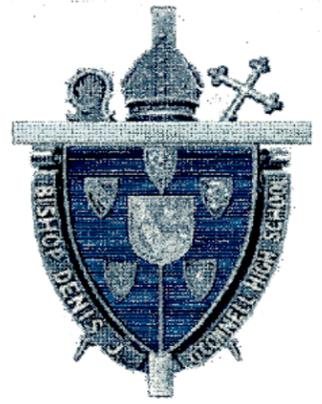


The Visor

Bishop O'Connell High School

Volume 52 Issue 5



O'Connell Celebrates Earth Day

Imani Hamami
Staff Writer

Every year on April 22 in over 175 countries Earth Day is celebrated to raise awareness about the environment. Eco-conscious people all around the world get together and share thoughts and ideas with their communities about being more environmentally friendly. They discuss everything from eco friendly garden items, patio furniture, clothes, and even insect repellent. Many businesses and schools find themselves "going green" by trying to save energy and make everything more energy efficient. O'Connell is planning on installing solar panels and making other smart decisions to make our school more eco-friendly.

Every year the Ecology Club holds an assembly acknowledging the importance of Earth Day. In preparation for the assembly, each grade was asked to wear a specific-colored t-shirt. The seniors wore Carolina blue shirts, the juniors wore green shirts, the sophomores wore white shirts, and the freshmen were asked to wear yellow shirts. For the past few years, the Earth Day Assembly has been held in the auditorium, but this year it was hosted in the main gym to make it feel more like a

pep-rally. Officers wanted the students to get excited about "going green."

Junior Natalie Eichner, said "I liked how the assembly was held in the gym; it got everyone really excited."

The assembly consisted of

club were there to make sure everything was judged fairly. After all these events, the competitors ran back to the original line and tagged the next person to go. A contender in the race, Anthony Spellman, commented "I'm pretty sure I broke my toe in it but I still had fun."

However, fun and games were not the only topic of discussion during the assembly. There was talk of changes around the school, as well as around the community. The first speaker and leader of the "O'Connell Goes Green Campaign," Tom Stevens, gave remarkable ideas and informed the school body

about all the upcoming changes for the school. Students are really looking forward to the upcoming changes.

"I'm really excited that the committee has taken an active role in our future," says Dylan Vorbach.

All around the country, it seems like everyone is recycling more often and saving energy. O'Connell is not going to miss out on these essential changes to our environment. Everyone around the school is anxious to see the conservation revolution that will be unfolding around the school in the upcoming years.



games and prizes. The first game was a relay race. Each grade was represented by four players who had to dress in oversized scrubs and a fluffy pink tutu. They began the race by running down the gym and hula-hooping, while struggling to keep on their over-sized clothes, which were flapping around. After hula hooping, the contestants did ten jumping jacks and ran to a bubble blowing station. Finally, after completing the jumping jacks, the competitors picked up a tube of bubble solution and tried to blow one bubble through a hoop which was held by a member of the Ecology club. The members of the Ecology

1
day until Prom

13
days until
seniors
graduate

24
days until the
last day of
school

Welcome New SCA Board!

By Ana-Maria Hecton
Staff Writer

Congratulations are in order to the brand new Student Council Association Board members: President Morgan Crissy, Vice President Dylan Vorbach, Treasurer Joanne Johnson, and Secretary Richard Gorog.

This year's SCA Executive Board winners started off their speeches

by stating how they wanted to lead the upcoming school year to success. While everyone who was running delivered successful speeches, the SCA Board winners got their fellow student's attention by making their speeches different and personal.

The new Executive Board tried to relate to all of us. Dylan Vor-

bach said in his speech that he too has been "that kid," that he too has been exactly where we all have been. He also stated that he simply wanted to make "O'Connell's a better place because he went there."

Joanne Johnson made her speech personal by sharing her experiences, talking about her involvement as a member of the Keyettes and an active

participant in the SCA for the past two years, and told students how much she loved being an O'Connell Knight. "There's something about O'Connell that draws us in to create our tightly-knit Knights' community." That hit home to a lot of students. The new President of our school, Morgan Crissy, said that she "wants to help continue the good experiences that we have had," and that she "is excited for next year and ready to work hard for us."

We can all rest assured that

we will be in very good hands for the 2010-2011 school year. We realize just how much hard and time-consuming is involved in being a member of the SCA Executive Board is. We all look forward to seeing what they have in store for us. Good luck, Executive Board, and thank you for your huge undertaking to make our school a better place!



What's Inside:

Spotlight On: Editors-in Chief Taylor Brogan and Jeremy Azurin

An editorial on PROMA!

Latest news from the softball team.

Prom Fever: Too Much or Not Enough?

As the seniors progress through the school year day after day, month after month, quarter after quarter we arrive at the massive—and for some dreadful—event of Prom. Prom is always in the back of your mind; you are either thinking about the perfect dress, the perfect date, the perfect limo, or the perfect group... and the list goes on.

This is the time of year when everyone can see the true romantics at work. When creativity wins out above all, the way a guy asks does not have to be “Flashy.” There are traditional ways to ask someone to prom that have never lost their luster: classics like writing on the white/black board or writing on the car.

When the guys start asking, the tension grows thick. The girls start to wonder if that particular guy will ask now, later, or ever. Meanwhile, the guys are trying to think of the best way to ask the girl of their dreams. A select few already know who they are going to prom with; they have a boyfriend/girlfriend...however they are the exception, not the rule.

The rest of the teenage population is waiting for that exact moment that they can claim as their own. Some guys get it right; they ask the girls that have been waiting for them to ask. Then they put

the icing on the cake by asking in such a creative way that she could not have pictured it better herself.

For other girls the whole prom event is much different; these girls are waiting for that certain guy to ask, but find out that he wants to go with someone else or does not want to go at all. Then there is the rest of the girl population, filled with girls who do not want to go to prom with any of the guys that go to O’Connell and are thinking about asking someone that attends another school.

Either way, some think that all of the prom drama, also known as “Proma,” is completely over-rated. Those people think that the Facebook© group for the senior girls to post pictures of their prom dresses is a tad “over the top.” What happened to the suspense of seeing what everyone looks like the night of prom? I understand that the purpose of the group is so that no one wears the same dress, but really! Is the world really going to end if someone has the same dress? Of course it might be upsetting, but definitely not life altering. So the question remains; is all this proma too much?

The sad thing about prom this year is that many people are either considering or have already made up their minds not

to go to prom. The prom is being looked upon as a date only, so that many seem to think you cannot go if you do not have a companion of some sort. This is ridiculous. The way that prom should be regarded is as follows: It is the last dance we have together as a class. That is all! I can understand if you generally do not like the school, have absolutely no school spirit, and you do not want to participate in the event; but still being a part of prom is a once-in-a-life-time event. Even if you do not have a date, forget all the proma and GO TO YOUR PROM!!!



School Lunch Boycott?

As many students have noticed, lunch prices are absurd. Charging almost ten dollars for lunch just pushes O’Connell students into the welcoming arms of McDonald’s dollar-menu everyday after school. Arizona® and Tropicana® beverages are sold at more than double the price listed on the bottles. For a small bottle of lemonade made by Simply®, the price is \$2.50. However, at local grocery stores the LARGE bottle of the same drink is the same price. Even ketchup, which used to be free, now costs 50 cents without the purchase of Flik food. Why pay these expensive prices if you can bring in a bagged lunch that is just as good?

Many students pondered this question, and attempted to unify for a week-long boycott. Participation included bringing in bagged lunches and refusing to buy cafeteria items, no matter how tempting. When asked about the boycott and whether sales were affected, the lunch ladies reported that they were not even aware of the boycott, and that there was no decrease in sales. In fact, the sales last month were the highest Flik had seen all year.

Questions about food and drink prices were also asked, and the lunch ladies explained that all food served in the cafeteria is made the day it is served. Any leftover food is thrown away because Flik

only serves fresh food. This is why food prices are so high— students pay for the labor of the food that is cooked as well as the food itself. To justify the prices of beverages, the cafeteria staff explained how the American Beverage Association creates the prices for the drinks that it sells to schools. Since O’Connell offers a limited sale of beverages as sodas are no longer sold, the prices have to be raised to compensate for this.

Still, I would rather bring delicious homemade food everyday then spend ridiculous amounts of money for mediocre food. Unfortunately not enough people are similarly motivated by the high prices to organize an effective boycott.

Just Give In to Senioritis

With less than a week left in school for seniors, it is amazing how few teachers recognize the pandemic senioritis. Especially rampant in AP classes where there is literally no reason left to be in school, senioritis dominates every classroom. Yet strangely, many teachers insist on teaching. They don’t seem to realize that it’s a lost cause. Students who have not been getting good grades throughout the year are not suddenly going to gain interest in the subject matter, and students who have steadily earned good grades are passing out of their finals and simply no longer care. Most students who are taking finals don’t care. There’s little reason to; seniors are all already in college, so short of truly bombing their classes every senior is finally home free.

