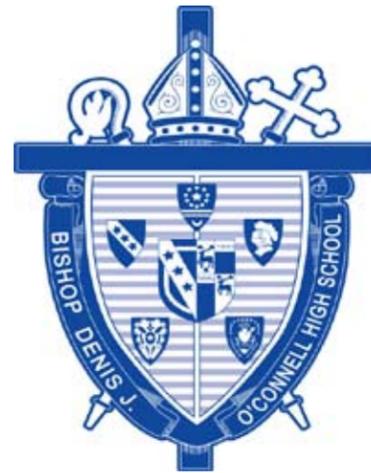


The Visor

Bishop O'Connell High School

Volume 53 Issue 5



Students Save Lives: One Pint at a Time

Sam Snead
Staff Writer

On Wednesday March 30th, INOVA took a trip to O'Connell for the annual Bishop O'Connell Spring Blood Drive. INOVA comes twice every year to host this event and give students the opportunity to donate blood for patients in need. Anyone age 16 and older is capable of donating.

One type of donation available for participants was a simple blood donation, when a pint of blood is donated from each person. One pint of blood will save three people. For blood donors aged 18 and older, there was another type of blood donation available that assists leukemia patients. This type of donation separated healthy blood cells in the blood and put the rest of the blood back in the patient after the doctors recovered the blood cells they needed.

This year a lot more students signed up, along with more teachers. There was an incredible increase from about 40 students last year to 90 students this year; and the INOVA staff was ecstatic

about the increase in participation. Many first- year donors gave blood this year.

"It was fun! The people were very nice and I felt good that I could make a difference for another person. I would do it again," commented senior Rebecca Flester, a first-time blood donor.

Many student volunteers are involved in the blood drive. These student volunteers help run the blood drive by assisting donors throughout the process: comforting them if they are nervous, and giving them food and drinks afterwards.

"It was an amazing feeling, knowing we students had such power to donate blood and save lives. It was truly a great experience. I want to thank the students who donated; and I cannot wait to do it again," commented junior Molly Zinzi, who helped out with the blood drive.

This year's O'Connell Blood Drive was a great success. From the nervous and sometimes even nauseous students, to the friendly staff and doctors, the entire procedure hummed with machine-like efficiency. Make sure to sign up next



Catherine Gauthier and Alyssa Coombe at the Blood Drive

year, and take the chance to be your own personal super hero and save other lives.

Superdance 2011: A Heroic Triumph

Sydney Speetjens
Staff Writer

March 26, 2011 will be forever remembered by DJO students as the day that they got down and "boogied for the cure" during the 36th Annual Superdance. Back in November 2010, sixty-five students came together and formed committees to begin planning for this epic event; and their fantastic efforts over the past few months culminated in the unforgettable evening. This year a whopping \$107,885 was pledged on the night of the dance, and as students continue to turn in their collections, (which need to be turned in by April 20 so we can get Holy Thursday off!) chairs and co-chairs of the committees hope to exceed this monumental number and raise even more funds for this special O'Connell cause, the Cystic Fibrosis Foundation.

From the decorations, to the music, to the classic pizza dinner, Superdance 2011 exploded with unparalleled excitement, energy, and success. The gym was decked out in balloons, as well as posters and streamers exuding vibrancy and color. All of this supercharged the already electric atmosphere.



Over 60 student volunteers made the 36th annual Superdance a night to remember

Singer-songwriter Struan Shields' performance stole the heart of every girl in the gym, and veteran Superdance performers *Burn the Ballroom* tore up the stage. Also newcomers to the Superdance scene, *Mercury in the Summer* and *The Blackout Project*,

received great reviews and many hope that they will come back and join us again next year. Another one of the many musical highlights of the evening was DJO's very own terrific teachers' performances: Mr. Britt and Ms. Van Duzer, who rocked out as students clapped and cheered until their voices became hoarse.

Reflecting on his experience at the 2011 Superdance, Junior Sam Snead commented, "Superdance was extra super this year, thanks to the fantastic theme. The bands and decorations hyped me up, and I felt my super senses tingling the entire time!"

New to the Superdance registration process this year was the ability for students to register online. Those students who registered online were

2
days until
Spring Break

45
days until
Seniors Graduate

48
days until
Underclassmen
Exams



April 22, 2011
is Earth Day

SEE WHAT'S INSIDE

HEY GUYS! STILL NEED TO RENT YOUR TUX FOR PROM?
COUPON INSIDE!

Page 5

MUSIC TRIP TO NEW YORK!

Page 4

APRIL FOOLS! FLIP OVER FOR VIPER!

PAGES 10-12

able to have their own personal site, where donors could donate electronically- and in turn, students could more easily keep track of their donors' donations.

