

The Visor

Bishop O'Connell High School

Volume 56 Issue 2



A Spirit of Accomplishment: Wounded Warriors Outplay NFL Alumni, 28-21

Nick Suarez
Staff Writer

Bishop O'Connell High School held their first "Wounded Warrior Amputees vs. Washington Redskins & NFL Alumni Flag Football Challenge" on November 9, 2013. For every ticket, shirt and donation, 100% of the proceeds went straight to the Wounded Warriors Foundation to help veteran amputees who gave so much for our country and for our freedom.

The Wounded Warriors have created many entertaining ways for the public to raise money for our veterans: cook outs, 8k runs, football games and more.

Many NFL alumni were

Although the field was shortened to half its normal size, players on both sides blazed up and down the field throughout the exciting and entertaining contest. After a hard fought 4 quarters, The Wounded Warriors remained undefeated (4-0) taking down the NFL Alumni Team, 28-21.

With Eric Metcalf assisting the Wounded Warriors on their challenge to defeat a team comprised of NFL Alumni, the Warriors completed their victory with not only skill, but also joyful enthusiasm. The event was light-hearted, but there was also a sense of perseverance and purpose. The veterans have



The Wounded Warrior team players pictured above

participating in this moving event including Lavar Arrington and Eric Metcalf. Metcalf, an O'Connell graduate, held the record for most career punt return yards and touchdowns at O'Connell until 2011.

To display his affection and respect for our armed heroes, Brian Mitchell spoke out before the game, "My father was a military man for over 20 years. I learned everything from him and he taught me how to show respect to our country and the uniform; so I wanted to show respect by helping out the real heroes of our country and participating in this great event."

accomplished so much in their recovery and have worked so hard to be where they are today. The Wounded Warriors program is a way to give back to the veterans who have given so much. They are true role models and heroes.

Retired US Marine, Lang spoke about how the event changed his life. He stated,

"It's a declaration that we're okay. We're all better. We're not broken. We're no longer even challenged. We've accepted our new life and we're doing the things we used to do now. We're loving life now."



OC Girls Cross Country Are Champs Again!

Grace Iekel
Staff Writer

The girls cross country team claimed their seventh straight WCAC championship title at Lake Fairfax on October 26th. The meet was a close one. The Good Counsel team, which had defeated O'Connell at the Oatlands Invitational Meet, was O'Connell's biggest challenge that day. However, the O'Connell girls proved victorious, with the final score at 40-47. In the last 1,200 meters of the race, Good Counsel held a slight lead, but the O'Connell girls pushed themselves to pass other runners and finish strong.

The entire team excelled, with three girls finishing in the top ten – freshman Isabell Baltimore, junior Theresa Matula, and sophomore Briana Broccoli. Other excellent Lady Knights included sophomore Gabriella Baltimore, who finished eleventh, junior Mackenzie Nihill (13th), senior Mackenzie Smith (16th), and senior Belen Rogers (17th).

The biggest star of the day was freshman Isabell Baltimore, who finished in second place. Baltimore began the race in the lead, but, because the course was improperly marked, led the top three girls off course. Despite this, Baltimore leapt from seventh to second place in the last 800 meters.

Let's not forget the boys cross country team either, which rose to fifth place in the



Senior Mackenzie Smith has been a member of the team for all four of her years at O'Connell

23 school days left in the second quarter

9 days until Christmas Break!

103 school days until Graduation

WCAC championship. Two Knights, junior Josh Speier and senior Joe Brough, finished in the top ten, fifth and ninth place respectively.

Both teams competed for the Virginia Independent Schools title on Friday, November 8th. Amongst the competitors was St. Catherine's cross country team, which had defeated the O'Connell girls at the Milestat Meet in Richmond. The O'Connell girls cross country team claimed second place out of the sixteen competing that Friday, and the boys won fourth place out of twenty. The Knights have proved victorious yet again!

***See Page 3 for Coach Wootten and Coach Orndorff!**

***See Page 4 for Athletic Commitments!**

***See Pages 7 for Holiday Service Opp.s!**

Spirit Week 2013 Excites Students

Rose Montgomery
Editor

Students were given an opportunity to leave their uniforms at home and show off their personal style in this year's Spirit Week. Spirit Week 2013, which occurred from October 7-11, was a chance for students to join together in celebration and preparation for the upcoming Homecoming game and dance. Instead of wearing the official school uniform, students were permitted to dress up each day according to a certain theme.

As the driving force behind this tradition, the student council assigned the daily themes for Spirit Week. For each themed day, students displayed their school spirit through unique and memorable outfits.

On Monday, students participated in Pajama Day. Many simply rolled out of bed and were ready for school. Tuesday's Decades Day was a blast from the past. Seniors dressed up in bold 1980's outfits while the juniors were groovy in 1970's attire. Sophomores wore 1960's garb and freshmen channeled the classic style of the

1950's.

Wednesday's Wacky Tacky Day theme was a school-wide favorite. For Country Club Day on Thursday, the student body was transformed into a sophisticated, Gatsby-inspired crowd. Lastly, Friday was Spirit Day, in which each class was assigned a certain color to wear. Seniors wore black, juniors wore blue, sophomores wore white and freshmen wore gray.

Spirit Week 2013 was concluded by a Friday pep rally. Students dressed in their class colors participated in school spirit competitions. Ending their last Spirit Week on a positive note, seniors won the donut breakfast prize for most school spirit. Some seniors expressed mixed emotions about the conclusion of Spirit Week. They were excited about the pep rally win but sad that it was their last Spirit Week.

Senior Shea North stated, "My last spirit week really hit home. It made me realize why I will miss O'Connell so much."

Every year, students look forward to the five days of Spirit Week as a way to express themselves and show off their school spirit. Although the seniors have participated in their last Spirit Week, the other classes will continue the enjoyable and unifying tradition in the coming years.



Students enjoy Wacky Tacky Day during this year's Spirit Week.

Open House Attracts Future Knights to O'Connell

Divina Rutherford and Kendall Christenson
Staff Writers

Sunday, November 17, 2013 was O'Connell's second open house for middle schoolers to come and visit Bishop O'Connell and see the rich variety of courses and activities it has to offer. The open house gives parents and students an inside look at what we do and what goes on here at O'Connell. Mrs. Lacey Jacobsen, a guidance counselor, says about open house, "In terms of the open house, I

goals for open house she responded, "My personal goal is to celebrate the special community that defines our school; and allow other people to see what gifts we have- students to support students and teachers to support students- and get them ready for 'after' high school. Also, talking to parents and connecting with them and emphasizing that we give our students support socially and academically. It's a personal connection that we want every student to have when they walk through this door. Engaging students and parents with faculty and staff did such a good job

the O'Connell Varsity Cheerleading team. The open house was a great success, judging by the number of people who attended as well as their positive comments regarding their experience. Mrs. Spann observed,

"There was a very happy vibe that was great, and there was a large turnout from students, faculty, and coaches. People felt like all of their questions were answered and everyone was willing to help if there were any confusion or if someone couldn't find something."