Now, reviewing for the final is understandable, but if teachers think that they are going to cram new information into their students’ heads with so few days left in the year they are sadly delusional. If you haven’t taught it yet, you’re not going to. While many teachers are understandably “reluctant to give up on teaching,” as Dr. Vorbach puts it, the fact is that students have given up on learning. And not unfairly, either. Four years of high school is nothing to scoff at; seniors have gone through a lot to get to the point they are at now.

This is especially true for those who have taken AP exams. The way I see

it, taking a roughly four-hour exam exempts one from four hours of that class; that’s five or six class periods, which just about takes you through the rest of the year. So AP teachers, at least, should follow the time-honored tradition upheld in almost every school nation-wide and just show movies. If they need to assuage their guilt there are always plenty of semi-related films to show. For example, students have watched *The Mouse that Roared* in AP European History, *1776* in AP US History, and *Apocalypse Now* in AP English Literature. Science classes have a little more difficulty finding films, but there’s always *October Skies*, or at the very least a fun lab to try, like making ice cream or glow sticks.

While it is true that the school exists to teach, at this point information itself is not going to be helpful. Life lessons, sure. Helpful hints for college, fine. I’ve got no problem with interesting class discussions. But those teachers who relentlessly keep hammering their students with new facts, new problems, new tests for pete’s sake; they’re just pushing their luck, and their students, unnecessarily. Retention of knowledge at this point is going to be low, so teachers would be better off not pretending otherwise.



Don’t Give In to Senioritis

More and more seniors are so ready to graduate, preparing for prom thinking of college and the future. When you are thinking of the future it is almost impossible to focus on the present. With so many other things on their minds how can seniors ever focus in class? Seniors in the past month have found every excuse to leave class, come late, or just do nothing. They are turning everything in last minute, sleeping every chance they get, wearing dirty uniforms, and so on.

All these symptoms are symptomatic of one thing: SENIORITIS! If you believe you are suffering from senioritis here are some tips on how to deal with it. First, set your alarm and GO TO CLASS; being on time makes you less stressed and more focused on what you should be focusing on, instead of the everyday senior distractions. Second, come prepared for class; if you are prepared you will not be as stressed and your teacher

The Visor
Bishop O’Connell High School
6600 Little Falls Road
Arlington, VA

Published monthly, the student newspaper of Bishop Denis J. O’Connell High School is a public forum with its student editorial board making all decisions about its content, under the guidance of its faculty advisor.

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.

Editors-In-Chief
Taylor Brogan
Jeremy Azurin

Front Page Joanna Harkins	Campus News Christy Buranaamorn
Editorials Erin McDonough	Health Cait Patterson
Spreads Jamitress Bowden	Entertainment Devon Spencer
Style Alejandra Buitrago	Sports Mark Moran Mark Azar

Staff Writers
Dia Bhatia, Brittany Davey, Emma Delmontagne, Natalie Eichner, Drew Fletcher, Emily Gordon, Leela Gupta, Imani Hamami, Ana-Maria Hecton, Kathryn Heppes, Suzanne Holland, Carolina Hurley, Nicholas Kent, Kelly Kundinger, Erin McDonough, Collin Pin, Andrew Saunders, John Scully, Cristina Totanes, Dylan Vorbach, Madeleine Young

Faculty Moderator
Dan Culler

Meet the Editors: Taylor Brogan and Jeremiah Azurin

Erin McDonough
Editorial Editor



What college do you plan to attend next year and what will you be majoring in?

I will be studying political science at the University of Chicago! I'm happy.

Aside from being the editor of the Visor, what other activities do you participate in?

Superdance; I'm technically on the sailing team...and I'm an avid TV watcher.

You and Jeremy are both really into music; what song would you say epitomizes your life?

"Ceremony" by New Order is my favorite song; it makes me think of a sunny day when it's raining out. Insert deep metaphorical conceit explaining how that represents my life.

What would be your ideal class, if you could have any teacher teaching any subject?

Mrs. Schiavo teaching Spanish.

After graduating from college, where do you see yourself in 10 years?

Sipping cocktails on a beach in Bora Bora while my minions fetch me coffee... actually; seriously I see myself

as a Fox News contributor.

What would be your dream job?

I would be a regular panelist on *Red Eye*... who also gets paid a lot.

Good writers tend to be big readers; which book would you want to live in?

Well, all my favorite books are pretty depressing, so I'd have to say *Harry Potter*, which is why I'm going to the University of Chicago. Its campus was voted most like Hogwarts... wait, is *Buffy the Vampire Slayer* also a book?

Have you ever had a crush on a fictional character, and if so, who?

YES. Doctor Who. Also Jess Mariano from *Gilmore Girls*. I love him.

Have you ever started sobbing at something that no one else found sad?

Speaking of Doctor Who... I cried when Rose got trapped in a parallel universe. Don't judge me.

What is your biggest obsession, and how does it affect your life?

If it wasn't already obvious... *Doctor Who* is a pretty big obsession. It eats up my free time on weekends, I make constant references that no one understands, and I sometimes slip into a British accent. I also have a Doctor Who bumper sticker, two t-shirts, and two magnets... And *GILMORE GIRLS*.

She shows me the magnets in her locker; I notice she also has a picture of Mike Kerr. I ask her about it.

We have a secret relationship. He doesn't even know about it. (Oh, God, that was weird.)

What is the most interesting thing you and Jeremy have ever done together?

Junior year we were both working on Superdance, and we got to run around on the school roof with Erin Conner and then senior, Yousef; and Yousef was scared of heights and got stuck.

What is the most random thing you've ever said?

Roast beef, bananas, the Medusa Cascade... what's pre-revolutionary France doing in your foyer, Erin?

Finally, if the "future you" were to come back in time to give the "present you" one piece of advice, what do you think it would be?

Sell all your gasoline stocks; in the future everything runs on potatoes.

Thank you. Before I go, do you have any other comments?

Yes, I'm disappointed you didn't ask me what my favorite color was. It's green. But not forest green or lime green... more like a grass green. Yeah.

What college do you plan to attend next year and what will you be majoring in?

I plan to attend Marymount University. I applied for nursing but I'm still debating whether I should change it to biology or politics, or maybe something with computers.

Aside from being the editor of the Visor and working hard to get good grades, what other activities do you participate in?

I'm on the Student Council and Unity Council. I've been a part of S.A.D.D., Eco Club, and Largesse as well.

With all those extracurriculars, how much sleep are you actually able to get a night?

Not enough.

What song would you say epitomizes your life?

I have yet to find one; I don't really pay attention to lyrics when I listen to music.

What would be your ideal class, if you could have any teacher teaching any subject?

Spanish has always been my favorite class and luckily I've had amazing teachers. Also, AP Econ has been great. Maybe Mrs. Moore could do a class on Spanish Economics.

After graduating from college, obviously as editor of Marymount's school paper, where do you see yourself in 10 years?

Still undecided.

What would be your dream job?

I'm unsure as of now but I'd like something that involves a bit of travel. After retiring from whatever job I had, I'd like to settle down as a teacher.

I can see from the stuffed panda that you are currently working on Mr. Mothes' marriage project. What sort of father are you?

The best.

Good writers tend to be big readers; which book would you want to live in?

October Sky. It was my favorite book in high school. Or maybe I'd get invited to one of Jay Gatsby's parties in *The Great Gatsby*.

What is your biggest obsession, and how does it affect your life?

Playing the piano. I don't play as often as I'd like but it's something I like to do in my spare time. I advise anyone who is interested in pursuing music to pursue piano lessons!

What is the most interesting thing you and Taylor have ever done together?

I'd have to agree with Taylor that the most interesting things we've done together is running around on the school roof. It's one of my goals to get back on that roof sometime again.

What is the most random thing you've ever said?

Sophomore year during Spanish class I answered "TV shows make up 22 minutes without commercials" to a "what is your favorite TV show" question.

Finally, if the "future you" were to come back in time to give the "present you" one piece of advice, what do you think it would be?

Obey your curfew. It will save you \$500 and a driving violations ticket.

Thank you. Before I go, do you have any other comments?

I'd just like to say that working on the *Visor* has been a great experience. Our staff is so diverse and that's what I like about the paper, since it adds so much perspective. A big thanks to all of our readers!



National Honor Society Induction

Natalie Eichner
Staff Writer

On Wednesday, March 21st, over eighty juniors and seniors were inducted into the Bishop Russell Chapter of the National Honor Society. The ceremony was a little over an hour long, which included the procession into the auditorium, as well as a speech.