"Adding the online registration option to the registration process was a great idea. It was so easy to use, and I was able to keep track of my donations really easily!" said Junior Michelle Tansey

The students of O'Connell definitely lived up to this year's slogan, "This looks like a job for Superdance!" The Superdancers feverishly collected their pledges and danced the night away. Chairs and co-chairs of the various committees especially went above and beyond the call of duty, with all the long hours of hard work and effort that they put into creating such a fabulous evening for everyone in attendance; it was a night that no one will ever forget. Great job, DJO!

AdVisor: The Doctor's Orders to College Replies

The *AdVisor* is the Visor's regular editorial piece written by a member of the faculty or staff. In this installment, Dr. Stabile reminds seniors: "There is a College or University for you."

Dr. Dan Stabile
Special to the Visor

Spring is the season of college admissions' notifications for many students who did not opt for early action or early decision. Some of these students receive letters of rejection. I have three points to share with you that are my deepest thoughts for each and every one of our DJO seniors.

1. Each DJO senior is capable and possesses the aptitude and college preparatory background to succeed at the college level, graduate school and beyond.

2. Our DJO seniors possess the passion and drive to overcome any barrier or obstacle, and turning those barriers and obstacles into opportunities.

3. Each student has Jesus Christ in him/her. And when Jesus is within you, that is where the gift and special ability lies that he has given you to succeed. This gift is your strong spiritual center of gravity.

There is a college or university fit for you. If your first round of applications did not yield acceptance results, do not become discouraged. There are schools in Virginia, Maryland and virtually each state that have the policy of "rolling admissions," where you can apply up to August 1, 2011. There are times when you may have to take a detour for one or two years at a college or university that may not be among the colleges you listed as top choices. Oftentimes, you may find that the college you enrolled in turned out to be a good choice.

I would like to share a success story with you. A 2009 DJO graduate was confronted with several problems during

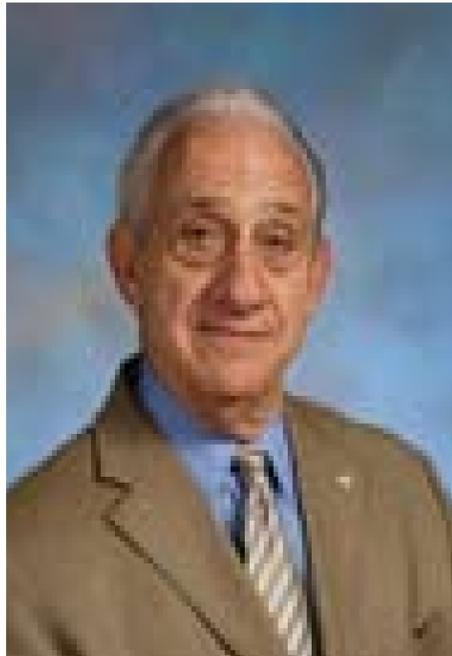
her sophomore and junior year and her GPA was not at the level for her to be accepted at the college she really wanted to attend. I was able to help her gain admission to a college she was not initially interested in attending, but this college provided her with an opportunity by accepting her in early June. She enrolled reluctantly.

Last February 2010, I received a phone call from her. She stated, "I want to leave this college." I asked why? She responded, "this college is too easy for me. I have earned a 4.0 GPA the first semester and I am confident that I will earn another 4 point the second semester."

I asked her to schedule a visit with me to plan out a strategy. A strategy was formulated and augmented with support from two professors at the college she was attending. She reapplied to her "favorite college" and was standing by for a decision. In late June, Frau Stabile and I were having Turkish coffee at a cafe in Istanbul, Turkey. My cell phone vibrated, and I answered. She was on the other end of the line and said, "I am shocked!"

I responded, "What happened?" She said "I just received a letter from William and Mary informing me that I was accepted and they offered me a full scholarship."

That is not the end of the story. This past January 2011, I received another call from her, stating that she had made the Dean's List with a 3.7 her first semester at William and Mary. The upshot of this beautiful story is that she never lost sight of the three attributes listed above that each of our seniors at DJO possess. She followed her dream, knowing she was well prepared, demonstrated passion to overcome obstacles and barriers, and discovered



the gift Jesus Christ instilled in her. I could tell you many, many stories of students overcoming the toughest odds because of drive and determination. And one of those would be about me. And because of those struggles, when I look into your eyes and say, "Do not get emotional! Get tough, get strategic, and get going; because I understand what you are going through and I know you can do it." Let's get started with the process and attack the next steps in a proactive and strategic manner. Do not get discouraged and never, never give up. There is a college/university somewhere for you, to begin your journey, and achieve your dream of becoming successful and independent in life.