Mrs. Herbst commented about the feedback, "It was very successful because so many people came through and many interesting questions were asked and everyone was interested in what we had to offer."

Overall this open house was our most successful yet and it showed off the best of our school.



Events like the Soup Drive encourage perspective students to attend O'Connell.

feel like we have stepped it up this year and cheer and dance is now involved with the opening presentation featuring Head of School Dr. Vorbach. It's a great way to start off things. We all have specific things to tell the families about our departments. It's more informative the way we are doing it now."

The goal for open house was for other people to understand that O'Connell is a very mission-focused Catholic college-prep school. Also, the staff wanted to show everyone that O'Connell is innovative and passionate about its new initiatives.

When Mrs. O'Malley, Dean of Faculty and Counseling, was asked of her

of capturing the gifts and highlights. It was overwhelming in the most positive way!"

In the opening program all future students and parents gathered in the auditorium for a brief presentation of curricular and extra-curricular events that take place here at Bishop O'Connell. The program started off with a prayer led by Father Cozzi, followed by the singing of the national anthem by our O'Connell Singers. Then a short but informative video presentation was followed by speeches from SCA President Sandro Luna and SCA Counselor Jamie Dickman. Afterwards our nationally-ranked Royalties performed. The opening presentation concluded with

Fall Drama Production Declared a Success

Caroline Boras
Editor

A new play was brought to life by the O'Connell drama department this November. *Little Women: A Civil Christmas*, an original production by E. H. Milam, was a huge success for the department.

The stage was split in half, with different storylines occurring on each side. On one half, the March sisters, the beloved characters from Louisa May Alcott's *Little Women*, practiced being good as their father was gone for Christmas. On the other half, the men of the 2nd Virginia Regiment struggled to celebrate Christmas with the threat of battle looming over them.

Mrs. Milam was thrilled with her cast's performance. "The women did their parts perfectly. The men had the hardest part, and captured the pain and sadness of the Civil War."

Senior Amelia Lucas agreed: "Superior performances all around." She went on to list senior Rachel Coltharp as Jo March, senior Paul Bothwell as Sargent Paul Rockwell, and sophomore Maggie Kelly as Beth March as standout performances.

Senior Rachel Coltharp (Jo March) said she enjoyed participating in the musical

because "I love expressing myself in a medium not often accessible to teenagers." Senior Chris Cremin (Corp. Collins) shared Rachel's sentiments: "Participating in the theatrical arts is one of the most truly fulfilling experiences."

Do not fret if you missed what senior Mary Donnelly called "the best O'Connell play I've ever seen." The drama department filmed their performance and will sell the DVDs at a later date for five dollars.



Senior Rachel Coltharp as Jo March

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Spotlight on..... Coach Wooten

Divina T. Rutherford
Staff writer

Visor: Coach Wooten, what did you do before you came to O'Connell?

Coach Wooten: I was a teacher and assistant basketball coach for Dematha until the fall of '99.

Visor: How long have you been working at Bishop O'Connell?

Coach Wooten: This would be my 15th year.

Visor: What made you interested in coming to O'Connell?

Coach Wooten: I was hired as the boys' basketball coach as well as an English and Government teacher.

Visor: What is your favorite thing about working here?

Coach Wooten: I love working here mainly because of the students but I also love where the school is heading, like the new programs and the new facilities.

Visor: Where did you go to school?

Coach Wooten: I went to Dematha High School and The University of Maryland. I majored in United States History and minored in English.

Visor: Did you always know you wanted to be an athletic director?
Coach Wooten: No. After my freshmen year of college, I was injured and couldn't play basketball anymore, so I coached; and I realized I wanted to be a teacher and a coach. I enjoyed the connection with the student athletes and students. I enjoyed the leadership position as athletic director.

Visor: What are you responsible for as athletic director?

Coach Wooten: The overall leadership of the athletic departments, working with the coaches, in all areas- like budgeting, scheduling, visioning how to implement their programs, the hiring process, and in charge of setting a vision and implementing that vision for the athletic department overall.

Visor: What are your expectations for the basketball team this year?

Coach Wooten: To get better every day. My goal is if we can grow and get better every day then we will be a much better team by February, which is our goal.

Visor: Do you think your team will be WCAC champs again this year? Why or Why not?

Coach Wooten: Obviously I don't put that as our goal that we will or won't; but if we get better



Coach Wooten viewing a scrimmage with Dr. Vorbach (right) and Mr. Patton (left)

every day we'll be right in the mix of things in the end.

Visor: Do you look forward to leading the student body in the next pep rally?

Coach Wooten: I do. It's a lot of fun and I enjoy the enthusiasm for the school and class pride.

Visor: How do you like working with the athletes? Why or why not?

Coach Wooten: I really enjoy working with the athletes because I love seeing someone grow in knowledge and skill level and grow in passion for the sport they play. It's great to have coaches make the same connections with their athletes in their individual sports.

Visor: Can you recall the funniest thing that has ever happened in your career as a basketball

coach?

Coach Wooten: Yes, actually. We were playing Towson Catholic and there was a scuffle for the ball, and their entire bench left their bench area and all the people who left got ejected from the game, and we shot 18 technical fouls!

Visor: I was reading an article from The Washington Post from 2006 about you donating a kidney for your father. That must have been a moving experience. Would you like to tell me a little about what that was like?

Coach Wooten: It's not something that you ever want to do but you do what needs to be done. I was very happy that my kidney was able to help my father. One of the challenges was that my wife was sixth months pregnant when I had the surgery.

Coach Orndorff's Elected to ASA Hall of Fame

Shea North
Staff Writer

Coach Orndorff has excelled as the Girls' Varsity Softball coach for years, leading the team to ten straight WCAC championships along with two state championships. Partly because of this, Coach Orndorff was recently elected to the ASA hall of fame. This great honor was awarded to Coach Orndorff for his many years of dedication and commitment to the O'Connell softball team, as well as his travel softball team, the Shamrocks. The mission statement of the ASA reads, "The Hall of Fame honors those men and women who have played a major role in the growth and development of softball, one of the

great sports of the United States. Also, it is to the attention of the public, the widespread value of, and interest in, the game of softball by so honoring those who have made outstanding contributions to its' success. Election to the ASA National Softball Hall of Fame and Museum is the ultimate honor in softball."

Coach Orndorff continues to coach softball and continues to succeed and produce winning teams year after year. He joins six other inductees for the ASA class of 2014. He and his fellow inductees will be inducted in the 83rd Annual Council Meeting in Reno, Nevada next November.

Varsity player Shannon Murphy states, "The softball program here at O'Connell has



Coach Orndorff gets the call before directing his team.

given me a great three years and he's been a good coach who deserves this. Congrats Tommy!"

Coach Orndorff commented, "I was truly surprised to be inducted into the ASA, it being my third hall of fame because normally it only inducts players. To be inducted as a

coach is both surprising and humbling. I am greatly honored but I owe this to all of my players because that is what it is truly about; I could not have received this without my players and teams."