The current NHS Board also addressed the students on the four qualities that are needed to be an NHS member: Scholarship, Leadership, Service, and Character. Symbolic candles were light-

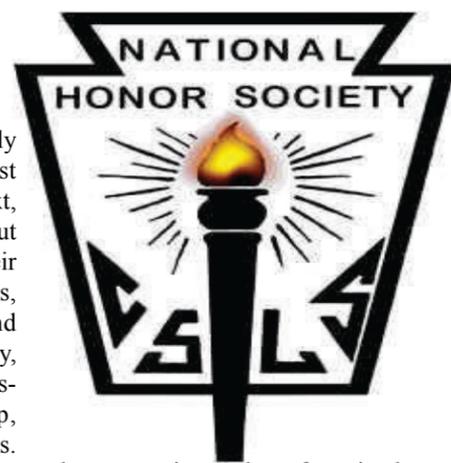
ed to represent each of these qualities.

According to the National Honor Society website, the National Honor Society “serves to honor those students who have demonstrated excellence in the areas of Scholarship, Leadership, Service, and Character.” The Society was first established in 1921 by Dr. Edward Rynearson of Pittsburgh, Pennsylvania. It was the first nationwide organization established to recognize exceptional high school students who exhibit both outstanding academic achievement and outstanding leadership and service qualities.

The process to be selected into the

Bishop O’Connell NHS is extremely rigorous. First, the candidates must have a minimum GPA of 3.75. Next, the candidates are required to fill out several different forms detailing their school and extracurricular activities, as well as their service project and past positions of leadership. Finally, students must submit essays addressing how they exercise leadership, service, and character in their lives.

The work does not end after one has been selected to be a member of the NHS. NHS members are expected to attend monthly meetings, as well as com-



plete a certain number of service hours. The newly-inducted NHS members should be extremely proud of continuing the Bishop O’Connell tradition of excellence.

The Top 20 Things I’ll Miss About O’Connell

1. The tatertots at lunch
2. Fr. Hudgins homilies
3. Not having to plan your outfit
4. Superdance
5. The Courtyard
6. Mr. Sabatino’s cat Steve
7. Making crowns for credit in Haas’s class
8. Flour babies
9. Beating PVI every year
10. Stuffed panthers on swords
11. Finding reasons for teachers not to take your phone
12. MR. CRIVELLA
13. Coach Schneider’s dogs
14. Getting free mints in the attendance office
15. Mayra at lunch
16. Smoothie King Fridays!
17. Mr. Sullivan & his stories
18. Mr. Cools’ stories about when he was a lumberjack
19. Coffee & PB & J’s in the Student Lounge
20. Senior lot

O’Connell’s Own You Tell Me

Maddie Young
Staff Writer

Seniors Doug Shotwell, Pat Perez, and Blair Seiberlich make up the band YTM, also known as You Tell Me. With a sound that compares to the likes of The Maine, New Kids on the Block, and The Jackson Five, it’s a mystery why these boys aren’t famous already. They sat down and gave us an insight on what YTM is truly about.

How would you describe your sound?

Pat: The birth of two Siamese twins.

What does that even sound like?

Pat: Like nothing you’ve ever heard of.
Blair: I would say it’s just catchy.
Doug: It’s delicious, like the inside of a red apple.

Who thought of the band name?

Doug: I was on the way to Pat’s house,

and we were trying to think of a name. I asked him what his favorite word was, because I thought if we combined our two favorite words then it would be the perfect band name. He said, “I don’t know, you tell me.” So that was what we stuck with.

If you could collaborate with any artist, who would it be?

Pat: Doug, you answer this.
Doug: The “Pants on the Ground” guy.

What’s your favorite song that you’ve written?

Doug: Dragnet. I like that one.
Pat: Hey Santa.
Blair: Three Girls-One Song.

How did you get involved with music?

Pat: As soon as I was born, I had overly large ears. So my dad put

headphones on me. Eventually I just grew into them.

Doug: I’ve just been listening to music for as long as I can remember.

Blair: I just picked up music because of boredom.

If you could take credit for writing any song, what would it be?

Pat: The National Anthem.
Doug: “Dirty Girl” by Rob Dyrdek.

What bands are you inspired by?

Pat: Mayday Parade, Sunset Shootout, and the Notorious B.I.G. And the Kate Dolan Band.
Doug: The Maine and Blink 182.

What’s going to happen to the band when you all go to college?

Pat: I don’t know, you tell me.

To hear more from YTM and listen to their music, visit www.myspace.com/ohwordyoutellme

Successful S.A.D.D. Club Assembly Surprises Students

Ana-Maria Hecton
Staff Writer

Every year the SADD (Students against Destructive Decisions) Club works diligently to prepare two entire presentations for their annual SADD Assembly: an indoor and outdoor event. Fortunately, the weather held up this year, allowing the club to go through with their plans for the outdoor demonstration on the football field, dramatizing the aftermath of a drunk-driving accident.

As the students took their seats in the grandstand they looked upon a large, indefinite mass, covered by a blue tarp. Members of SADD slowly withdrew the tarp, revealing 2 wrecked cars, one on its side at a right angle to the other wreck. On the upright car lay 2 O’Connell students, covered with blood and unmoving- one on the hood and the other on the roof. Another student, also bloody and inert, remained in the vehicle on its side. A 4th student, apparently dazed, slowly emerged from the upright car.

Mr. Harrison, the SADD Club moderator, began the presentation by announcing that an accident had just occurred, but that help was on its way. His words were accompanied by the sound of approaching sirens. The emergency vehicles and police cars proceeded down



Victims Gracie Hollis and Lulu Moore die upon impact at the S.A.D.D. Assembly

Sycamore Street then into the O’Connell parking lot. They quickly pulled into the football field and went to work.

Mr. Harrison continued his narrative while the firemen started to take one car apart, first breaking the back window and then tearing the car apart in order to get to the trapped victim. Mr. Harrison identified the wreck as a “t-bone” wreck, and briefly reviewed the possible thoughts of the conscious par-

ticipants. When Fr. Hudgins approached and blessed the two victims lying on the car, Mr. Harrison sadly announced that they had died. In the meantime, one of the policemen took the dazed student aside to question him about the events leading up to the accident. Mr. Harrison handed the microphone to another officer so that he could review the police procedures that were underway, including the field sobriety tests. The

SADD member and student actor failed the tests that confirmed that he was probably intoxicated. Mr. Harrison included details from the popular and highly successful student athlete’s plans to further dramatize the consequences of the accident. Nick was then handcuffed and placed in the back of the police car. Finally the firemen were able to remove the trapped victim, place him on a stretcher and carry him to the waiting ambulance with the “deceased student/actors.”

As Mr. Harrison thanked the student body for their attention, and recognized SADD President Megan Murphy and the other members of the club for all of their hard work, he was greeted with applause and then silence, as the students reflected on the events. Representatives from Wakefield High School were also on hand, with the idea of adding the presentation to their curriculum. With prom and graduation imminent, students need to be reminded of the dangers of destructive decisions.

O'Connell Sails To Victory

Drew Fletcher
Staff Writer

The O'Connell Sailing Team is entering its second season in varsity competition this year. What was once a club sport is now among one of the more prominent sports at O'Connell, competing in the Mid-Atlantic Scholastic Sailing Association. The Knights hold practices three times a week, at the Gangplank Marina in DC. O'Connell also competes in the same League as some of the premier teams in the area, including the 2008 National Champions Severna Park. The practices focus on tactical exercises and maneuvers done by a boat for a regatta.

O'Connell is one of the many schools to just recently join the increasingly active sailing community that is growing among area high schools. The sailing program at O'Connell is open to both newcomers and experienced sailors, allowing for a large amount of participation in the developing sport.

Sailing is also unique in the organization of the competitions, as there is an A Boat and B Boat sailing in the regattas. The boats could feature two males, two females, or a male and female crew.

The Knights have so far competed in the Annapolis Yacht Club Meet and the Gunston Meet, placing 17th and 7th respectively. The team hopes to continue to place well in the meets, due to their growing experience from last year.

With one full season as a varsity sport under its belt, the O'Connell Sailing Team is looking for its inaugural season of last year to propel it to greater success in this, its second year of competition. The team hopes to see increased participation in the sport in the coming years, as interest increases among O'Connell's students. Although it is the newest sport at O'Connell, it hopes to become one of the strongest.



Capitals Fall To Montreal

Collin Pin
Staff Writer



Entering the playoffs as the number one seed in their conference and the number one team in the league, Washington expected to roll over the Canadians and move on to the second round with ease. With the series almost rapped up after taking a 3-1 lead, Washington hoped to close things down at home in the Verizon Center, which would give them plenty of time to rest before the next series. But from recent Washington appearances in the playoff some fans remained skeptical, and with good reason.

The Caps lost three straight to blow the series, two of those losses coming at home. Washington Capitals Coach Bruce Boudreau said he "would have bet it all, everything he had, that what happened Wednesday night against the Montreal Canadians would not happen." In less than a week, Washington managed to forge a brand new reputation for themselves as a wildly skilled team that somehow still can't come through in the clutch.