DJO Nap Club: One of the Top Clubs at O'Connell

Joe Bender
Staff Writer

Are you tired? Do you find yourself nodding off during lectures? Then O'CNap Club may have the answer for you! O'Connell Nap Club is the brainchild of a group of juniors who have set out to defeat the evils of insomnia and sleep deprivation.

Born as 'just a fun idea' between co-presidents Joseph Pearring and Robby Renner, who then realized how much good they could do with a master plan. The O'C Nap Club is making a run at being one of the top clubs in the O'Connell community. They work, as Joseph Pearring says, "to effectively rest students so that they will be more active participants in their community." Besides giving members the rest and rejuvenation they need to be fully awake and prepared to handle the stresses of day-to-day life, the club also looks for other ways to help out. The club's co-presidents told the *Visor* of their ongoing effort of donating to a partnership that buys mosquito nets for kids in Africa, so that they can sleep without fear of insects.

O'Connell's Nap Club is not one of those clubs that likes to plot out every little detail beforehand.

As co-president Robby Renner says, "I try not to look to the horizon because it is bright and I am feeling quite nap-acious."

The club follows his lead in like manner; the only event the club was willing to reveal was its ongoing "Oh the Places You'll Nap" endeavor. Robby and



Diego Rodriguez, Michelle Tansey, Joeseoph Pearring, Emily Rodriguez, and Robbie Renner all display their napping abilities

Joseph would not reveal anymore than the title of this project to the *Visor*, instead only leaving an open invitation to the entire O'Connell community to show up to one of their meetings, held sporadically in Room 120. They do have club t-shirts, some of which adorned the halls on St. Patrick's Day. Robby and Joseph said that anyone who wanted a t-shirt should talk to them.

The Nap Club is serious about when its members can nap, however. Joseph Pearring set down the guidelines when he

said "We do not condone falling asleep if you're on the job as an air traffic controller, taxi driver, or a nuclear power plant safety inspector in Springfield." The club does support napping at most all other times.

All in all, O'Connell Nap Club is a creative idea that became reality, thanks to the drive of a few individuals who wanted to make a difference. Club secretary Michelle Tansey put it best when she said, "There's free cookies and naps. What else would you want in a club?"

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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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"So let me see if I've got this straight: If I take Journalism next year, I'll not only be a beat reporter for the Visor, with my own byline, but I'll also satisfy the Computer and Fine Arts requirements for graduation. I better do a little more digging and get the scoop on this."

New Coach Brings New Dynamic to Boy's Lacrosse Team

Scott Rapuano
Staff Writer

Boy's varsity lacrosse is off to a new start this year with a new attitude, due in large part to the new coaching staff. Led by Coach Justin Fitzgerald who is assisted by Coach Nick Purkat and a very capable staff, the team is excited for their prospects this season under the new leadership. The change in coaching staff has had a dramatic effect on the attitude of the players and the performance of the team. So far, the team is 4-6, 2-2 in WCAC play.

Led by a skilled group of seniors, the team is looking for more consistency this year, and a few more close wins over the more competitive teams. The coaches have really emphasized that to be successful the players are going to have to improve their individual skills and work hard during practice. This mentality helped the team beat Yorktown 11-8, a game in which possession of the ball played a big part. The team also showed some resiliency as they

fought back from a 6-goal deficit in the third quarter against St. John's. The Knights were able to reduce the Cadets' lead to one goal before falling 7-10 in a tough road loss.

One of the most obvious changes to the everyday regimen of the team is the different style of practice. Since the coaching change, practices have been noticeably tougher and more focused, which is part of the reason the team's attitude seems changed this season. Practices are the perfect environment to showcase that the players have "bought in," and are willing to embrace the changed attitude and style this year.

"After last year's disappointing season, I'm really excited to be under a new coaching staff that's committed to helping us win a championship," said senior Teddy Faulk about the new staff, as well as attitude on the field.

This week is the last week of the team's regular season, so make sure to come out and cheer them on against Herndon on Tuesday, April 26th; and see the fastest sport on two feet in action.



Senior Anthony Spellman takes on PVI defenseman during their game on March 22nd

Softball Looking to Repeat History

Sydney Speetjens
Staff Writer

The OC Lady Knights' Softball team is off to yet another great start this season. With a record currently standing at 9-0-1, the girls show no sign of complacency or overconfidence, playing harder than ever.

"We've had a strong start," said Senior Sophie Giaquinto. "We have 5 seniors returning from last year's squad, but I think we've done our part in keeping the team motivated and focused on taking it one game at a time."

The team may be taking it one game at a time, but they are also looking to the future. Among many of the girls' hopes for this season is the promise of acquiring yet another WCAC title, as well as another State Championship to "keep the tradition going," added Giaquinto, with a smile.