Congratulations to Coach Orndorff and his accomplishments!

Scholars Earning 'Ships

Jason Ley
Staff Writer

One game. That's all it takes. For many athletes, one game makes the difference between playing college sports or not.

At Bishop O'Connell, an array of students have earned themselves athletic scholarships to top-tier colleges for next year. Four student-athletes in particular have proven that they can compete at the next level, whether it be on the field or on the court.

Stephen Osu, Senior forward for the Knight's Basketball team, said, "It's a blessing, man. For me, it was a goal I set for myself and I accomplished it. And for that I am very thankful to God."

Stephen is headed to Presbyterian College to play basketball next year. To many, like Stephen, a scholarship is a blessing, as evidenced by the statistic that only 2 percent of high school athletes earn full athletic scholarships. For this group of elite ball players it came as a result of hard work.

"All those hours I spent putting in work in the weight room and on the field finally paid off," Senior Linebacker Santoni Graham

said. "When I decided that I wanted to play in college, I put my mind to it and I'm so grateful that I have been granted this great opportunity."

Graham, along with teammate Kam Moore, were prominent leaders on the football team and both have earned big time scholarships, to Toledo and Boston College, respectively. Not only hard work in the weight room, but more importantly in the classroom. Most NCAA Division I schools require that the athletes they recruit are not only taking care of business in their respected sport, but also in their studies. For these students, that is not even second thought.

"When I was finalizing my commitment to Maryland, the coaches put a big emphasis on my grades. They told me I couldn't slack off just because I'm a ball player. They stressed the importance of staying level headed and making sure my SAT scores were good," senior guard Melo Trimble added.

Although the commitment process can be difficult, it seems that all these athletes are grateful for the rare opportunity. For some, a college is home. For others, it's an opportunity to go on to bigger and better things. For these athletes, the sky is the limit.



Tennis Closes Strong

Mary-Claire Shaffer
Staff Writer

The Varsity Girls tennis team had a strong season this year with a league record of 6-6. They tied third in the WCAC finals and ended with a record of 6-2 for the tournament. On court three, junior Mariel Cardenas won against the number three from PVI.

"I was determined to beat the PVI girl in the finals because she beat me in a close match during the regular season; it made the win that much better." Said Cardenas after her victory.

In the following doubles' finals, also on court three, senior Maggie Goldsmith and junior Kara Hoban came in second place. But it turned out to be a nail-biting showdown against Good Counsel in the WCAC tournament. It was also a very emotional tournament for the four seniors who are graduating and will be leav-

ing the Lady Knights tennis team.

Senior Annie Farrell said, "My attitude changed in the WCAC match because it is my senior year and it is my last year playing. I better remember it."

The tennis team fought hard this season and did exceptionally well in the WCACs. Even though they finished the same as last year, coming in third, it was a great season for the Lady Knights and a very special year for the four seniors. Having worked hard all season and earning a tie for third in the very competitive WCAC was a rewarding way to end the season and leave the WCACs.

The remaining Lady Knights are already looking forward to next year to continue their hard work and commitment. Then there will be a new set of seniors leading the Knights to another exciting season on the courts in the competitive WCAC.



Spring Athletes Warming Up During Winter

Jeff Phelps
Staff Writer

The spring sports are already involved in training hard for the upcoming season. Some teams have been having unofficial practices since summer. Some are training with coaches and captains and some have already created rosters solely for practice. Most captains for every spring sport have been trying to conduct practices as well as off-season workouts.

These teams are unofficial and coaches cannot cut anyone until spring tryouts but, for example, the boy's lacrosse team has already made a 25-man

Varsity-style team for the tournaments that they are competing in. They have named Off-season captains.

has been having unofficial workout on Tuesdays and Thursdays The track team has started running on their free

legs fresh for track." Says junior John Patterson.

Many coaches have encour-

aged all players, regardless of their skill level to attend these workouts and keep in shape, as well as keep a clear schedule for any meetings or practices the coaches may announce during the winter season. Some coaches have recommended that players should either join a fall sport to stay in shape or practice with



The Boys Lacrosse team is having workouts Monday, Wednesday and Friday. The Girls Lacrosse team also

time. "We all come up with our own training programs to keep our

their teams, while others are pushing the option to only play their sport during the fall and winter.



Coach Wooten delivers the strategy for the next series of plays.

Basketball Team Excited to Get Started

Eli Gazala
Staff Writer

The Men's Varsity Basketball team won it all in the WCAC last year and have even higher expectations this year, as they hope to find a way to exceed their past achievements. Senior, and University of Maryland commit, Melo Trimble, is the leader of the team and has high expectations for himself as well as the team.

"I want to keep improving every single day" Melo said.

Making significant strides, Head Coach Joe Wooten was happy with the development of his team in the off-season. Wooten is excited to see Sophomore Ako Adams and Junior Jamal King mature individually as players and

become bigger parts of the team.

"We will hopefully be a team that did what we did last year, which is improve throughout the year. Our goal is to get better every day," Wooten explains.

Wooten also emphasized how important it is for the fans to come out to all the games and bring the same energy seen at pep rallies. Wooten agreed that having a crazy fan section is a really huge advantage.

This team has the potential to do big things. The talent is there but, as all challenges demand, hard work is also a necessity.



Captain James Klein leads the team onto the floor at the Winter pep Rally.

Knights' Hockey Embarks on Exciting New Season

Megan Hickey
Staff Writer

Bishop O'Connells hockey team has undergone many changes for the 2013-2014 season. Phil or "Flip" Collins was appointed the new coach, and he has many ambitious plans for this new season. So far the varsity hockey team has played 6 games with 3 wins and 3 losses. However, 4 of those games were pre-season.

The first regular season game was on Friday November 15, 2013 and took place at Ketler Capitals' Iceplex in Ballston Mall against Yorktown High School. The team played very well but lost 1-6. Undaunted, they made up for that loss on their second home game on Tuesday November 19, 2013 against St. Albans with a 4-3 win. Just last year they lost 10-0 to St. Albans and Captain James Klien says that their team has improved drastically this year with the new coaching and players.

The Varsity team has 7 senior players and 4 of them have been on the

team since their freshman year. Defense-man Joseph Welsh said "It has been a good run with O'Connell hockey. My favorite year playing was my freshman year but this year is coming in close." When asked why they decided to stay with the Knights Hockey team all four years they all agreed it was "For the boys." They described the team as a family, saying the players and "the rowdy fans" are what makes it such a great experience.

This year is an important year for Knights' Hockey, embarking on a new era with new coaching, new practice ethics and more wins. Senior Ian Featherstone says "I've seen a lot of improvement with the team this year and I'm hoping it will show through with our wins."

The Varsity Hockey Team plays home games at Ketler Capitals Iceplex, located in Ballston Common Mall, which is only 15 minutes away from Bishop O'Connell High School. Home games are played almost every Friday so come down to Ketler and support the Knights' Hockey Boys!

