terrorism coalition to eradicate the terrorists.

In his speech Obama declared, "We will degrade, and ultimately destroy, ISIL" through a four-part strategy of airstrikes, humanitarian aid, intelligence gathering and, most importantly, troop deployments. President Obama emphasized that these troops will not participate in combat operations, and will only be advising, training and supporting the Iraqi security forces.

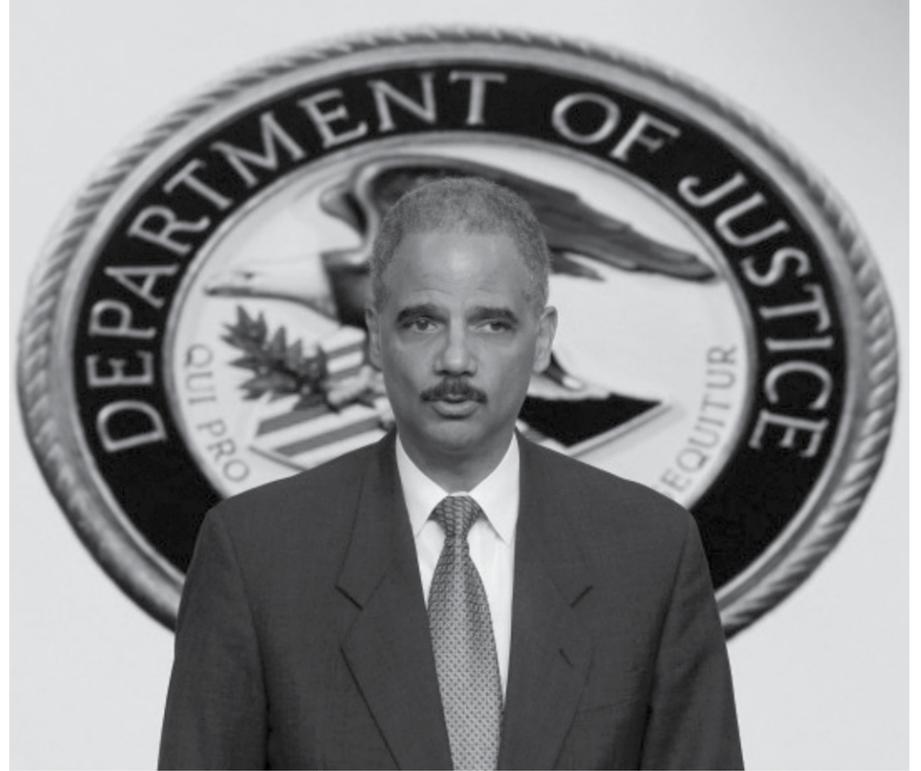
In addition, he stressed the importance of American global leadership and praised the growing strength of the United States' economy and the creativity and tenacity of the American people. Politicians on both sides of the aisle agree it was a strong speech. Shortly after the president's address, on CNN, House Speaker Newt Gingrich, a Republican, even went so far as to say that it was "probably

the most explicitly pro-American speech he's ever made."

At the same time, however, many are saying that if the president had just listened to his national security team and had been proactive in dealing with the threat of the Islamic State and had left troops in Iraq, then ISIL would never have taken off like it has. They cite Obama's campaign promises as the reason for his reluctance to send troops. The recent executions of Westerners, including two American journalists, forced the president's hand.

The Islamic State of Iraq and the Levant (also called ISIL or ISIS) is a militant group with strong terrorist leanings. ISIL has declared itself to be both a sovereign state and the caliphate, thereby asserting religious authority over all Muslims. It must be noted, however, that ISIL is a radical Sunni jihadist group and that the majority of Muslims do not even remotely share their views.

ISIL was first established in 1999, but it has only flourished in recent years under the leadership of Abu Bakr al-Baghdadi, who brought the group into Syria to combat Assad's government, and



Attorney Genral Eric Holder Announces Resignation

Diego Garcia
Copy Editor

In a press conference on September 25, President Obama announced that Eric Holder would soon be stepping down from his post as Attorney General. With midterm elections just around the corner, a new Attorney General may not even be nominated until after the midterm elections; and Holder will continue to serve as Attorney General until said candidate is confirmed by the Senate. Rumors have abounded for months about his resignation, due in part to the fact that Holder, 63, recently had an unidentified health scare. With Holder by his side, Obama commended Holder's accomplishments and called his departure "bittersweet." Holder leaves behind a mixed legacy as America's first African-American Attorney General. Holder's announcement spurred varied responses, from calling his resignation "a great loss" (Representative John Lewis) to declaring Holder the "most divisive U.S. Attorney General in modern history" (Representative Darrell Issa). Regardless of party affiliations, everyone can agree that Holder has succeeded in shaking up the Department of Justice during his long tenure as Attorney General.