But the road to victory is not an easy one. McLean presented some

fierce competition when the Lady Knights faced them on April 9th, and before the girls attain the coveted championship they will likely encounter them again in the playoffs. Madison is another public school that has presented challenges in the past, and boasts another strong squad this season.

"There is no one we can take for granted; it's always going to be about how we play," explained Senior Lindsey Goodwin.

Alex Nihill, another returning senior added, "We're just going to keep working at keeping everyone comfortable on the field, and improving our game individually and as a team."

The road may be a rocky one, but the girls are determined to hang tough, play hard, and hopefully, when the season concludes, they will have returned to that familiar summit: WCAC Champions, State Champions. Check the schedule and don't miss the next action-packed game and cheer the girls on to victory.



Lady Knights' Track Races to Success

Elizabeth Bloom
Staff Writer

Throughout the years, the girls' track team has always put its best foot forward, competing in several meets and always doing well. This year, however, the track team has done better than in the past seven years that Head Coach Cindy Walls handled all of the coaching responsibilities alone. This year Coach Walls was happy to welcome several new people to the coaching staff, including Coach Jester, Coach Fitzpatrick, and Coach Hayes.

Throughout the widest mix of weather from freezing cold, to snow, to hail, and to seventy-degree temperatures, this season has been quite a ride. The first Varsity meet that the team participated in was the McLean Relays on March 19. Placing sixth out of fifteen teams for the girls, the team were already off to a promising start. The 4 x 800 relay team, consisting of Sarah McCarthy, Emily Blagg, Alison Dommel, and Ashley Stumvoll,

came in first. These four girls also came in first in the DMR, Distance Medley Relay.

Junior Emily Blagg commented, "The team this year has been working really hard and it is nice to see the hard work pay off in the meets, especially achieving first place in two of the relays."

With a few more weeks of intense track work-outs, long runs, and a few days spent in the weight room, the team geared up for its second meet on April 2, the Legard Relays. Here, the girls placed sixth out of sixteen teams. Once again the relay team of Sarah McCarthy, Emily Blagg, Alison Dommel, and Ashley Stumvoll placed first in the 4 x 800 relay.

Not only did the distance portion of the team achieve this accomplishment, but senior Kate Terwilliger also placed in the jumps. Although not quite at the level of the first meet, Coach Walls had stressed that it was a huge improvement from the team's performance last year.

Although the season has only just begun, the team is looking forward to many more successful races in the upcoming weeks.



O'Connell Goes "Shoeless" for a Cause

Gabe Salas
Staff Writer

When most people are asked to think of "top-dog" shoe companies, there are several that come to mind: Nike, Adidas, Reebok, Ugg, etc. But recently, a new company has stepped out of the shadows, because they sell fashionable shoes and their primary goal is to help others in need. TOMS, founded by Blake Mycoskie in 2006, is a shoe company that sends a pair of shoes to a child in a third-world country for every pair of shoes they sell. This charitable practice is starting to catch on, as students and young adults are rocking these shoes all over the country. These shoes have also become very popular at O'Connell, and two of its own students made an effort to go above and beyond in the hope of raising further awareness.

On April 5, TOMS held a worldwide "Day Without Shoes"

in order to raise awareness about the children from third-world countries who could not afford a simple pair of sneakers. Hundreds of thousands of people participated in the event, hoping to create discussion and raise awareness about this pandemic.

Events were held all across the country, including fundraisers and walks in the hope of raising money to send to TOMS. O'Connell had its own fundraiser, headed by seniors Kaitlyn Mosier and Maddy Bernero, that included a bake sale, a shoe drive, and a "flip-flop" dress-day for those who donated \$1 to the cause. The school raised hundreds of dollars and over one hundred pairs of shoes were donated, showing how generous O'Connell students can be when it comes to supporting a great cause.

"I thought everything went great! We collected over one hundred pairs of shoes and a couple hundred dollars so I know that the school made a huge impact on the lives of so many children," Bernero stated.



When asked why she was so committed to this cause she said,

"Ever since I went to the Dominican Republic on a missionary trip, I've been very committed to trying to help children who are less fortunate than I am. TOMS really caught my attention because I like the shoes and it's such an easy way to help out those in need."

"This was such an easy way to make a difference. I really like to help people, so when I heard about what TOMS was doing I knew that it provided an opportunity for me to get involved; and I knew that if I ignored that opportunity, I would be pretty disappointed in myself," said Mosier.

The event on campus was a huge success and hopefully this becomes a tradition for O'Connell in the years to come.