Ready to Rumble

Nicolas Saurez
Staff Writer

After another long off-season, the O'Connell wrestling team is "ready to rumble" this season. The wrestling team has suffered through many sacrifices in order to succeed during the off-season.

Austin Maiden, Junior, states, "We've been putting in work day in and day out during the off-season. I really believe that we've worked harder than other teams in the WCAC during the off-season."

The off-season training program under Coach Wilson has been structured and aimed at rewarding the player's commitment worth their while. With many years of experience in the O'Connell

wrestling program, Coach Wilson and the Knights will have a season to remember with their returning roster.

Maiden adds, "Our team has a lot more returning leaders like Gabe Susinski, Cam Lynch, Tommy McAteer, Scott and Bobby Kurtzke and a lot of others. I feel like these guys allowed us to mature as a team after all the years we've spent together."

The Knights' veteran wrestlers are ready to lead the new members of the team to their max potential through their growing leadership roles. The optimism and hard work from the Knights makes it easy to believe that our O'Connell wrestling team is indeed ready to rumble.



Super Seniors Prevail: Powder Puff 2013

Nicolas Suarez
Staff Writer

The Junior and Senior girls of O'Connell battled it out during the 2013 annual "Powder Puff Football Game." This specific game was the prelude to O'Connell's first Wounded Warriors football game. For all the Powder Puff shirts that were sold, the Wounded Warriors Association has matched the overall profit and will donate them to veteran amputees.

The flag football game was played throughout half of a field and 11 players on the field from both teams. Senior Caleb Day was the official referee for the entire game and called every penalty to perfection, making the game fun and fair.

After a hard-fought game with

many lead changes, the senior girls pulled away with the win, 31-24. Touchdowns from juniors Jenna Ferraro and Anna Flach let the juniors take a lead going into the second half. But the senior girls rallied back in the 4th quarter with a game sealing touchdown from senior Gillian Gerton. Senior Coach, Pete Nguyen savored the victory,

"We really came out in the clutch at the end of that game. The last couple touchdowns really sealed the deal for our team. We came out here to eat, and that's what we did."

After a nail-biting win from the seniors, the annual 2013 Powder Puff Football Game was an exciting and hard-fought success.



Gillian Gerton breaks for paydirt during the fourth quarter.



O'Connell's favorite chef, Chef Tony

Cafeteria Food: The Journey

John Patterson
Staff Writer

One of the many memorable moments of shadowing or freshman year is the first time buying lunch. The first fry, the discovery of what a "parfait" is, the day you manage to come early and realize they sell breakfast too. This amazement is quickly dulled by the humdrum of daily repetition. The feeling is never quite rekindled and the culinary wizardry behind the scenes is never discovered. Until today.

"We make all our food from scratch every day; we have absolutely no processed food," explains Director of Dining Services, Berkeley Dunbrack, over the clatter of pots and pans in his office at the end of the kitchen labyrinth.

"We get our food locally; the produce is from a place called Keany in D.C., and our bread is from H&S in Baltimore."

Keany Produce is a thirty-four year old family-owned company. The fruit and vegetables O'Connell con-

sumes is grown in Keany's cutting-edge facility with three ripening rooms, and eleven climate controlled zones. The mission statement on their website says, "Keany Produce is committed to distributing the freshest, high-quality products to the Mid-Atlantic region. Through continued dedication, our customers will receive extraordinary, hands-on support from our strong, educated family of employees."

"Always thinking fresh" is the H&S motto. Their goal is to be as environmentally friendly and healthy as possible, providing fun facts about whole grains on their website. Along with being the breadbasket of O'Connell, H&S also provides English muffins for McDonald's.

The cafeteria food has a much farther journey than merely from the counter to the lunch tables. O'Connell's personal chef, Tony Dean, and the employees of Flik come in every day to craft meals made with local products. Savor the flavor of freshness, O'Connell!

O'Connell Gives Life to Others

Grace Ikel
Staff Writer

The Health Service Club organized this year's first Blood Drive for Tuesday, November 19. Many O'Connell students and staff helped to make this event a success, showing their generosity by registering and giving blood. In total, 68 students and faculty registered to donate.

The Health Service Club, led by senior Jenny Zinzi, and sophomore Olivia Giaquinto, worked with INOVA staff to host the event. The student-run Health Service Club and its members were instrumental in organizing, advertising, scheduling, and executing this important event.

Students and staff donated through INOVA Blood Donor Services; all were required to be at least sixteen years of age and weigh at least 110 pounds to donate. It was stressed that

donors sleep well the night before and eat a full meal before donating. Each donor received a free t-shirt and snacks after donating.

It is estimated that of the many people who are eligible to donate blood, less than five percent do. One unit of blood can help save the lives of up to three people. If anyone wishes to donate before the next blood drive, they are invited to visit the INOVA Blood Donor Services facility in Annandale, VA.

A total of 51 units of blood were collected by the end of the day. Some donors went the extra mile, donating twice the regular amount of blood. Said senior Tuan Tran, "It was my first time donating; it was a lot of fun. I would definitely do it again."

It looks like he'll have the opportunity. O'Connell will be hosting another blood drive on March 25, 2014. Mark your calendars, Knights!



Seniors Cormac O'Donovan, Brandon Love, and Dylan Vega give blood

Taking A Hit: The Disturbing New Evidence on Concussions

Kendall Christenson
Staff Writer

New Research has shown that high school athletes are more vulnerable to some of the long-term effects of concussions than college-age players. A concussion is a brain injury that affects how a person's brain works. It is caused by a blow to the head or, from the head hitting a hard surface, such as the ground, ice, or court. Athletes can get a concussion even if they are not knocked unconscious.

According to an article from The Children's Hospital of Philadelphia in July 2012, when someone gets a concussion, calcium and potassium leaks in and out of the brain tissue, and these chemicals create a disruption to the brain cells. Because of this, an x-ray or brain MRI cannot reveal if a person has been concussed. If that person gets hit again while concussed it can be a extremely dangerous because the brain will swell, which could cause permanent brain damage.

When asked how he treated athletes who were eager to resume playing after a concussion, Mr. Tillson, athletic trainer, replied, "Some people want to play, no matter what, and I

understand that; but if I know they have a concussion I won't let them play until they are fully recovered."

If a student does return to play too soon after a concussion, the concussion and the symptoms could get worse and they could be out longer, not to mention the physical risk of another injury.

Grace Young, senior, stated, "Concussions make you have constant headaches and you forget things very easily; but if you have one you should stay away from phones and from TV from any kind of reading. The best thing you can do to recover is to just get a lot of rest."

In an October 2012 article by CNN's Nadia Kounang, she reported that concussion symptoms vary with different people and injuries. Some concussions may not be noticeable for a couple of hours or even days. Some of the common symptoms include double or blurry vision, sleep problems, headache, confusion, or balance problems and dizziness. During recovery, exercising or activities that involve a lot of concentration, such as studying or playing video games, may cause concussion symptoms to worsen. The best thing to do is consult your doctor and get plenty of rest.