Obama nominated Holder as his Attorney General just weeks into his presidency, and Holder was promptly

confirmed on February 2, 2009. Since then, Holder, a Columbia University graduate, has experienced both success and controversy. The left praises him for what some perceive as his frankness in addressing race relations, especially in situations like the Trayvon Martin case and the Ferguson incident. Holder also was integral in the movement to reform prisons and to change sentencing laws for drug offenders. In this era where the threat of domestic terrorism always looms, Holder has protected the American people.

At the same time, however, conservative critics are quick to point out Holder's flaws and shortcomings. Just weeks into his new job Holder made inflammatory comments, saying America has "always been and continues to be, in too many ways, essentially a nation of cowards." Even democratic politicians have criticized Holder's lack of political tact. In addition, the infamous "Fast and Furious" operation has left a permanent black spot on Holder's record. The House of Representatives even went so far as to hold him in contempt of Congress as a result of this controversy. Holder has not officially stated that he has any plans for after he leaves office.



ISIS members display their weapons

later, to fight against other, more moderate rebel groups. Among other flagrant human rights abuses, ISIL has been known to target civilians, especially religious minorities, in attacks that have claimed the lives of thousands. Their tactics are so vicious that even al-Qaeda decided to disassociate itself from the group.

One of the most heinous aspects of ISIL is the way they spread their message-through social media. Twitter has proven to be an effective method for ISIL to recruit. Thousands of impressionable young Muslims living in the West, including the United States, have become so indoctrinated that they have gone to fight for ISIL. Many fear that these new jihadists will soon use their Western passports to return to North America and Europe to commit acts of terror. In recent months ISIL has expanded into northwestern Iraq and may soon threaten more American interests in the Middle East.

In response, the United States military has been conducting air attacks on ISIL in Iraq since August. Only recently though, on September 22, the United States, and to a lesser extent Bahrain,

Jordan, Saudi Arabia, Qatar and the United Arab Emirates, began a large-scale bombing campaign in Syria. The United States Air Force debuted the F-22 Raptor, their newest fighter, in the airstrikes. In addition to hitting ISIL targets, American forces also conducted attacks on al-Qaeda affiliate, the Khorasan Group, which the intelligence community feared would soon launch a terrorist attack on the West.



Are You Ready to Run?

Rose Sloate
Entertainment Editor

Originally a book published in October of 2009, the worldwide phenomenon, *The Maze Runner* arrived in theaters on September 19. In this sci-fi film, a teenage boy named Thomas (Dylan O'Brien) wakes up in a post-apocalyptic world without any memory or knowledge of how he got there. He isn't the only one who's curious. Dozens of boys have been dropped in the center of the Maze, not knowing what to do and only wanting to escape.

The place Thomas wakes up in is called 'the Glade' and there are rules. Do the job assigned to you, keep quiet, and don't ask questions. The Glade is in the heart of a maze and everyday Runners go out and explore the maze, looking for a way out. But watch out for the Grievers! Half bug and half machine, the Grievers have been there as long as the boys and it seems their only purpose in life is to keep the boys from leaving the maze. And anyone bitten by a Griever goes through an awful experience called 'the Changing,' which is where the affected person sees glimpses of the world that was left behind and

snippets of how the Maze came into existence.

Everything seems to be connected in some way with the new kid. Strange things happen as soon as Thomas arrives. People see him while going through the 'Changing,' something that really isn't helping Thomas in his attempts to fit in.

The day after Thomas arrives, something happens that has never happened before. The Box that brings people and supplies into the Glade once a month shuts down after delivering something the boys have never encountered: a girl.

When this throws their world out of balance the boys decide that their only option is to stay overnight in the dreaded Maze. Can they survive the night? With no weapons, a comatose girl, and only common knowledge to go on, the boys take the greatest plunge in the history of the Glade. They fight to the death to try and escape their own personal puzzle.