With the Detroit Red Wings in the same situation the night before, and securing the necessary win over Phoenix, Washington had the template for victory. However, on this night, it was the talented Caps who buckled to the less talented, but ultimately more committed, Canadiens team.

Ovechkin, in his first playoffs as team captain, seemed out of sync the past couple of games, trying to force shots from the outside, rarely driving to the net and just not showing up as the clutch captain Washington and the rest of the country expected him to be. Ovechkin's best chance Wednesday night came late in the third as he shifted neatly from the slot to the right side and whipped a shot on net that seemed to surprise Halak. But now the Capitals have failed to make good on their vast potential for two straight postseasons. Whether its dedication, focus, or just the drive to win in the off-season, the Capitals just don't seem to have it. My hopes and everyone else's have to look to next season.

A Tribute To Integrity: O'Connell Baseball

Suzie Holland
Staff Writer



Mike Katz Brings the Heat!

O'Connell Knights' Baseball players are the unsung heroes of an extraordinarily gifted athletic community. In a sport that requires an immense amount of teamwork, determination, and sportsmanship, they have it all. In a league that occasionally forgets the rich tradition of this deeply patriotic game, they remember it. The team does not gather the same boisterous crowds as football does, with its packed stands and painted chests; and perhaps it is partly due to the nature of the game: more cerebral, subtle and reserved, involving less contact. If this had been the case on Saturday, May 2nd against PVI, things might have played out a little differently.

Coming off a season more illustrated by gained experience and character-building than dominating wins, O'Connell players bringing the same attitude, skill, and dedication to every game, were especially pumped to beat PVI. However, the moment they stepped on the

field, the deep-seeded rivalry between the two schools erupted. Interrupted by arguments and conflicts with rulings, the O'Connell players struggled to withstand the general hostility of the partisan crowd. In the first five innings the Knights found themselves trailing by 6 runs. According to Sean Prince, Senior second baseman, "Heads went down." But if the team had one thing going for it, it was its refusal to accept defeat, coming back against long odds one of the most distinctive traits of this squad. With renewed energy and determination the Knights rallied, racking up 7 more runs in just over two innings. Although O'Connell eventually succumbed to the potent PVI team, the game as a whole was a testament to their determination and sportsmanship.

It was instructive to join Coach Hart in his office one afternoon. He illuminated some of the goals of the team as well as his goal for his players. His main objectives revolve not so much around

wins, losses, or even baseball. What he wants is to teach his players what it means to be good, morally-grounded and dependable members of the school community: life skills, character, conscience, and especially integrity, all taught through the vehicle of a team sport called baseball. His program is emblematic of the code that DJO has proclaimed as the school's purpose; and Hart enhances the student's journey with his own four-year program for developing good Catholic men. Hart is a true mentor who models why O'Connell has such an immensely strong athletic community. He is a coach, but even more so, a figure with the unique authority to instill valuable and lasting lessons within his players that withstand the test of adversity, and extend beyond high school. The remarkable community within

the team itself is symbolic of more than just Catholic values; it is a representation of the coaching staff's ideals of heart, character, and honor. To Hart, these are the makings of a successful baseball team, as well as the makings of successful individuals. The season is far from over, and the Knights feel they have the best shot of any to win the WCAC tournament because of their exceptional grasp of the concept of team. The WCAC has named our own Michael Katz as Player of the Year; Sean Prince, James Essex, Nick Morabito, John Cusumano, and Alec Daniele were selected to All-League First, Second and Third teams; and John Duffy, Evan Sieve, Dylan Stoskus, and Beau Fitzpatrick received honorable mention. Come out to support the O'Connell players and witness a great team playing a great game. Go Knights!



Virginia

Christopher Newport University

Gabriela Alvarez
 Alexandra Cook
 Marielle Grenade-Willis
 Carolina Hurley
 Christine Nguyen
 Elizabeth Nguyen
 Samantha Nguyen
 Elliott Phillips
 Bennett Ratliff

George Mason University

Nadja Bieniek
 Patricia Benedict
 William Conner
 Tanya Feghali
 Nicholas Ferraro
 Ivan Honrado
 Juliet Hooper
 Alain Le
 Eric Marks
 David McCauley
 Daniel Meehan
 Marie Miller
 Matthew Nasca
 Tiffany Nguyen
 Sean Prince
 Maria Proulx
 Alexander - Bened Santos
 Nicholas Scallion
 Dorothy Seto
 John Singel
 Katherine Young

James Madison University

Mark Azar
 Andrew Brown
 David Bundren
 Madeline Burkard
 Molly Cabbage
 Jonathan Centeno
 Michael Civiello
 Jack Crouch III
 Veronica DeOrnellas
 Riley Fergus
 Anthony Giuseppe
 Margaret Goetzman
 Thomas Griffin
 Grace Hollis
 Rabih Joubrah
 Cassandre Le
 Jennifer Lee
 Christine Mai
 Katelynn McLaren
 Catalina Moore
 Quincy Nguyen
 Bridget O'Keefe
 Micheal O'Malley
 Charles O'Neill
 Katherine Parker
 Timothy Patrick
 Cristina Perez-Rubio
 Laura Quintero
 Emer Tumelty
 Shannon Tumelty
 Andrew Vann
 Brendan Voss

Longwood

Lauren Flood

Lynchburg College

Sean Eager
 Megan Roozen
 Elizabeth Van Hooser
 Carolina Von Goinman

Marymount University

Jeremiah Auzrin
 LaTaya Brown
 Kathryn Cross
 Michael Freeborn
 Marley Garner
 Ana Lobaton
 Linda Nguyen
 Stephanie Rosenberger
 Adam Papovich
 Amanda Tataara
 Angelina Travers

University of Mary Washington

Kathleen Bettencourt
 Caroline Fermoselle
 Sarah Jones
 Elizabeth Kilgallin

Ginny Nguyen
 Emily Scheuer
 Clare Stechschulte
 Carolyn Steigerwald
 Douglas Timms
 Colleen Williams

Northern Virginia Community

Patrick Ammirati
 Diego Borda
 Catherine Callahan
 Stephanie Dillman
 Michael Hogan
 Angela Lange
 Francis Lange
 Alyssa McGowan
 Taylor Stack
 Ariel Teran-Tapia

Old Dominion University

Jessica Azcarate
 Nicole Barlow
 Tyler Bergeron
 Alejandro Borda
 Christian Cortez
 Jake Curley
 Ian French
 Will Houston
 Meghan Larsen
 Sean Kardaras
 Matthew Kelley
 Chris Madden
 Michael Mazza
 Ian McGowan
 Joseph Pipan
 Sean Salvatierra
 Eduardo Sevillano
 Rose Sieve
 Sandrine Soman
 Kyle Soriente

Radford University

Flor DeLeon
 Ryan Wilson

University of Virginia

Emily Duesterhaus
 Henry Gorog
 Riley North
 Virginia Nyce
 Brian Ohlhausen
 Allison Russell
 Michael Terango

Virginia Commonwealth University

Matthew Allen
 Bryan Barahona
 Christopher Conal
 Jaclyn Cordero
 Kevin Do
 Gregory Donnelly
 Frank Evans
 Emma Gauthier
 Stephanie Griffin
 Shireen Malakooti
 Samir Malik
 Courtney Manaos
 Megan Meszaros
 Patrick Moynahan
 Joanna Nelson
 Natalie Pettit
 Claire Steindam
 Chase Turner
 Joseph Winters

Virginia Tech

Joseph Acevedo
 Alejandro Cardenas
 Kevin Conneen
 Caitlin David
 John Duffy
 Kayla Ferrari
 Micheal Fulcher
 Gregory Gadell
 Lisa Gonzalez
 Virginia Hagen-Gates
 Anthony Iacobucci
 Michael Krug
 Stephanie Langan
 Emily Leonard
 John Lucas
 Daniel Luciani
 Christina Metzmaier
 Megan Murphy
 Francis Nguyen
 Adam Pereira
 Rachel Potts

Michael Tran
 Amy Shepard
 Evan Sieve
 Rachel Stevens
 Michael Whitacre

The College of William and Mary

John Ciampa
 Ashley Fidler
 Jacqueline Filzen
 Jason Fulrook
 Alexander Harrington
 Beatrice Korka
 Sandra Malone
 Mark Moran

Florida

University of Miami

Christopher Maxwell

University of Florida

Ashley Shipley

Louisiana

Louisiana State University

Nicholas Puletti



Ferrum College

Riley Barger
 Trevor Flood
 Brian Heise
 Adaye Russom
 Douglas Shotwell

Virginia Military Institute

Raymond Donahue
 Dwaine Wintz Jr.