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A Positive Ending to 1st Quarter

Mary Claire Shaffer
Jeff Phelps
Staff Writers

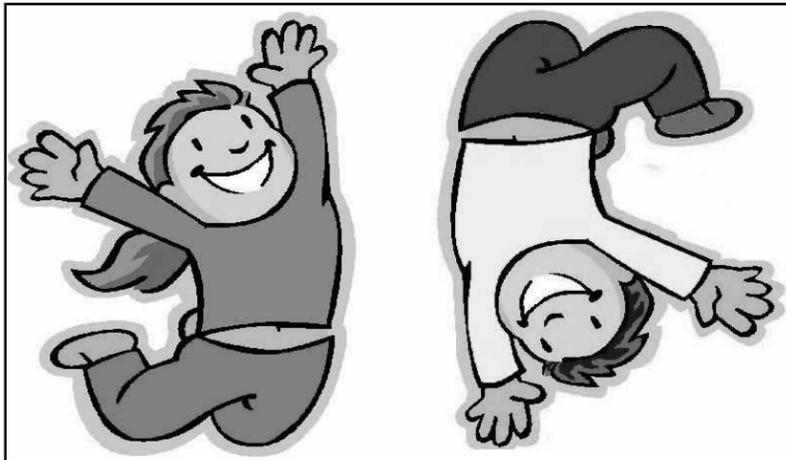
New changes at O'Connell have resulted in a successful first quarter for students. There was much discussion about the new schedule. Having longer classes and longer lunch twice a week, moving homeroom to the middle of the day, and the addition of Knight Time have produced a mixed response. However, it seems to have mostly worked in the students' favor and has created a positive outlook on the rest of the school year.

Knight Time has allowed students time to get homework done and get extra help with assignments. Junior Kendall Christenson says,

"I like Knight Time because it gives me time to have a break in the day and to catch up with homework and

studying."

Longer lunches provide students with more social interaction with friends and less anxiety than many experienced last year. Block days are much more relaxing because students do not have to attend every class every day.



It allows for more variety throughout the week. The response has been generally positive on the new schedule, and hopefully this positive response will continue to grow.

Fun school events such as Homecoming, Spirit Week and pep rallies made the first quarter even more enjoyable. Students seem to have positive opinions on the events of spirit week. The dress out days allowed students to flaunt their fashion sense and brought energy to the school community.

"Spirit week has been my favorite event because the school gets so hyped and the energy is really school-spirited," says sophomore Divina Rutherford.

The new schedule and school spirit contribute to making O'Connell the special place that it is. The spirit

energizes students and faculty alike, creating an enjoyable high school experience. Hopefully, this energy and positive outlook to carry into the second quarter and on to the rest of the school year.

Turkey Blitz!

Amelia Lucas
Staff Writer

The annual Turkey Blitz fundraiser ended November 26 after raising money to provide food to underprivileged families for their Thanksgiving dinners through the generous contributions of the O'Connell community.

Students contributed by passing around jars specifically for the Turkey Blitz in their Theology classes. The O'Connell Keyettes, a female-only service group, placed the jars or envelopes in every Theology classroom for students to contribute spare change and donations from home to the cause.

Keyette president and senior Sydney Boll comments, "The O'Connell community has been very generous this year. As president of Keyettes, I'm honored that we play such an important role in the fundraiser."

The fundraising tradition began eighteen years ago, when O'Connell art teacher Mr. Crivella was inspired by the work of the Missionaries of Charity, the religious order founded by Blessed Mother Teresa of Calcutta, to provide Thanksgiving dinners to the families helped by the Missionaries of Charity location in the D.C. area. As a result of Mr. Crivella's volunteer work with the Missionaries of Charity, he was able to meet Blessed Mother Teresa, and he even drove her to the airport!

The name "Turkey Blitz" originated from then-Principal Alward Burch's love of sports and the short period of time to fundraise the money. The first Turkey Blitz took place in three days! Although the name suggests that the money goes toward buying turkeys for those staying with the Missionaries of Charity, the fundraiser actually helps to purchase basic cooking staples, such as sugar, potatoes, beans, and rice.

The fundraiser continues to grow exponentially every year with the continued generosity of O'Connell students and their families. Although the first Turkey Blitz bought food for only ten families, this year's Turkey Blitz provided food for more than 300 underprivileged families. As the fundraiser continues to grow, Mr. Crivella hopes to hold a dress-out day next year to raise even more money for the Turkey Blitz.

Turkey Blitz coordinator Mr. Crivella says, "I may have started the Turkey Blitz, but it is now a part of the grain of O'Connell. The sisters believe that God will provide for all that they need, so they are very thankful for even one item of food."



Students Travel to France on Exchange Trip

Caroline Boras
Editor

In October, twelve O'Connell students and two teachers said "au revoir" to Northern Virginia and "bonjour" to France in order to participate in a foreign exchange program. This week-long program was described as "one of the most extraordinary teaching and learning experiences of my life" by Mademoiselle Webb, one of the French teachers who participated.

The group arrived in Reims, France on Friday, October 11. They were welcomed at Jean XXIII High School, where they attended classes the rest of the week.

Over the weekend, the members of the group were assigned to stay with host families. Sophomore Virginia Schilder traveled to the French countryside with her host family. They went to a chateau and enjoyed a traditional five-course meal. She remarked that this visit was her favorite part of the trip because of the exposure to traditional French cuisine. Senior Abby Markle spent the weekend in Lyon in the South of France. Other

students went to Paris to sightsee and shop.

On Monday, October 14, the students reported back to class. The French curriculum is similar to O'Connell's, but there is a greater emphasis on languages. Some of the Jean XXIII students take four to five languages along with history, sciences, and math. Halfway through the day, they took a panoramic bus tour of Reims, before returning to Jean XXIII for the final class of the day – at 4:30! While the O'Connell students found it hard to focus on school so late in the day, their French classmates were well-adjusted to the strange schedule.

Tuesday, October 15, the students attended morning classes. Later in the afternoon, they toured Pommery Winery, a champagne-producing hub in France. They also toured St. Remi Basilica, which senior Abby Markle thought of as one of the highlights of the trip.

When asked to elaborate, she said, "We spent a lot of time learning about it in class. It was such an exciting experience for me because I never thought I would actually go there. We

were able to go to mass there – in French! It was really cool!"

The group spent the day in Paris on Wednesday, October 16. They toured iconic locations like Notre Dame Cathedral and Sacré Cœur Basilica; and they walked les Champs-Élysées. Senior Diane Arnos, said les Champs Élysées was her favorite location, calling the view of the Arc de Triomphe and the shops "beautiful."

On their final day in France, October 17, the group began the day with a viewing of *Lee Daniel's the Butler*. A reception with their host families and the administration of Jean XXIII High School followed their final afternoon classes. The next day, they returned home.

All of the students felt that their French classes prepared them for the immersion program. They also agree that the week allowed them to further their knowledge of French and French culture. Their favorite part of French culture? The food! The trip proved to be a valuable and stimulating experience for the twelve O'Connell students. Mlle. Webb explains, "They loved every minute of the experience!"

