

The Visor

Bishop O'Connell High School

Volume 53 Issue 6



Bienvenidos a España

Elizabeth Bloom

Staff Writer

Spring break was a much-needed rest from the hustle and bustle of school, sports, and our crazy everyday lives. However, for thirty-two students accompanied by Spanish teacher, Ms. Yanine, it was a new hustle and bustle of traveling through the many cities of Spain.

The group departed on April 20 and returned April 29. Each day, the students were able to tour the country and experience Spanish culture first-hand. Following the group's arrival, they spent the day in Madrid, where they took a sightseeing tour of the city and visited the Prado, a museum exhibiting world-acclaimed art. The second day they traveled to Toledo and experienced medieval Spain with visits to the Gothic Cathedral, San Juan de los Reyes Monastery, the Church of Santo Tome, and the Mudéjar-style, Medieval Synagogue.

In addition they were able to visit a sword and jewelry-making factory, which actually was the place that had made the swords for the *Lord of the Rings*' movies. The next day the group watched a religious procession that was animated by the rhythm of drums, displaying participants dressed in a wide array of costumes. Afterwards, they saw a Moorish mosque, the equivalent cathedral.

After leaving Toledo, the students ventured to Sevilla, the capital. There, they visited the Gothic Cathedral that is the burial place of Christopher



Columbus, and climbed the bell tower, a total of thirty-two flights, in order to get an aerial view of Sevilla.

Traveling to Granada, the former place of Spain's Moorish kingdom, the students were surrounded by rolling hills and mountains. They visited the Alhambra palace, the most magnificent of all the Moorish palaces in Spain, where Isabella and Ferdinand lived for several years, and the Generalife Gardens. That night, they were able to visit a gypsy cave and learn how to flamenco dance, as well as enjoy a traditional meal and watch professional dancers perform.

Finally, a few days before departing, the group visited Costa de Sol and had some fun in the sun as they

spent time on the beautiful beach.

Although the entire trip only spanned nine days, the amount of sightseeing adventures and cultural experiences that the group was immersed in was immeasurable. From the museums, to the palaces, to even the food, the experiences were sharply different from those of living in the United States.

Junior Amanda Engebretson commented, "The ice cream was amazing, since it was more of a gelato; the only strange thing we ate was paella, which consisted of shrimp that still had its eyes, full crabs, and squid with its tentacles." The trip was a grand success from beginning to end, truly an experience to be remembered forever!

Ciao, Italia!



Marilyn Savich

Staff Writer

This spring break, a group of O'Connell students took a trip to Italy. Most of the students on the trip were seniors, but the group included underclassmen as well. The group left on Holy Thursday and stayed until the following Thursday. Mrs. Cerniglia and Dr. and Mrs. Stabile were the chaperones. Everyone agreed that the trip was definitely worth the seven-hour plane ride; many of the students hope to study abroad in Italy during college.

"Every day was a party," commented senior Anna Bergin. In the short time they had, the group took an excursion each day. During these seven days, the group visited Florence, Rome, Venice, and Verona. Highlights of the trip included seeing the Pope, visiting the balcony believed to be the one used by Juliet in *Romeo and Juliet*, taking a fresco lesson, watching a glass-blowing demonstration, and visiting landmark cathedrals.

The group was intrigued by the significant differences between the United States and Italy.

6
days until
Senior Prom

13
days until
Class of 2011
Graduates

16
days until
Underclassman
exams begin

See What's Inside

- | | |
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According to senior Laura Reynolds, "The Fanta there tastes a lot different from what can be found in America."

The streets in Italy were much narrower than those in the States. The O'Connell group also saw a lot of mopeds. Dinner was also served much later than in the U.S, usually around 8 pm.

While the students had a planned activity every day, they still had a lot of free time. For lunch, the students could go wherever they wanted. Surprisingly, the students did not take a bus to get to places; they walked. The hotel locations allowed the students to reside in the city center or a cultural hub.

The trip was not only eye-opening; it was also a great fun. Everyone agreed that he or she learned a lot about Italian culture during the trip.

Laura Reynolds stated, "I got a great insight into another culture, and that was really special."

Many pictures were taken to preserve the great memories of the group's experiences. Even though the group was mixed, the students got along well, forged new friendships, and had a great time.