DJO Music Trip Takes the Big Apple By Storm

Audra Nakas
Staff Writer

Every spring the O'Connell Music Department participates in a music festival somewhere in the United States. Previous locations have included Disney World and Myrtle Beach; and this year, the music department returned to New York City after having played there three years ago. 110 students represented O'Connell in this year's New York City International Music Festival, as musicians in the Symphonic Band, the Jazz Ensemble, the Percussion Ensemble, Orchestra, Concert Choir, and O'Connell Singers all contributed their talents. The three bands and O'Connell Singers played Grade 6 music, the highest level of difficulty.

O'Connell Singers received the highest rating of "Superior," and Concert Choir and Orchestra received "Excellent" ratings. In competition with other schools, Symphonic Band, Jazz Ensemble, and Percussion En-



semble each received first place in their respective categories. All of these achievements have been memorialized in impressive trophies currently being displayed in the main office.

Besides performing, students had the opportunity to take a dinner cruise by the Statue of Liberty, to explore Times Square, and to see one of

two Broadway shows: *Phantom of the Opera* or *Jersey Boys*. For students and teachers alike, the Broadway performance is a favorite aspect of the trip.

"New York is a great place to go and compete. We always enjoy the trip because we get to see Broadway, which is a musical experience and

learning opportunity in itself," explained Music Department Chair Todd Mastric.

Broadway tickets, of course, are not cheap; neither are the bus, hotel, and food expenses. To help finance the trip, students participated in various fundraisers, including selling chocolate bars and Easter candy. For many students, including senior Marilyn Savich, the year-long preparation for the trip was worth it.

"I think having to prepare for so long helped us mature both musically and as students. It made us more confident and allowed us to enjoy the trip to the fullest."

Even after the festival, however, students are not finished learning. They review the judges' comments and analyze their performances to determine what they can continue to do well and what they can improve on, in their playing and singing. Besides being an enjoyable experience, the spring music trip is a culmination of a year-long process that helps O'Connell students to develop their musical talent.

O'Connell Goes Green for Earth Day



Scott Rapuano
Staff Writer

Another O'Connell celebration of Earth Day has come and gone, and with it another successful Earth Day assembly. The speaker, Doug Gehley, Class of '72, talked about a few ways to save money by going green. Gehley cited numerous and very compelling statistics to dramatize how going green is fiscally and environmentally responsible. His speech provided a very convincing argument for many students, to share with their parents and friends, about how they can go green around the house.

"After being at that assembly, I feel like there's a lot I can do personally to help the environment. And, on top

of that, the assembly was a fun way to get everyone around school thinking about Earth Day," commented senior Gabe Salas, about the Earth Day assembly.

At the assembly, there were a lot of games and entertainment to keep the students focused on the information and interested in what the assembly was meant to convey. One of the games was a version of pin the tail on the donkey; but instead of a tail and donkey the contestants would pin a leaf onto a tree.

Another crowd favorite was a game of "trash ball," where the crowd watched as their peers shot trash into a recycling bin. This game helped remind the audience to avoid littering, and also to recycle their waste when applicable.

Overall, the Earth Day assembly was a huge success and it helped the students to redouble their efforts when it comes to recycling and keeping the environment in the best shape possible.

O'Connell Lights Update

Gabe Salas
Staff Writer

As many of the students and faculty know, O'Connell is planning to renovate the athletic fields on campus, a project that has been anticipated by the administration for a long time. The school plans to spend an estimated 8 million dollars to resurface the football and baseball fields, as well as build a new circular track and make additions to the bleachers. After getting the field projects approved by Arlington County, Dr. Vorbach and Mrs. Prebble made an enormous effort to get lights on the athletic fields for the first time in O'Connell's history. Despite the fact that numerous Arlington County public schools have lights, the county board rejected O'Connell's petition by a vote of 3-1, causing a serious commotion and unrest among the school community.

"I don't know why the neighbors are trying to take this away from us. I think they're taking it too far by creating organizations and handing out fliers just to try and persuade everyone that this is a bad idea," voiced senior football and baseball captain Michael Katz.

Senior baseball player Ryan Kuhn also stated, "It's created almost like a rivalry between the school and the people who live around here. You can't hold an entire

school responsible for things that only a couple of our students have done, like being careless about trash in the neighborhoods."

Kuhn and Katz were two of many that attended the hearing for these lights that occurred almost a month ago. Over 75 members of the Arlington community spoke out against this project for a variety of reasons, mainly the well-being of their children. Many neighbors fear that with this new project and with all of the people it will attract, they will not be able to sleep at night because the lights will penetrate their homes, and their neighborhoods will be more crowded and noisy.

There was also a concern about property values dropping with an addition such as this, but O'Connell's own Dr. LeBlanc was able to quiet these remarks by assuring the people that his property value was not harmed after his neighbor, Washington and Lee High School, renovated its field and had a similar project.

Now that O'Connell has been denied this coveted prize, there seems to be a sense of frustration among the students, especially the sports players.