TURKEY BLITZ



**November 18-26:
DONATE MONEY
TO HELP MOTHER
THERESA
MISSIONARIES OF
CHARITY IN DC
TO HELP FEED
FAMILIES ON
THANKSGIVING!**



Ask Mr. Crivella
or Mr. Betthausser
for more details!



Participants on the senior retreat

Senior Retreat Success

Hayley Metcalf
Staff Writer

Travelling and spending the night in the mountains, the seniors took another step towards the long awaited graduation. Nothing could stop the seniors from having a good time with all of the events planned for them. With all electronics prohibited, the seniors had the opportunity to get to know their classmates better and strengthen their faith with group discussions and Mass.

It is an O'Connell tradition that each year every grade has a retreat. For the underclassmen, retreats can seem bothersome and time consuming, but the seniors have a different attitude. The senior retreat is an enjoyable time for the seniors to spend with their friends and hopefully make new friends. In this retreat, groups of seniors must stay overnight in a facility, the 4-H Center in Front Royal. Not only is the event a whopping 24 hours, but it also allows for groups of friends to become closer than any of the previous retreats.

Senior Rose Montgomery recalls, "It was a very spiritual experience, and I feel like it brought this class closer together."

The seniors are very close to completing their journey through high school. This retreat was one of the final stepping stones in that journey.

Senior Jack Feneley says, "Four years can go by fast and this retreat made me realize how lucky I have been to share these special years with my friends."

Hopefully many seniors felt the same way. As 2013 comes to a close, the seniors continue to grow closer to their walk across the stage in May. The senior retreat is an experience all O'Connell students will be able to participate in. It is an unforgettable experience and hopefully will be a lasting O'Connell tradition.

Seniors Have a Strong Showing in Recent Pep Rallies

Shea North
Staff Writer

Seniors strike again! The leaders of the school excel again in the cheering game after the second pep rally of the year. As predicted following the first pep rally, the seniors claimed victory at the Homecoming Pep Rally! Despite barriers and obstacles, the seniors stood out in their "THIS IS OUR 14OUSE!" T-shirts.

The junior class showed creativity by using blown-up pictures of Joe Kelly and Steve Osu to distract the audience, but the simple jokes of the juniors did not prove powerful enough to outshine the sheer spirit of the seniors. The seniors seem to be taking the "like it's my last" approach, and plan to end with a strong finish as their final year at O'Connell comes to a close.

Senior, Hayley Metcalf, states, "So we put our hands up like the ceiling can't hold us."

Mr. Haas adds, "Each year I am surprised by how loud the classes can get. The seniors came to win this year...It's about time."

The football team showed their versatility when different players from each grade attempted to hit the square on the basketball hoop with the football, proving that the juniors had the best aim. The students also showed their talent through an obstacle course in which students had to pair up and perform several stunts such as rolling, running blindly, and crab walking!

The student body as a whole showed great enthusiasm and proved

that O'Connell is focused on fun as well. Seniors did not have any quiet moments throughout the pep rally, constantly making noise and showing off the banner made by class President, senior Laura Kuhn. The seniors intended to maintain their winning streak and planned to go undefeated in pep rallies for the rest of the year until the juniors upset the seniors in the Winter Sports Pep Rally on November 15.

The seniors suffered a heartbreaking loss to the junior class when the juniors won the final spirit check putting them two points ahead of the seniors to win their first pep rally of the year.

Juniors came back with their blown-up masks; this time, they used the visages of Pete Nguyen and Drew Tessier to gain points for creativity and to rattle the seniors. The juniors were just a little bit louder when greeting the various sports teams such as hockey, boys and girls basketball, OC Swim & Dive, Wrestling, and the newly added Men's Dance Team.

The junior class took victory in the hockey slap shot contest, as well as in the blind folded basketball relay race. The freshmen displayed their athleticism with basketball player Morgan Simpson winning the three-point contest for her grade.

The varsity boys' basketball team did not fail to amaze the crowd during the famous dunk contest. Junior Omar Barry blew the student body away with

Veteran's Day Assembly

Hayley Metcalf
Staff Writer

Students gathered in the auditorium November 6th for a very important assembly that is close to O'Connell's students and staff, the Veteran's Day Assembly. The assembly began with a prayer and an angelic performance of the National Anthem by the O'Connell Singers. The assembly then proceeded with the help of some very special guests.

Two members of the Army's 3rd U.S. Infantry Regiment, also called The Old Guard, SFC Tanner M. Welch and SSG Max G. Gideon, arrived to speak about their very special duty. These men are members of a specialty platoon that is in charge of watching over the Tomb of the Unknown Soldier at the Arlington National Cemetery. They spoke about the rich history of that particular tomb and what they do. In 1937 the guard introduced 24-hour shifts, 7 days a week. This means that there is no point during any day that the tomb is not being guarded by a sentinel. These honorable men and women stand through rain or snow.

The next topic was about how a soldier becomes a part of this exclusive platoon. One must pass a series of tests and have a certain score to be chosen for this prestigious duty. Once admitted, they must practice, practice, and practice some more. The men said that it would take a couple of months before a recruit was even allowed to guard; even then he would most likely guard in the early morning or the late night. They also talked about many of the requirements, espe-

cially about the strict uniform code. These men and women spend hours perfecting their uniforms. If part of the uniform is off by even a small fraction of an inch, they may receive a deficiency.

Following a question and answer session by the soldiers, a Civil War re-enactor took the stage. Wearing a Confederate soldier's uniform, he had many important facts to share. His discussion was about the importance of veterans who were not actually soldiers. He spoke specifically about the priests involved in wars and their significance. Many times people forget that there are veterans who did not technically fight in the war, so it is important that people are reminded of these veteran's important duties.

After these special guests spoke to the crowd, O'Connell honored its own veterans on the staff who represented the Army, Navy, Air Force, Marine Corps, and Coast Guard. The veterans were called up to the stage to O'Connell's own band playing the various anthems of each military group. The veterans were greeted by much deserved applause as they graced the stage. We continue to thank our very own O'Connell veterans for their service.

The Veteran's Day assembly continues to be an important O'Connell tradition and an important way to honor not only our own veterans, but also all of the other brave men and women that have served and continue to serve our country. This assembly is an important way to show our support and appreciation for these honorable men and women.



Veterans Visit Bishop O'Connell High School.

his powerful take to the rim resulting in an explosion of cheers from the junior class. Despite Omar's impressive dunk, senior Keljin Blevins finessed a powerful one-handed dunk off of a pass off the backboard from Maryland recruit Melo Trimble, winning the dunk contest for the seniors.

The competition continues to escalate between the juniors and the seniors and a small rivalry has begun to form. The pep rallies this year appear to be more enthusiastic and more heated than they ever have been. Classes of 2014 and 2015 have shown incredible initiative and leadership, acting as good examples for the freshmen and sophomore classes.

Senior Hayley Metcalf, commented, "I think it was clear to everybody in the gym that the seniors obviously should have won, but I understand some grades may need a little motivational support in the form of 'winning' the pep rally."