University of Richmond

Christy Buranaamorn

Roanoke College

Christopher Weipert

Washington and Lee University

Robert Crissy

Hampden-Sydney College

Thomas Fletcher

Sweet Briar College

Bridget McGinley

Alabama

University of Alabama

Chloe Moore
 Mary Elizabeth Stewart

Loyola New Orleans

Kori Font

Tulane University

Helen Miller

Maryland

University of Maryland

Alexa Nieves

Bowie State University

Alvin Jenkins

Loyola University Maryland

Kelly Whitfield

United States Naval Academy

Molly Dundon (preparatory school)

Mount Saint Mary's University

Micheal Conrad

Towson University

Bryce Ritter

Massachusetts

Boston University
Alexis Hicks
Shanti Kapoor
Carolyn Ross

Northeastern University
Karen Caraballo-Torres

Babson College
Melanie DeLaney

Syracuse University
Jacquelyn Moriarty

Suny Purchase College
Devon Spencer

Delaware

University of Delaware
Matthew Bibby
Patrick Moesle

Elon University
Megan Gardepe

University of North Carolina
Nicholas Appel- Chapel Hill
Kendall Marshall- Chapel Hill
Emily Chamberlin- School of the Arts

South Carolina

Clemson
Kristin Bowers

University of South Carolina
Kimberley Anderson
Meghan Aubry
Morgan DiSanto-Ranney
Katherine Dolan
Sarah Eidt

College of Charleston
Maria-Jose Zavala
Samantha Duncan

Georgia

Georgia Institute of Technology
Carley Berdhal
Matthew Tyrpak

Emory University
Konark Bahsin
Hayley Milon

Illinois

DePaul University
Bridget Brady

University of Chicago
Taylor Brogan

Ohio

The Ohio State University
Chloe Dougherty

Kent State University
Julian Bonds

Miami University of Ohio
Elizabeth Burst

Ohio University
Erika Tuttle

Pennsylvania

Penn State University
Gabriel Aquino
Gregory Ballington
India Okoh
Julian Pritcher
Marshall Wagner
Daniel Warcholak

Villanova
Erin Conner
Liam Dannaher
Laura Saracina
Kendrick Van Dorn
Valerie Zetts

Indiana University of Pennsylvania
Alexander Berdahl
Caitlin Rakshys

University of Pennsylvania
Rachel Russell

York College
Thomas Hon

Duquesne University
Salvatore Hunter

Drexel University
Claire Arnos
James Poole

Indiana

University of Notre Dame
Margo Kurtzke

District of Columbia

Georgetown University
Madeleine Giaquinto

George Washington University
Mel Francis Quintos

Catholic University of America
Anna Brooks-Kenney
Gregory Chiknas
Carissa Nguyen
Jason Quisberth

The Art Institute
Athena Castro

West Virginia

West Virginia University
Adam Ahlstrom
Allan Flott
Rachel Frison

California

Chapman University
Daniel Brennan

Tennessee

Belmont University
Alison Shelesky

Canada

University of British Columbia
Kellie Hogan

Outside of United States

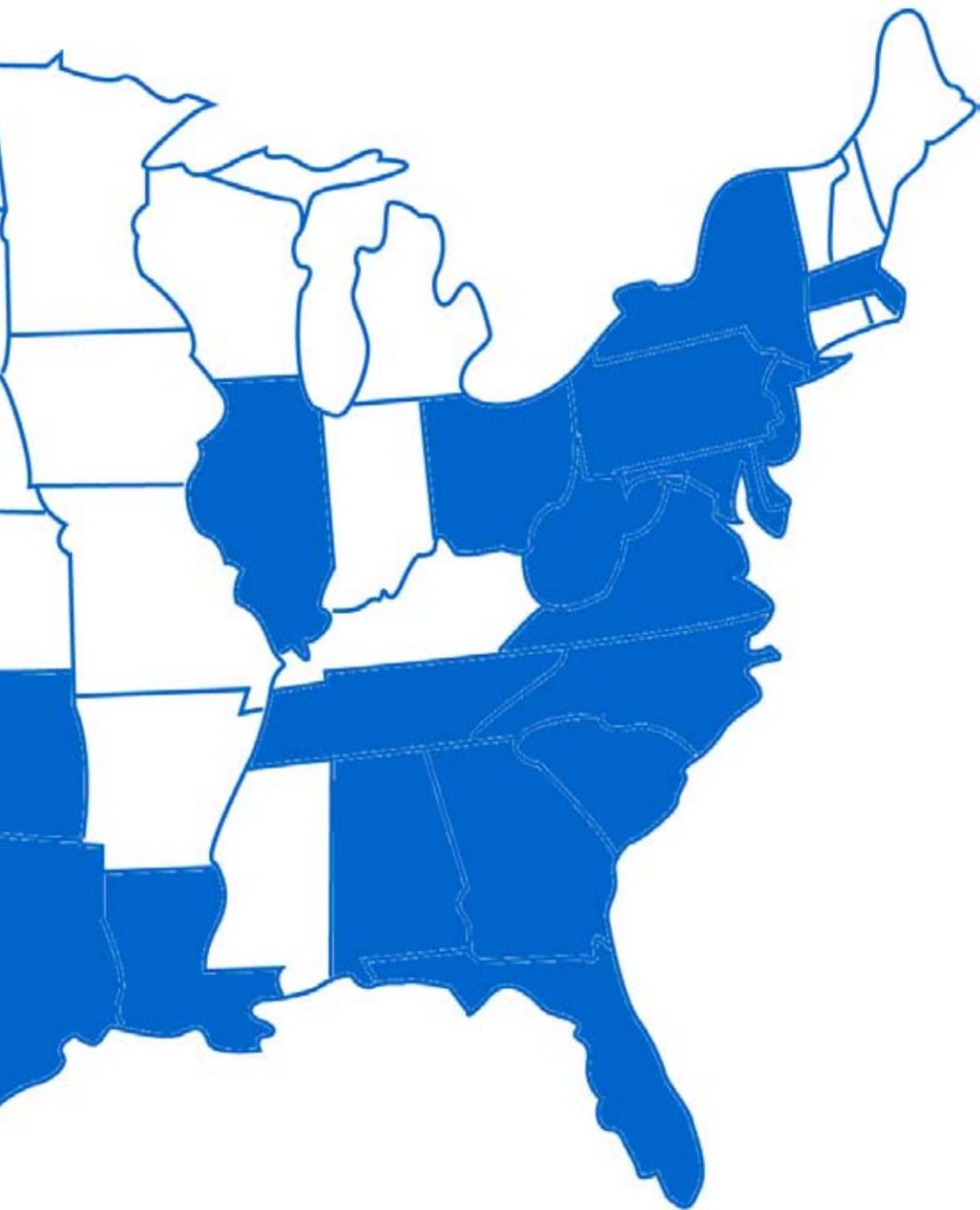
Saint George's University
Hector Arteaga

University of Saint Andrews
Anna Jeffrey
Franklin College in Switzerland
Maria Cristina Totanes

Universidad Catolica de Argentina
Lorna Rivers Gutierrez

Other

United States Marine Corps
Evan Wright



Berklee College of Music
Michael Kerr

Becker College
Modesta Chileshe

School of Fine Arts
Olivia Dantzler

Amherst College
Daniel Rivera

New York

New York University
Joanna Harkins

Fordham University
Ryan Cuevas

U.S. Military Academy at West Point
Maurice Williams

Saint John's University
Crystal Caminade

Oklahoma

Oklahoma State University
Gabrielle Klimkowski

University of Oklahoma
JoAnne Kosta

New Jersey

Princeton
Erin McDonough

Rutgers University
Smyly Chinery

North Carolina

High Point University
Baily Erickson
Katherine Mattingly

East Carolina University
Jamitress Bowden
Molly Gauthier
Collin Pin

Softball Swings Its Way to Victory

Nicholas Kent
Sports Editor

Each year, Bishop O'Connell produces one of the best high school softball teams in the area. With a record of twenty wins and one loss, this season doesn't appear to be any different. Coach Orndorff, who has been coaching softball at O'Connell for over twenty-five years, has won sixteen WCAC titles and fourteen state championships.

Even though Coach Orndorff has had a very successful season, he still believes it is far from over. "So much of what we are about is ahead of us. Winning the WCAC last year and being ranked number two in Virginia doesn't matter; but what we accomplish at the end of the season is what is most important."

The girls' first softball game in



the state championship will be played on May 11. Seniors in this competition will be Madeleine Giaquinto, Sarah Eidt and Maria Zavala, in their final tournament played with Coach Orndorff. Next year,

Madeleine Giaquinto will be attending Georgetown University; Sarah Eidt will attend The University of South Carolina; and Maria Zavella will attend The College of Charleston. All expect

to play softball in college.

Coach Orndorff believes that with the leadership of these three seniors and the all-around strength within the squad, winning the state championship is a goal they should be able to accomplish. With the first loss of the season occurring a few weeks ago, Coach Orndorff believes this loss could have a positive outcome in the upcoming games,

"We have a very difficult schedule. Our first loss was disappointing because we didn't play well; however, we have learned from the mistakes that were made, and in the long run it could help us."