But hopefully this conflict will be cleared up in the upcoming months, and both sides can reach an agreement that can benefit both O'Connell and its neighbors.



Knightfall '11

Christina Chaimes
Staff Writer

Many students have probably seen the flyers around school or received a Facebook invite to "Knightfall '11." What is it? After the great success of the Welcome Back Dance, the sophomore class is sponsoring this blowout rave as a dance to close out the school year and get ready for summer.

Knightfall has been in the works since the beginning of the year. It was originally planned to be a mixer for all the schools in the WCAC, much like the Gonzaga Mixers. However, due to the novelty of the dance, the sophomore SCA decided to host the rave as an O'Connell dance. They do strongly encourage everyone to bring up to three guests to include

students from many different schools.

The SCA will deck out the courtyard in O'Connell colors: blue and silver. Entertainment will be provided by sophomores DJ's Michael Bonini and Matt Wilson. Also, due to popular demand, Dylan Vorbach and Collin Brideau will most likely be guest DJing.

Sophomore SCA member Madison Carter said, "I'm really excited about this event; and we are hopefully going to set a high standard for all the rest of the dances to come! I really hope to see everyone there!"

Knightfall will be held on May 20 from 8 p.m. to 11:30 p.m. The cost for everyone is \$5 and guest forms will be able on the Facebook Knightfall '11 event page soon.

Mother-Son Brunch

Patrick Morris
Staff Writer

On the morning of Sunday April 3rd a large number of senior boys attended Mass and a brunch accompanied by their mothers. This was a great opportunity for the boys to spend time with their mothers, as they prepare to leave for college in just a few months. Their day started at 10:00 in the chapel with a mass celebrated by Father Hudgins. Father spoke in his homily about making the best out of situations in life, especially when certain situations seemed challenging.

After mass the seniors and their mothers went down to the cafeteria where brunch was provided by FLIK. The brunch included omelets, waffles, bacon, fruits, and pastries. Connor Scully was so impressed by the brunch FLIK provided that he said his "mind was blown!"

While the mothers and sons were eating, some competition was added to the brunch in the form of a trivia game. Questions covered facts about Mother's Day and famous mothers, such as Lucy Ricardo and Marge Simpson.

The event ended around noon and everyone left happy, because of the great food and great company of friends and family.

"It was great to have brunch with both my mom and my friends. My mother and I both enjoyed the company and the food. The highlight of the morning though was easily the waffle bar!" said Thomas MacNamara.

The mothers also had a great time. Mrs. McGrath shared her thoughts on the event, "Mass and brunch with my son was a lovely way to start my day." The brunch was a great success. It gave both the seniors and their mothers a break from their very busy schedules; and more importantly, it allowed them a little time to spend with each other.



Seniors Gabe Salas (left) and Nick Kent (right) with their Mothers

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Zumba: The Latest Workout Craze

Dina Hamami
Staff Writer

Trying to break out of your old fitness routine? Try Zumba!

For all those who haven't heard of Zumba, it is a Latin-inspired dance party that was created to tone muscle and improve stamina; all while dancing and having a good time.

Zumba isn't like your regular kind of exercise. Unlike working out on a treadmill or exercise bike, Zumba focuses on toning your whole body, not just your legs. It is a mixture of cardio and aerobics set to an up-beat, exciting genre of music.

Exercise physiologist Nicole Gunning from WebMD says "Zumba can include calorie burn, increase aerobic threshold, more stamina, increased bone density, improve balance and muscle tone, less body fat, and lower blood pressure."

Not only is Zumba a high-energy way to exercise, it can also have some great benefits for your health. The core of the class is interval

training, one of the best ways to burn calories. Because it is a dancing class, it doesn't have a serious strain on your bones and joints. It can even lower your risk of chronic back pain. And it's fun for everyone! There isn't a specific training level, so anyone can do it.

Although people are just learning about Zumba, it's actually been around for a while now. In 1999, dancer and choreographer Alberto Perez thought up the idea of working out without being bored. When creating the program, Perez had no idea it would become so popular. He has even called it "a happy accident".

Classes are about an hour long. In these hour long classes, you can burn up to 800 calories, depending on the rate you dance.

Zumba is quickly becoming the most popular way of exercising, and classes are starting to be offered at every gym. If you're interested in taking classes, check your local gym or go to the Zumba website, www.zumba.com.



No More Controllers!

Marilyn Savich
Staff Writer

Video games are no longer a sedentary activity. Remember when the Wii came out as the greatest form of entertainment? Now Microsoft has gone a step further with the Xbox Kinect and made the human being as the controller.

The game system scans the player's voice and face. Then, the player's facial features are imaged on the screen so that the person sees himself as the player. The Kinect is created to be realistic so that the player can delve into the game on a higher level.