Mr. Haas recalls, "The seniors can bounce back from their loss but what is more important is that the school as a whole was able to show vigor and zest in their cheers."

Father Cozzi, Mr. Patton, and Dr. Vorbach seemed unsure of who to choose for spirit checks because all classes proved that O'Connell can reach a new level of volume.

The students continue to show maximum intensity and enthusiasm, pushing O'Connell to new heights and keeping the sportsmanship and the spirit alive for many classes to come. The winter sports teams now feel energized and intensified to go out and have successful seasons! Be sure to come out and support your O'Connell Knights!



Seniors showing their spirit!

Relief Efforts for the Philippines

By: Rose Montgomery
Staff Writer

Citizens across the island-nation of the Philippines have been devastated by Typhoon Haiyan, which hit the country on November 8. An estimated 4,000 people have perished in one of the worst storms in recent history. The typhoon's strongest effects were felt in the central Philippines, especially in the province of Leyte. Winds of up to 160 miles per hour and a 16 foot storm surge endangered lives and destroyed infrastructure.

Approximately 9 million residents of the Philippines have been affected by the storm. Up to 12,500 have been injured and at least 1,000 people have been reported missing. Many people from the affected provinces are running low on supplies of food and water. The storm has also left survivors with limited shelter and medical supplies.

In the weeks following Haiyan, nations throughout the world have contributed to relief efforts. The United States, which has committed \$37 million to relief, has delivered 623,000 pounds of relief supplies so far. According to a UN official, at least 107,500 people have received assistance so far, and 11 foreign and 22 domestic medical teams are tending

to the survivors.

Even as relief efforts have begun, many Filipino residents are seeking a way out of the affected areas. Many survivors who can afford it travel to Manila, the capital of the Philippines, or Cebu, an island southwest of Leyte. They want to escape destroyed areas which are rife with dead bodies and potential disease. The people who remain in the affected provinces are grateful for the international support.

Bishop O'Connell High School has also given to the cause. On Wednesday, November 20, students had the opportunity to dress out of uniform in exchange for a \$5 donation to relief efforts. On this day, the community was a sea of red, white, blue and yellow- the colors of the Filipino flag. Junior John Patterson was grateful for the chance to reach out to the people of the Philippines.

He stated, "Even though the Philippines can feel like a world away, a lot of people here have family there. It's great that we can help them so quickly."

Countries across the world have provided support to the Filipino people.



There are many options throughout the community to contribute to this worthy cause. Many organizations, such as the American Red Cross, accept donations

online. Even if individuals are unable to make monetary contributions, they can still offer support by keeping the Philippines in their thoughts and prayers.

Most Wonderful Shopping Day of the Year

By: Jane Awad
Staff Writer

After finishing their pumpkin pie and ice cream many Americans turn their attention to the next Thanksgiving Tradition: Black Friday! It is the day after Thanksgiving and many people stay up all night, just to start shopping at 12 a.m. It is one of the biggest shopping days in the U.S., which dates back to the late 19th century. Many crazy and incredible stories people have because of how crowded it gets on this day. "When I went to Black Friday last year, the lines continued out of the store, but it was worth it because the sales were amazing!" said Megan Hickey. "It gets crazier every year," added Audrey Womack.

Today people don't have to wait in the long lines because they can just shop online, though many say they

enjoy the excitement of staying up to shop once it starts. For some people, it can get overwhelming because of the traffic and crowd that will be shopping on this day.

The benefit of online shopping is that people know right away if the MP3 player they want is out of stock, and can easily find another one without having to travel from store to store. Also, many online retailers have pre-Black Friday or special Thanksgiving sales, so you may not even have to wait until the big day to save (BlackFriday.com).

About fifty to seven million Americans visited online retail sites last year on Black Friday. It is a great way to get your Christmas shopping out of the way and to get a great deal on your favorite stores.



Democrat Terry McAuliffe elected Governor after bitter and expensive campaign

Virginia Election Dust Settles

John Patterson
Staff Writer

Virginia has recently wrapped up one of the closest and mean-spirited campaigns in its history with Democrat Terry McAuliffe emerging victorious over Republican Ken Cuccinelli by a margin of less than 2%. Democrats almost scored a clean sweep in the Virginia elections, except for the Attorney General position which is still being contested as there's a less than 1% difference between the two candidates. In light of the near blue-out, Republicans turn to New Jersey governor Chris Christie for a possible 2016 presidential run while Democrats try to solidify in Virginia.

"It's great that McAuliffe will help represent the people of Virginia! I hope he does not get too stubborn with policies that anger the people, he sticks to his values, and he will not let politics corrupt him." Says senior James Castro, President of the Young Democrats

Club. McAuliffe's policies include his campaign slogan of "Putting Jobs First," and using bipartisan measures to preserve state parks and Civil War battlefields.

Mr. Altoft, moderator of the Young Republican Club, traces the source of McAuliffe's success to "Lots of money. He had 15 million more than Cuccinelli" McAuliffe received significant backing from the Democratic Party, with guest appearances on the campaign trail from Hillary Clinton, Bill Clinton, and Barack Obama.

While McAuliffe is entrusted with Virginia, the GOP got more traction in New Jersey, with Chris Christie winning governor by a comfortable margin. His leadership during Superstorm Sandy and the general high public opinion of him have brought speculation he may run for president in 2016. On the rumour, Mr. Altoft comments "Chris Christie is probably going to be a little bit too liberal for Tea Partiers, but I do think he'd be a strong president with a good, conservative vice president."



Ellen DeGeneres prepares to host the 2014 Academy Awards.

Predictions for 2014 Oscars

Amelia Lucas
Staff Writer

Although the 86th Academy Awards ceremony will not occur until March 2 of next year, both professional and amateur critics have already begun to voice their predictions for the future nominees and even winners. Typically, films seeking Oscar awards are released in late December, but several films, such as *Captain Phillips*, *Gravity*, *12 Years a Slave*, *Fruitvale Station*, and *Lee Daniels' The Butler*, have already premiered to rave reviews, suggesting possible nominations for Best Picture.

O'Connell senior Thad Morgan says, "Gravity was a very well done movie, and I definitely recommend it. Sandra Bullock was really amazing in it!"

Critics already predict Best Lead Actress nominations for Sandra Bullock in *Gravity*; Meryl Streep in *August: Osage County*, which will be released on December 27; Cate Blanchett in *Blue Jasmine*, which came out in August; and possibly Emma

Thompson in *Saving Mr. Banks*, which premieres December 20. However, the possibility for a dark horse remains.

Critics vary more in their opinions for possible nominations for Best Lead Actor. Possible nominees include Chiwetel Ejiofer for *12 Years a Slave*, Michael B. Jordan for *Fruitvale Station*, Bruce Dern for *Nebraska*, Matthew McConaughey for *Dallas Buyers Club*, Robert Redford for *All is Lost*, Tom Hanks for *Captain Phillips*, and Leonardo DiCaprio for *The Wolf of Wall Street*, but the category generally only includes five nominees.