Bishop O'Connell has always had a well-respected softball program. With the superb coaching of Coach Orndorff and the dedication of his players, it is no surprise that this team has once again had loads of success, winning yet another WCAC and VISL Championship. Congratulations to the Lady Softball Knights!



Girls Lacrosse Places 4th in WCAC

Maddie Young
Sports Editor

Overall, the Varsity Girls Lacrosse team has had a very successful season. They started the season with wins against Madeira and Annandale, and ended the season with wins against Elizabeth Seton and Mount Vernon. Along the way, they had some struggles, including a close loss to Ireton, which ended with a 2-goal loss.

"During the Ireton game we were down by a lot at the half, and we came back and only lost by two. We outplayed them. It was definitely tight at the end. Even though we lost, it was still really intense; they are one of the best teams in the league," Says goalie Erin McDonough.

One of the highlights of the season was the exciting defeat of PVI. Winning 17-7, this win definitely

boosted team moral, which led to other significant wins during the season, catapulting them to finish 4th in the WCAC Conference.

"The WCAC is a really tough league with a lot of good teams. The fact that we finished 4th with such a young team is a really big deal. It shows a lot of promise for the upcoming years because of all of our young players," Erin added.

The team is happy about their place in the conference, and they definitely gave it there all throughout the whole season. Because of so many young players, the team will have a strong lineup for the coming years. So make sure you look out for the team next year and cheer them on to be 1st in the WCAC's.

Crew Eyes Stotesberry Cup and First Place

Dylan Vorbach
Staff Writer

Possibly one of the most dedicated, spirited, and yet least recognized sports teams at O'Connell is the crew team. Practicing on the Potomac River in the pre-dawn mornings of early spring months, and daily since...as well as preparing for the season with a grueling regimen of conditioning throughout the school year, O'Connell rowers are earning a well-deserved reputation for hard work and dedication. With a rapidly improving record, the team is "roughly eighteen times better than last year," according to junior veteran rower Collin Brideau.

For the boys' team, which fields 4- and 8-man shells, the biggest

competition comes from teams fielded by McLean High School and Yorktown High School (Arlington). With three major regatta events remaining in the season, there are plenty of upcoming opportunities to defeat these rivals.

Perhaps the most anxiously awaited competition of the season will come on the 14th and 15th of May at the Stotesbury Cup, held on the Schuylkill River in Philadelphia, Pennsylvania. Heralded as the "oldest and largest high school rowing competition," hopes for this event have proved to be what best motivates the members of the O'Connell team, who hope to put up a great showing this year.



@librarycongress tweets

Carolina Hurley
Staff Writer

Library of Congress tweets? First it was Myspace, then it was Facebook, and now it's Twitter. In 140 characters or less many "tweeters" around the world update their status's as a way of letting their friends know what they're doing at that moment.

Some tweets can be so simple as an update about what someone ate for breakfast or perhaps complaining about heavy traffic; but at the times of Haiti relief efforts, Twitter played a major role in notifying others how to donate. Twitter has become such a sensation that the Library of Congress has started to take notice.

It has been decided to archive all

tweets, ever tweeted, by anyone in the world, in the Library of Congress. Now, you may be asking, why would the Library of Congress be wasting their time on this? There's actually some good reasons behind it. "Internet scholars say those everyday recordings are useful to researchers, who will comb through the 50 million messages -- known as tweets -- spouted each day to provide a snapshot of our culture, in real time," according to the *Washington Post*.

But, one big controversy about this is that people are feeling that their personal privacy is being compromised. Avid tweeter Connor Scully says about

this issue: "It's pretty creepy. I don't want the government and the nation knowing what I had for dinner last night for generations to come." Others have no problem with it.

One thing that tweeters, and anyone else on the internet should know is that anything you put on the internet, stays there. It won't just go away. Ana Maria Hecton weighs in on the issue: "If people are concerned about the government or anyone seeing their tweets, by making one you should be aware that anyone will be allowed to see it." With about 300,000 users joining every-

twitter



day, chances are no one will ever take notice of your tweets, so there is no real need to be very concerned. So next time you're stuck in traffic and need to vent, tweet! You're making history one tweet at a time.



Oil Spill In Gulf Coast

Emma Delmontagne
Staff Writer

Boats sit idled in Gulfport, Miss., on Monday after the federal government closed much of the Gulf of Mexico to fishing due to the massive oil spill. The spill occurred on April 30, 2010 and is currently releasing 5,000 barrels of oil per day. Facing an unprecedented environmental disaster, CEO of BP gasoline is taking responsibility for cleaning up the giant undersea leak, although the accident that triggered the disaster was not its fault. Crews continued to place oil booms in what increasingly feels like a futile effort to slow down the spill, though choppy seas have made that difficult and rendered much of the oil-corralling gear useless.

Currently, BP has been struggling with three different techniques to bring a standstill to the flow of oil. The first option, although very difficult, is using robotic submarines to attempt to close the valves spewing the oil. "This is like doing open-heart surgery at 5,000 feet in the dark," says Lamar McKay, BP America's chairman. The second option, which appears to be the most promising, is to position a 125-ton, 40-foot-high chamber on top of the largest leak source. This

system could collect as much as 85 percent of the oil rising from the seafloor. The third option, a short-term fix, is to plug up the remaining leaks. The harm to the environment along the coasts of Louisiana, Mississippi and other gulf states is immense. The Gulf's marshlands, abounding with reeds and piles of dead grass, soak up oil like a sponge, making it too slick for the area's famous blue crabs, shrimp, and oysters to outrun. "There's no way to wash the oil out of a Spartina marsh," said Thomas Shirley, a professor at Texas A&M University, "It's just a big sponge."

The birds migrating to the Gulf waters from South America are especially at risk. For birds, oil is damaging because it coats their feathers, destroying the natural chemistry that keeps the birds buoyant, warm and able to fly. And, in the act of cleaning it off their feathers, birds can also ingest the oil and be poisoned. Some animals have been fed Pepto-Bismal in an attempt to calm their upset stomachs. A solution of 1 percent Dawn dishwashing liquid to 99 percent warm water is used to remove oil from feathers, but it can take 10-15 baths to clean a single bird. Many

Silly Bandz: Just a Fad or Here to Stay?

Natalie Eichner
Staff Writer

Remember in first and second grade when trading Pokemon cards was all the rage? Or in fifth and sixth grade when everybody was wearing the "Livestrong" bands around their wrists? The fads and trends in today's society are always changing and evolving. Some of these trends disappear more quickly than they appear (thankfully). The newest trend to sweep the halls of O'Connell, as well as the halls of millions of other schools across the country is SillyBandz.

What are SillyBandz, you may ask? The idea is so simple that you could kick yourself for not coming up with it first. SillyBandz are silicone bracelets, each dyed a different color. When not being worn on the wrist, the bracelets form different shapes ranging from animals to princesses to genies and fast food. The mastermind behind this latest trend was Brainchild Products, an Ohio-based company which sells items ranging from T-shirts to mousepads.

Not only can SillyBandz be worn, they can also be collected and traded. Although the Bandz were aimed for a younger demographic of buyers, they are spreading to the halls of high schools, and even colleges. Some seniors, such as Carolina Hurley, have even been asked to prom this year with SillyBandz.

Carolina, an avid Silly Bandz collector says, "My rarest Silly Band is a glow in the dark mermaid. I take pride in it."

Other O'Connell students, however, are a little more reluctant to buy the bracelets. "It messes with people's swagger," says an anonymous O'Connell Junior.

Regardless of how you feel about the SillyBandz trend, the bracelets are catching on fast. Thousands of packs of SillyBandz are disappearing from the shelves of stores, such as Claire's, Hallmark, and the Container Store. A pack of 24 can be bought online for \$5 from Brainchild Product's website, sillybandz.com. So hurry up and buy your own SillyBandz before it's too late.



whales inhabit the area around the oil rig and oil on their skin and eyes can cause irritation and infection. "Dolphins are also vulnerable" says Randy Wells, senior conservation scientist at the Chicago Zoological Society, "because they must surface twice a minute in the oil slick for air, and would inhale the fumes from it."

Beaches are also working to be protected. Alabama National Guardsmen assembled a barrier to block any oil from the beach on Dauphin Island, Ala. The barricades are lined with a chemical to harden the oil as it washes ashore. Sand walls were built on a beach in Pass Christian, Mississippi and bays of hay have been set up to await the incoming oil.