The Kinect has won the world Guinness Record for being the fastest selling electronic device. The Kinect is available at local stores such as Target, Costco and Wal-Mart for about \$150 each as an add-on to the Xbox. Games cost about fifty dollars each.

The games XBOX360 has come out with for the Kinect are intense and each one drastically different from the next. The six games out for Kinect have been described as physically exerting.

Senior Addison Snidle who played Kinect Sports with a group of friends shared with us that, "It was a workout!" Kinect Sports features

bowling, volleyball, tennis and other sports. Athletes can kick a ball, swing a baseball bat, or run a race by performing the motion on screen. Kinect sports can be played solo or with other players.

Other top-rated games include Dance Central which is developed by the creators of *Guitar Hero* and *Rockband*. This game combines singing karaoke with performing dance moves. Specifically designed for fitness is the "Biggest Loser: Ultimate Workout," "and "Get Fit with Mel B." Fun games which combine adventure with exercise are "Harry Potter and the Deathly Hallows" and "Michael Jackson: the Experience."

The downside of getting a Kinect in this economy is the cost. One must already have purchased an Xbox 360 and buy the Kinect separately along with the games. However, in the long run, this may be an investment for those who have a gym membership but never use it. The Kinect is useful in being convenient. No going out is involved. It is also motivating for being entertaining and a game one could play with friends and family. The Xbox Kinect gives the opportunity for many people to receive a good workout at the same time, not just one person. The Xbox Kinect can definitely be listed as a bonding, communal activity.



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A Psychology Study from George Washington University: Do You Want to Participate?

Jackie Hughes
Staff Writer

Laura Welsh, a doctoral psychology student who attends the George Washington University, is working under the supervision of psychologist Dr. Michelle Stock in a core case study that requires the recruitment of high school students in the Washington, D.C. area.

The purpose of her survey is to investigate teenagers' behaviors concerning exposure to the sun, which includes the use of sunscreen, sunbathing or the avoidance of artificial tanning methods, which are very common among today's youth, Welsh's core study could come up with some interesting observations about the recent obsession with looking tan or about the increased risk of cancer from improper skin care habits. Another significant issue that will be raised in the study is whether or not ethnic backgrounds have an

effect on the teenagers' behaviors while in the presence of sunlight. Every student at O'Connell was given a letter in homeroom providing more detailed information about the study.

About five hundred students will be allowed to be a part of the study. If a student decides to participate in the study, he or she will complete two surveys. The first one will only take about 30 minutes to complete, while the second survey will take less than 15 minutes to complete.

Students participating will receive information about the completion of the survey, and will protect his or her skin from the damage that comes from the sun. Then, the chance to use sunscreen will be available if the student wants to use it. An added bonus can be awarded for any student who wants to participate in the survey. The reward is a \$15.00 gift card from Amazon.com. If the student wins the gift card, then it will be sent through e-mail or by mail. Lastly, the students need a signed permission slip from a parent in order to participate. The chance for students to participate is ground-breaking.

DJO Drama Presents *You Can't Take It With You*

Audra Nakas
Staff Writer

From April 8th to April 10th, the O'Connell auditorium stage was transformed into a typical 1930's living room. The characters in the Pulitzer Prize winning Broadway comedy by George S. Kaufman and Moss Hart, however, were not so typical. *You Can't Take It With You* tells the story of two young people, Alice Sycamore and Tony Kirby (Katie Arthur and Kevin Lauer- man), who meet at work and fall in love.

Unfortunately, they face the obstacle of reconciling their very different families. While Tony's parents are posh and upper-class, Alice's relatives are eccentric. Her mother (Kimberly Zarnick) is a sex-obsessed amateur playwright, her father (Dylan Vorbach) experiments with fireworks in the basement, her sister (Mandy Toulme) takes ballet lessons from a

Russian teacher (Richard Nary), and her grandfather (Billy Ratledge) has been evading income taxes for years.

While her immediate family is strange enough, Alice has to deal with the antics of additional relatives and visitors. After a disastrous dinner with both families that results in a night spent in jail, Alice is so embarrassed by her family that she almost breaks up with Tony. He convinces her at the last minute, however, that their love matters more than anything else. Eventually, his parents come to like Alice's peculiar relatives, and the play concludes cheerfully.

As always, the talented cast's performance was compelling and kept the audience laughing, especially in the second and third acts. Spectators were especially delighted by Sr. Maureen Christopher's cameo appearance.

"Sr. Mo used to participate in the school productions years ago,



so Mrs. Milam decided to invite her back," explained senior Kevin Lauerman. "She was a huge hit!"

The audience enjoyed *You Can't Take It With You*, but the cast was even more excited to perform the play. While the actors will be glad to get some sleep now that the show is over, they already feel nostalgic about the experience.