O'Connell senior Caroline Boras says, "I think Tom Hanks really deserves a nomination for *Captain Phillips*! His performance brought me to tears."

Nominations will be announced on January 16, 2014, and comedienne Ellen DeGeneres will host the award ceremony in March, but be sure to see the movies while they are still in theaters to determine the real winners!



The Jingle Ball is expected to have a variety of talents including Miley Cyrus, Robin Thicke, Jason Derulo, Enrique Iglesias, and Fifth Harmony.

Jingle Ball Ready to Rock!

Jane Awad
Audrey Womak
Staff Writers

Get ready! Some of the biggest names in pop music will be performing at Jingle Ball, December 16 at the Verizon Center. Jingle Ball is hosted by Hot 99.5 and it is approaching. This is the second year of the annual Jingle Ball. The artists performing this year are Miley Cyrus, Austin Mahone, Robin Thicke, Enrique Iglesias, Fall out Boy, Paramore, Jason Derulo, Fifth Harmony and Flo Rida. These popular artists are coming together

to create an amazing and entertaining experience by singing their most popular songs. Buy your tickets to go to this event at websites such as Stubhub or Ticketmaster.

Senior Megan Hickey said "I am excited to see all of the top artists perform live and I heard Jingle Ball is an exciting concert."

Tiffany Peirce, a sophomore, says she is looking forward to the concert.

"I am really excited for Jingle Ball, but I am looking forward to seeing Miley perform the most. I love Miley Cyrus because she's crazy and a good entertainer."

Don't miss the biggest concert of the year. Grab your friends and go to Jingle Ball 2013.

Hooked on Grey's Anatomy

Megan Hickey
Staff Writer

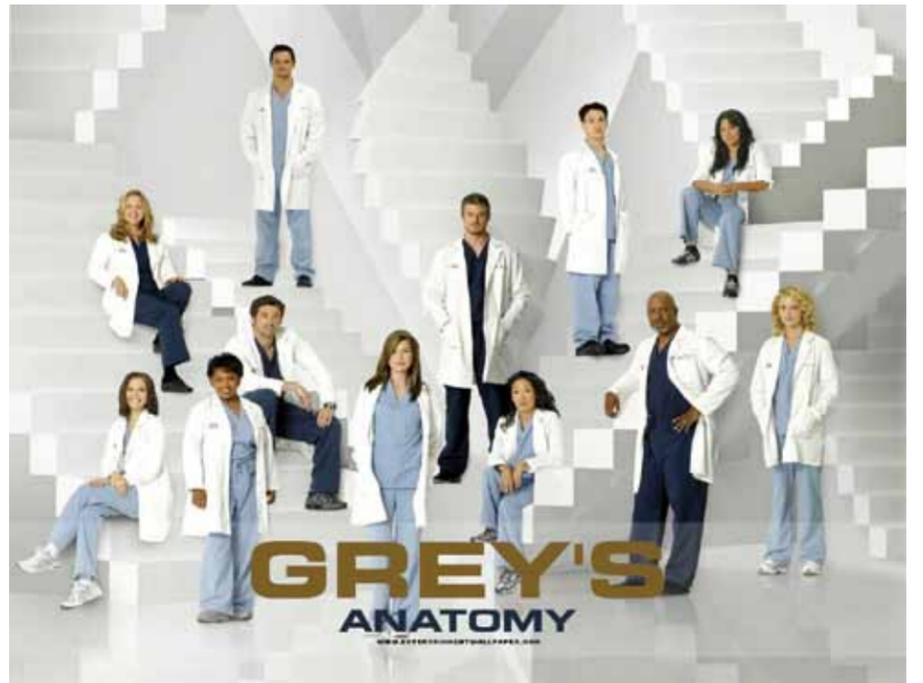
Grey's Anatomy is a wildly popular show on ABC about the lives of doctors at Grey-Sloan Memorial Hospital. Shonda Rhimes, the creator of *Grey's Anatomy*, has captivated the audience for ten seasons with no signs of slowing down. *Grey's Anatomy* first aired in 2005 and gained popularity with each season.

It is an exciting show with lots of drama, tragedies and interesting relationships. The show is told from Meredith Grey's point of view, who starts out in the first season as a surgical intern at Seattle Grace Hospital (it was renamed Grey-Sloan Memorial Hospital later in the show). Meredith Grey and friends Christina Yang, Alex Karev, Izzy Stevens and George O'Malley are all assigned to resident Miranda Bailey, who starts out as their surgical mentor. Meredith and Christina, also known as the twisted sisters, get each other through all the rocky relationships

and tragedies that vary from bombings to shootings and plane crashes. Meredith has an on-and-off-again relationship with Derek Shepard, the attending neurosurgeon, while Christina has different relationships with other attending surgeons.

The cast of *Grey's Anatomy* is ever-changing with death and breakups at every corner, and doctors come and go. Each season includes unexpected changes with characters. Some of the original cast members left the show, making room for new characters like Jackson Avery, Lexi Grey, Owen Hunt and many more.

Grey's Anatomy has received outstanding reviews from a wide variety of sources including *The New York Times*, which gave it a 5 star rating! Its 10th season aired on September 26th and every Thursday at 8, it is on ABC. It is a great medical drama about the lives of doctors and their patients. The show includes interesting surgical cases and their surgeries. Tune in to watch the amazing romantic drama. You will fall in love with *Grey's Anatomy*!



The cast of the critically-acclaimed Grey's Anatomy

Red Sox Win World Series

Eli Gazala
Staff Writer

Winning isn't foreign in Boston as the Red Sox have proved twice in the past nine years, but it has been 95 years since the Boston Red Sox have won the World Series at home. This team led by veterans David Ortiz, Dustin Pedroia, and John Lester carried the Red Sox to the best regular season record followed by a dominant playoff performance. Ortiz is without argument the best Designated Hitter (DH) of all time. When Ortiz was asked how he was so "locked in" offensively in the post season he replied,

"I was born for this," he replied, according to Blackburn of *thenosebleeds.com*.

Pedroia is the 2008 American League MVP and has multiple Golden Glove awards. Lester is an ace pitcher with a career no-hitter and one-hitter. He can be a shutdown guy that keeps

lineups cold throughout the game. Former Red Sox pitching coach, John Farrell was brought in this season to manage. Farrell turned the team around, from placing dead last in the American League to becoming champions. Farrell was asked if he felt like this was a last place team on the first day of Spring Training.

"Not one bit...There was a tremendous feeling of embarrassment here a year ago, and guys came into Spring Training determined, and the players that came in to augment those returning came in as a very strong team" said Farrell (*mlb.com*).

Nearly every game in the playoffs was a gut wrenching, roller coaster with amazing highs and terrifying lows. It seemed like everyone on the team stepped up in any time of need. Every player was a perfect fit. No one expected the Red Sox to perform this year, but they proved the whole world wrong. This truly was a classic worst to first story.



Jacoby Ellsbury up to bat