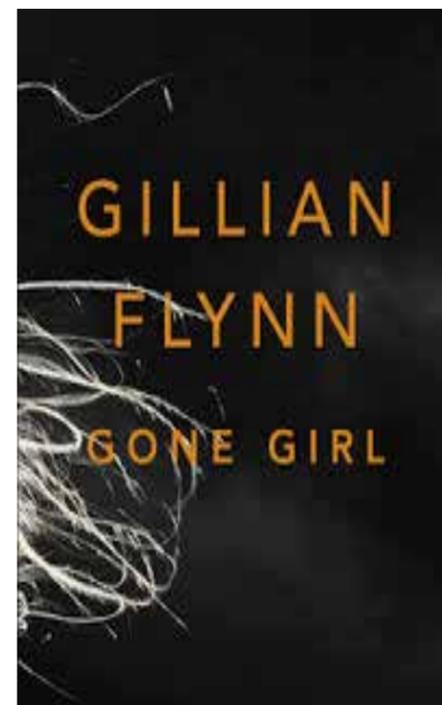
With a plotline different from any top selling novel, James Dashner has created a concept that has never been published before and one that is sending waves of excitement through the crowd of fans already accumulating. The only question remaining is, "Are you ready to run?"

Gone Girl Not Devoid of Suspense

Reid Stevenson
Sports Editor

There are many movies out today that are very well directed and worth a watch. One of those movies is *Gone Girl*. This movie, directed by David Fincher and written by Gillian Flynn, was released on October 3rd 2014. The story is based on the best-selling novel, "Gone Girl," that was also written by Gillian Flynn. The thrilling novel was released in June of 2012 and soon became a New York Times Best Seller.

Ben Affleck stars as Nick Dunne, along with Rosamund Pike and Neil Patrick Harris. The movie takes place in the suburbs of Missouri, where Ben Affleck lives with his wife (Rosamund Pike). One morning, Nick's wife goes missing from their home and no one knows where she is. All of the evidence points to foul play by Nick and everyone makes the assumption that he has probably murdered his missing wife. This movie is a dramatic thriller that will leave you on the edge of your seat.



Autumn Road Trip Playlist

Rose Sloate
Entertainment Editor

Sheeran
"How Loud Your Heart Gets"// Lucius
"Anna"// The Snaz
"Life In The Fast Lane"// Eagles
"I Wanna Get Better"// The Bleachers
"Centuries"// Fall Out Boy
"Knee Socks"// Arctic Monkeys
"Touch"// Troye Sivan
"Daughters"// John Mayer
"Rhythm Of Love"// Plain White T's
"The Wrong Direction"// Passenger
"Gone"// Matt Simons
"1973"// James Blunt
"Perfect For Me"// Ron Pope
"Riptide"// Vance Joy
"Royals"// Lorde
"Use Somebody"// Kings Of Leon
"See Me Through"// Eric Lindell
"Fitzpleasure"// alt-j
"Youth"// Daughter
"I Got You"// Jack Johnson

"Banana Pancakes"// Jack Johnson
"Constellations"// Jack Johnson
"Chasing Cars"// Snow Patrol
"Yellow"// Coldplay
"Partners In Crime"// The Strokes
"Wonderwall"// Oasis
"Photographs & Memories"// Jason Reeves
"Team"// Lorde
"Shark Attack"// Group Love
"When Did Your Heart Go Missing?"// Rooney
"Gold On The Ceiling"// The Black Keys
"Coming Of Age"// Foster The People
"Pioneers"// The Lighthouse And The Whaler
"Somewhere Only We Know"// Lily Allen
"The Mona Lisa"// Brad Paisley
"Wings"// Birdy
"Stubborn Love"// The Lumineers
"New Slang"// The Shins
"Collide"// Howie Day
"Message In A Bottle"// The Police
"I Miss You"// Blink-182
"Maps"// Maroon 5
Even My Dad Does Sometimes// Ed



Jingle Ball 2014

Kiera Wainer
Staff Writer

A popular and highly anticipated concert event arrives at the Verizon Center on December 15th, the Jingle Ball, hosted by HOT 99.5. This annual concert has various artists, including Ariana Grande, 5 Seconds of Summer, Calvin Harris, Demi Lovato, One Republic, Iggy Azalea, Jason Derulo, Meghan Trainor, Lil John, Jessie J, and many more.

The host this year is Nick Jonas, formerly of the boy band, the Jonas Brothers, who has just come out with a new single, "Jealous." He will be one of the main attractions. Calvin Harris and Jason Derulo are both currently in

the top ten with their songs, "Trumpets" and "Outside" respectively. There are also rumors that Nicki Minaj will make a guest appearance to co-sing "Bang Bang" with Ariana Grande and Jessie J will perform one of the top 20 songs in the country. This year, Intern John said it will be one of the best years yet and will help everyone adjust to the stress of the holidays. This year's official charity is the Ryan Seacrest Foundation. \$1.00 of each ticket sold will be donated to the non-profit organization, which is dedicated to inspiring today's youth through entertainment and education-focused initiatives.