"The experience certainly

helped me to grow as an actress since it was the first comedic play I've been a part of, and the first lead role I've ever played," commented senior Kimberly Zarnick. "My only regret is that we won't get the chance to act it out again."

The Drama Department's next major production will be next school year, so if you missed them this year, be sure to catch one next Fall.

Jane Eyre Makes Another Jump to the Big Screen

Samantha Sison
Staff Writer

It seems that after many decades, "Plain Jane" has been translated to the silver screen once more. On March 11, Cary Fukunaga's *Jane Eyre*, based on the classic, gothic novel by Charlotte Brontë, was released in selected theaters worldwide.

Mia Wasikowska (*Alice in Wonderland*) and Michael Fassbender (*Inglorious Basterds*) star as the unlikely brooding Jane Eyre and Mr. Rochester. These two stars are certainly not like the seasoned actors who often appear in these gothic recountings of the famous epic.

Mia Wasikowska played the innocent, childish Alice, who fell into a mind-boggling dreamland of *Wonderland* while Michael Fassbender played a dark, sardonic soldier in Quentin Tarantino's gruesome World War II black comedy, *Inglorious Basterds*.

Although these actors seem like somewhat unconventional choices for these very famous characters, crit-



ics say that Wasikowska "gives room for Jane to speak for herself and shows more character than the more common human doormat she's been in previous productions, at least initially.

"Wasikowska's Jane Eyre is plain-spoken, but also smart, easily the intellectual match for any man."

The story takes place in 19th

century England where Jane Eyre (Wasikowska) runs away from Thornfield Hall where she has worked since she was orphaned as a teenager. Thornfield Hall is run by the brooding and wealthy Edward Rochester (Fassbender). Tortured by the memories of her past and the dark, melancholic coldness instilled in her by those who

lived closest, Jane Eyre tries to discover a future for herself while dealing with the terrible secrets hidden by those in Thornfield Hall. Over the course of the film, as in the novel, she learns to be stronger and more independent, developing hope for a chance at love.

Fukunaga, while filming the movie said, "I've spent a lot of time rereading the book and trying to feel out what Charlotte Brontë was feeling when she was writing it. That sort of spookiness that plagues the entire story; there's been something like 24 adaptations, and it's very rare that you see those sorts of darker sides. They treat it like it's just a period romance, and I think it's much more than that."

Jane Eyre is not just a book seniors are obligated to read for a grade; it is a timeless classic that is finally getting the same chance as *Pride and Prejudice* did a few years ago to reach a greater audience in theaters everywhere. Over the past month, *Jane Eyre* has grossed over \$3, 580,000 worldwide and is definite must-see! *Jane Eyre* is rated PG-13 and is playing at a theater near you.

Upcoming Music Releases: Just in Time for Summer

Christina Chiames
Staff Writer

The 2010 music charts were dominated by new releases by Taylor Swift, Eminem, Kanye West, and Black Eyed Peas. According to MTV though, 2011 will host some of the biggest artists releasing new albums, many of whom had disappeared from the charts for a while, had reunited as a band, or had simply tried to follow-up a recent hit. Already this year, Britney Spears released two big hits, as well as Lady Gaga, the Black Eyed Peas, Dr. Dre, and Pitbull.

POP: The preteen sensation, diva Willow Smith blew up the charts and radio with her single, "Whip my Hair," and it has been confirmed that she will be releasing a remake of one of her dad's famous hits as well as star in a Smith-produced *Annie the Orphan* remake.

Beyonce swept the nation's

music chart with her 2008 album *I am....Sasha Fierce*, and recently her producer, Jim Jonsin, has confirmed she will be releasing a new album, still unnamed, in mid-2011. He says her album will include retro spins and some upbeat party songs, inspired by Michael Jackson and Lauryn Hill.

The pop princesses, Britney Spears and Lady Gaga, will be having a diva showdown, for they both have albums that are scheduled to hit stores in May. Both released previews to give their loyal fans a taste of what was to come in May. Spears stuck to the pop beat her fans love, while Lady Gaga took a more Madonna-inspired approach to her music.

ROCK: Many "rockstars" have announced the releases of new albums, including Radiohead, Death Cab for Cutie, Pete Wentz's new band

Black Cards, Coldplay, and the Red Hot Chili Peppers.

Some rock band favorites like No Doubt and The Strokes have reunited and will be releasing an album this year.

Also, Blink-182 reunited and will release a much anticipated album this year after a seven year hiatus.

HIP-HOP/RAP: The most anticipated album, not only in the hip-hop/rap sector, but also in high schools and colleges across the nation,

is the release of Lil Wayne's first post-prison album, entitled *Tha Carter IV*. It's rumored to be released soon, around the same time his concert tour ends.