Allergy Season

Nicholas Kent
Kelly Kunding
Staff Writer

Sniff, sniff, cough, cough! This is what many people in the area have been experiencing. It's allergy season! The shelves in pharmacies and grocery stores are being emptied of tissues and Claritin. This spring, allergies for many people have been much worse than in previous years. Why is that? The pollen count is slightly higher this year than it has been in the past. Pollen, the fertilizing element of flowering plants, consists of fine powdery spores and causes people to feel these cold-like symptoms. So what

can you do to relieve these symptoms? Carry extra tissues, and purchase allergy medicines, which can relieve symptoms for up to twenty-four hours. Keep areas clean where pollen builds up. Taking these precautions can prevent the worst effects of allergy season.

Allergy season is a time of year that many people dread. If your throat is sore and you have been excessively coughing and sneezing, don't assume it's a cold. Try the precautions listed above to ensure that you're fighting the right cause of your symptoms.



Educated Gluttony: The Benefits of the Bol

Dylan Vorbach
Staff Writer

There is no easy way to avoid the truth: Chipotle is the most delicious food since manna and quail fell to the Israelites in the Sinai desert. However, it also happens to be some of the world's most excessively filling cuisine. While some students like to boast of their eating prowess, most will admit that just one burrito is enough for a full day.

Chipotle has been described as the "Mexican Subway," and many use the lettuce, salsa, and vegetables offered on the menu as justification that its burritos are not only delicious, but nutritious. There are certainly better ways to be unhealthy, but when just the right combination is wrapped up in a tortilla, unnecessary calories begin to add up at an alarming rate.

For example, the decision between a burrito and a "bol" is bigger than you might think. The thirteen-inch tortilla (which is rumored to contain spandex) alone weighs in at 340 calories. By substituting a "bol" for the tortilla, a 1000 calorie meal can be reduced to 700 calories.

The possibilities don't stop there. Believe it or not, choosing which salsa to include in your burrito can make a signifi-

cant difference. The measly tablespoons of medium corn salsa that so many love measure up to 80 calories, and hot tomato salsa packs in 510 mg of sodium. By far, the most sensible option for garnishing any Chipotle meal is the medium salsa verde (green), which contains less than a gram of

fat amongst its 15 calories.

Finally, if you really want to tread lightly at Chipotle, consider becoming temporarily lactose intolerant, and forget about the cheese and sour cream. Together, they pack in 30% of your daily fat intake, and over 200 calories. While splurging at

Chipotle is unavoidable every once in a while, if you're one of the kids who find themselves braving madness at 7 Corners to reach a heavenly meal several times a week, then you might consider giving a few changes a try.

Chipotle



Summer Health and Safety Tips

Emma Delmontagne
Staff Writer

Summer is the hottest season of the year with the longest days and shortest nights---perfect for getting outside! Whether you are spending long days at the pool or beach, hiking in the woods, or just hanging outside with friends, there are many safety issues to consider. Here are a few tips to help you avoid the most common summer health issues.

At the pool or beach, wear sunscreen, sunscreen, and more sunscreen! The easiest way to protect your skin from the sun's increasingly damaging rays in the summer is to reapply frequently after sweating or swimming. Only swim in safe areas protected by a lifeguard and be cautious of rip currents. Never swim during shark feeding time at the beach. Dry your

ears carefully after swimming to avoid swimmer's ear.

When outside, make sure to drink plenty of water. Stay away from sugary foods; they will diminish your energy level (and ruin that beach ready body you've been working towards). Choose fruits and vegetables instead. Take naps if necessary to avoid pushing your body to its physical limits.

If you're camping or just taking a walk through the woods, avoid itchy rashes by knowing how to identify poisonous plants like poison ivy. Pre-pack treatments like calamine lotion to combat uncomfortable bug bites. Know how to remove stingers and look out for ticks because many carry Lyme disease. Be cautious in protecting your pets, and enjoy your summer.



Iron Man 2: A Superhero Sequel Worth Seeing

Cristina Totanes
Staff Writer

Marvel fans, get ready for the return of one of the most famous superheroes of all: Iron Man. Now playing in theaters, *Iron Man 2* came first in the Top Box Office during its opening weekend. This sequel takes place six months after the end of the first movie. Tony Stark (Robert Downey, Jr., *Iron Man*, *Sherlock Holmes*) has used his Iron Man armor to bring about a negotiated peace treaty between the major super powers of the world, and his immense popularity with the general public is only furthered when he fulfills his father's dream by opening the "Stark Expo" to showcase all the latest inventions that will benefit the world.

Stark is, however, still vilified by the United States government and Senator Stern (Gary Shandling, *Doctor Dolittle*) in particular, who demands that he hand his armor technology over for military application. Stark refuses, publicly shaming rival Justin Hammer (Sam Rockwell) in the process by highlighting Hammer's own failed attempts at recreating the technology.

All is not well in Stark's life, however: he has discovered that the palladium in the arc reactor keeping his heart beating has begun to poison his body, slowly killing him, and all attempts to find a substitute element have failed. Slowly going off the rails as a consequence of what he believes to be his impending death, he appoints his former personal assistant Pepper Potts (Gwyneth Paltrow) CEO of Stark Industries, replacing her as assistant with Natalie Rushman (Scarlett Johansson, *He's Just Not That In To You*).



While racing in Monaco, Stark is attacked by Ivan Vanko (Mickey Rourke, *The Wrestler*), who has constructed a miniaturized arc reactor of his own, including whip-like attachments harnessing the electrical energy. Defeating Vanko with the aid of his Mark V armor (a transforming briefcase), Stark discovers that Vanko is the son of disgraced Russian physicist Anton Vanko, who collaborated on the first arc reactor with Stark's father Howard (John Slattery, *Mad Men*).

And that is only the beginning of the complicated twists and turns of the sequel, all highlighted by the obligatory and spectacular pyrotechnics that accompanied the first film. Can the egocentric and self-indulgent Stark untangle this mess? Hurry to your neighborhood theatre and check out *Iron Man 2*, now showing in theaters! The spectacular action as well as the offbeat, charismatic humor of Robert Downey's Stark ensures you'll enjoy this second helping of iron.

Trans-Continental Hustle: Gogol Bordello's Sound Takes A Turn

Dave Bundren
Staff Writer

Gogol Bordello released their sixth album, *Trans-Continental Hustle* in late April, and it does not fail to deliver another set of quality, quirky tracks.

It's difficult to describe the sound of Gogol Bordello unless you have heard them. They are famous for their incredible energy, especially the singer and guitarist Eugene Hutz, with his crazed stage presence. Gogol Bordello is pump-up music, different from anything you'll find on the radio. As a side note, they are associated with a genre that few have probably heard: Gypsy Punk.

Trans-Continental Hustle is Gogol Bordello's major label debut, produced by Rick Rubin of American Recordings. Rubin has produced an array of artists like The Beastie Boys and Johnny Cash. On the contrary, *Trans-Continental Hustle* gives off an unusual, friendlier pop vibe. This album still has the ridiculously aggressive songs like "Immigraniada (We Comin' Rougher Every Time)" and "Rebellious Love;" however there are not as many of their signature thrash-core punk beats. In "Ultimate," from an earlier album, there is a great surf rock break in the middle of the song that is followed by a ri-

diculously fast punk rant. This music style is missing from *Trans-Continental Hustle*. Both tracks, "When Universes Collide" and "Last One Goes the Hope," show off Gogol Bordello's talent as a group, but falls short when it comes to the musical intimidation that makes them so much fun to listen to. Their older sound was enjoyable because of the craze they put into their lyrics, instrumentally as well as vocally. This raises the question of how much influence Rubin's had in creating the album.

Despite the shock in Gogol Bordello's changed direction, *Trans-Continental Hustle* is definitely a good album. It is serious fun that is packed with their distinctive punch, but in a different way this time around. If you are a new Gogol Bordello fan, it is easier to enjoy; but if you have listened to their older albums, like *Super Taranta!*, do not expect the super intense fury of the earlier work.



Eating Animals: Should You Eat Meat?

Emily Gordon
Staff Writer

Have you ever thought about becoming a vegetarian or vegan? Maybe you are unconcerned with the welfare of animals, but aware of the other ramifications of raising and sustaining, slaughtering, and transporting the piece of meat or fish you could be enjoying?

If you have ever even wondered about animal agriculture, *Eating Animals* is a must read.

Written by Jonathon Safran Foer (author of *Everything is Illuminated*), it is a book that explores and uncovers the many atrocities perpetuated by the animal agricultural industries. The book begins with a story about Foer's childhood babysitter, a young woman who, "lacked whatever restraint it is that so often prevents a full telling of this story." Her trait has been passed to Foer, whose explanations of the industry tend to be quite grisly.

It is made apparent that animal welfare is not the only concern of vegetarians and vegans; but also climate change, health, global hunger, and the prospect of zoonotic diseases (such as bird and swine flu). All of these problems are perpetuated by factory farms, which provide us with the majority of our meat. These farms are governed by loose standards and promote poor living conditions for the animals. These conditions are a prime environment



Top iPhone Apps

Emma Delmontagne
Staff Writer

There are 140,000 apps in Apple's App Store. With a staggering 300 new applications being released every single day, how does the average Apple user find the best in this deluge? Here are some of the most popular apps ranging from music, to education, to games.

PocketGuitar turns your iPhone into a virtual guitar. Choose from six instruments: Acoustic-Electric Guitar, Electric Guitar, Classical Guitar, Muted Guitar, Electric Bass, and Ukulele; then press and strum the strings to play, even apply different effects such as Distortion, Chorus, and Delay. You can also get this app for the piano, drums, flute, and other instruments.

Shazam identifies the song playing on your radio so you never have to wonder what song it is. Just point your phone towards the music source to identify. All your songs are saved, so you can organize them any way you want. It can even directly take you to the iTunes store. Extra features include unlimited tagging, previews, and recommendations. Tag charts can be added with the Shazam Encore app.

Parlez-vous Français? Turn iPhone into your own personal language lab with French 101. This app is an entertaining way to learn the language or brush up on your skills. Play games, study flash cards, and take fun quizzes to improve your vocabulary. Then repeat after a native speaker to learn the correct pronunciation. This app comes in Spanish 101, *También!* Sleep Cycle is an alarm clock that can help you feel well-rested and awake for school. By leaving your iPhone under your pillow, the technology analyzes your sleep patterns and wakes you up in the lightest sleep phase which is the most natural way to wake. So whether you get your 8 hours of sleep or not, you can get all the help you need waking up in the morning.

Doodle Jump has dominated the Top 25 list for a long time. You guide your Doodle to bounce off platforms, jumping to the highest point possible as you avoid getting hit. This addicting game will jump and bounce you right out of boredom.

These 5 apps are just a few out of thousands of applications you can buy at the app store, and while not everyone owns an iPhone a majority of apps can also be used on the iPod and Apple's most recent technology, the iPad.

for the diseases and bacterium that live in our meats, and are carried from the factory to the store, and eventually our houses.

This book provides information shocking enough to make you rethink your diet, perhaps you will even cut out meat completely. Facts such as the appalling truth that the United States allows up to 180 million pus cells per cup of milk, double the amount allowed in Europe.

Long-Awaited EP Release Marks New Era for Easley

Taylor Brogan
Editor-In-Chief

I've been waiting a long time to write this article: *four years* to be precise. Easley has been my favorite band since before high school even began, and I have always wanted to share them with the student body; but it's been a while since Easley has been able to release any new music. Their latest album, *Combinations*, was released in 2007, and it was the answer to their 2004 debut, *Room Noises*. The two albums together comprise only 22 songs, though a multitude of EPs and independent Garage Band recordings have added tremendously to their discography. Needless to say, the lack of LP releases has led to a lack of *Visor*-ly reviewing.

So, I'm taking it upon myself to tell you about them anyways. Easley is comprised of 3 sisters, their brother, and their cousin (Chauntelle, Sherri, Stacy, Weston, and Garron DuPree). They began playing together at their parents' church in 1997 when Stacy was only 8-years-old; and since then they have toured with the likes of Coldplay, Switchfoot, Mutemath, Vedera, and Hot Hot Heat. Touring has actually been their primary source of new fans, due to a lack of enthusiasm on the part of their label, Warner Brothers. Despite industry hardships, however, the band has steadily and solidly built a base of fans as loyal as fans can be, and the future looks bright for these Texas homeschoolers.

Three of the five Eisleys have recently married. Co-lead vocalist, Sherri, married Say Anything frontman Max Bemis last year. Her sister Stacy is engaged to Mutemath's Darren King. After a long process of negotiations, the

band managed to get out of their contract with Warner Brothers, and they just released a new *Fire Kite* EP with a new



Easley from left: Chauntelle (28), Garron (20), Sherri (26), Weston (23), and Stacy (21) DuPree.

single called "Ambulance" (available on iTunes...buy it!). They've even got a third full-length album set to release later this year (hopefully) and a headlining "Mild Mild Midwest Tour" this summer.

Now, enough about *them*. I should talk about their music, because that's really what it's all about. It's difficult to describe exactly what Easley sounds like, because they have such a genuinely unique sound, but I'll try. If

you took the lead singer of Sixpence None the Richer and replaced her with Thom Yorke as Radiohead's frontman,

you might be able to visualize (visualize?) their sound. But Easley so defies genre, that songs like "Golly Sandra," with its upbeat, surfer-esque tempo, twangy guitar riffs, and childlike lyrics, could scarcely pass for a Radiohead tune. Their music is at times very dark (a la "Many Funerals" and "Head Against the Sky"), sometimes overtly whimsical ("Marvelous Things," "Sea King," "They All Surrounded Me," etc.), and frequently tongue-in-cheek ("Go

Away," and the upcoming "Smarter").

If their newest release (the aforementioned *Fire Kite*, which debuted last October) is any indication of things to come, the band might be able to rest comfortably and watch as their fan-base grows. Both "Ambulance" and "The Valley" are lead by Stacy, whose soaring vocals add richness to the already very lyrically-mature songs. Rich is actually a good word to use for these two songs—the band has grown, both literally and figuratively—and their experience clearly shows. The rhythm section is heavier and more defined. The vocals of Sherri and Stacy have become more distinct, while their harmonies continue to amaze listeners. Their themes are, like I said, grown-up (in an Easley sort of way). Stacy proclaims, "I don't believe in magic," in the opening verse of "The Valley," which marks a departure from songs like "Brightly Wound" (it goes "I shall never grow up, make believe is much too fun").

All in all, Easley is one of the best bands of their generation. Their music has been progressing steadily over the past 13 years, while their sound remains cohesive. They constantly straddle the genre-line, jumping from Beatles-esque straightforward pop to Fleetwood Mac-y blues and everywhere in between. They are as innocent as they are wise—as young as they are old. Simply put, they are the best band you've never heard of, and hopefully I've fixed that. To hear Easley's music, you can visit Myspace, iTunes, Amazon, or their website Easley.Com.

Gyllenhaal Stars in Disney's New Pirates-esque Summer Flick

Imani Himami
Staff Writer

The director of "The Pirates of the Caribbean" and some of the "Harry Potter" movies, Mike Newell, has produced a new movie. From Walt Disney Pictures comes "Prince of Persia: The Sands of Time." The movie will hit theaters May 28, 2010. The movie is set in medieval Persia with a prince (Jake Gyllenhaal) and a princess (Gemma Arterton) fighting against the dark forces of an evil ruler, who threatens to unleash a sandstorm that could potentially destroy the world.

In order to do this the evil visier (Gísli Örn Garðarsson) tricks Gyllenhal's prince into unleashing the "Sands of Time" from an hourglass. After the "Sands of Time" are released, the kingdom is destroyed and the population turned into ferocious demons. In order to get the sands back into the hourglass, the prince must use

the "Dagger of Time," which allows him temporary control over the flow of time. What could be simpler, right?

To restore his kingdom the prince must return the "Sands of Time" to the hourglass but along the way, he makes a few serious mistakes. If you want to find out the result of these, then get to a movie theater May 28, 2010 and check out this action/adventure/fantasy/romance movie. But if you can't wait and want to get an earlier taste of the movie, you can play the "Prince of Persia: Sands of Time" video game.



The movie is loosely based on the game; so if you have a PlayStation 2, an Xbox, a Game Boy, or a computer, you can play the prince or princess. this game. To catch all the action, head to Tysons or Ballston or wherever else it opens on May 28; and check out *The Prince of Persia: The Sands of Time*.

Upcoming Events!

MAY 13- Pearl Jam @ NISSAN PAVILLION

MAY 21- SENIOR PROM

MAY 21- *Shrek Forever After* MOVIE PREMEIRE

MAY 22- DC101 Chili Cook Off @ RFK STADIUM

JUNE 1- Taylor Swift @ VERIZON CENTER

JUNE 3- GRADUATION OF THE CLASS OF 2010

JUNE 14- LAST DAY OF SCHOOL

JUNE 18- *Toy Story 3* MOVIE PREMEIRE

JUNE 30- *Twilight Saga: Eclipse* MOVIE PREMEIRE

JULY 2- *The Last Airbender* MOVIE PREMEIRE

JULY 9- *Despicable Me* MOVIE PREMEIRE

JULY 16- *Inception* MOVIE PREMEIRE

JULY 17- Jack Johnson @ MERRIWETHER

JUNE 18- Weird Al Yankovic @ WARNER THEATRE

JULY 20- Vans Warped Tour @ MERRIWETHER

JULY 21- Dave Matthews Band @ VIRGINIA BEACH AMPHITHEATRE

JULY 31- John Mayer @ NISSAN PAVILLION

AUGUST 7- Kings of Leon @ NISSAN PAVILLION

AUGUST 10- Black Eyed Peas @ 1ST MARINER ARENA

AUG 11- Green Day @ NISSAN PAVILLION