AdVisor: Dr. Vorbach's Final Remarks to the Class of 2011

Each issue, The Visor asks one member of the faculty or staff to write a piece to share some experience with the students of Bishop O'Connell. For this last issue of the 2010-2011 school year, Dr. Vorbach shares his thoughts in a letter addressed to the Class of 2011

Dear Class of 2011,

It is not that easy to recall all the thoughts and emotions that were going through my head about this time in 1983 as I was preparing to graduate from Bishop O'Connell. It must have been combinations of exultation and trepidation, of joy and sadness, of reflection and living the moment. Let me see if I can capture a bit of it – perhaps my story will parallel your own sense of things.

One powerful recollection I have is of greater clarity about how much my teachers really cared about me. I don't know why I was so surprised, but when my English teacher, Sister Anna Jean, gave me a beautiful rosary as a graduation gift and encouraged me to keep writing, all of her comments on all of my writing across the year became that much more valuable to me (she had always corrected and encouraged me). I was really moved by that gift.

There was, of course, the normal sort of giddiness about finally being finished and "...outta here." But this was balanced by a combination of some fear and probably a little sadness. Bishop O'Connell was by that time a comfortable place for me... real friends had been made and there was some worry about whether everything could stay the same with everyone going off to conquer different mountains. There

was also the fear of the unknown...about exactly how the next chapter would work out. This fear was crystallized for me just a few weeks later when I found myself in the "boot camp" of "Swab Summer" at the Coast Guard Academy with no time to think, to write a letter, or to talk about what was going on with someone I knew.

I remember my parents' apparent reaction to the events of graduation day. They must have had their own bundle of grown-up emotions, fears and worries (I can now relate to that), but they were so obviously happy with me and for me that day and I remember feeling good about that.

What wisdom can I offer that comes out of this reflection and 28 years of distance from my own graduation? First, there is something essential at Bishop O'Connell – always present but sometimes overlooked amidst all the intellectual and social development taking place – your Faith. God has a plan for you and is always with you, so continue to pray for wisdom, patience, clarity of thought and forgiveness.

Second, with the voices of both my parents ringing in my ears I say "...bloom where you are planted." Graduating from Bishop O'Connell definitely represents change and change can be hard, but you have so much to give to the places



you are going and the people you will meet there...jump in and make your mark.

Finally, enjoy the memories of your time at Bishop O'Connell and draw strength from them—these experiences were real, special and formative. This school is a better place because you all were part of it for four years. We're proud of you and look forward to hearing of your successes.

God Bless you Class of 2011.

Sincerely,
Dr. Vorbach

My Last Editorial: Finally!

When I graduated eighth grade in 2007, I wrote a letter to my parents, family members and teachers, thanking them for the support they had given me throughout my grade school years. To do this, I wrote about an episode from *The Fresh Prince of Bel Air*.

For those of you familiar with the series, I described a conversation between Will and Uncle Phil on a camping trip, when Will compared his life in West Philadelphia to having only one roller skate, and always struggling because all of the other kids had two skates. He then went on to describe how he would be skating in circles while other kids would be zooming past him on their two roller skates. After the awkward crowd laughter died down, Will looked at Uncle Phil and said "Thanks for being my other skate, Uncle Phil."

In eighth grade, I thanked my parents for being my super speedy skates, and also thanked my family and teachers for always being there as training wheels or spare wheels when I needed them. Because I have a really bad case of senioritis, I'm going to recycle this analogy to thank the amazing O'Connell community.

As a student, I am very lucky to be a part of a community with such amazing people. Not to make this a sappy graduation "so long, farewell" type of thing, I would just like to thank the faculty and staff for their work in this community, and for putting up with us crazy kids. It's not the name "O'Connell" that gets us such recognition on our college applications and resumes, it's the leaders in this community that fight for us. Whether its lights on our athletic fields or more comfortable skorts, I've appreciated knowing that there was always someone on my side, or someone to spare an extra wheel. So, thank you to the faculty and staff; from your friendly "hello's" in the hallway to taking time out of your schedule to help me with an assignment; I've appreciated having you as role models for these past four years.

And while I'm thanking people, I would like to thank *The Visor* for all



Me, age 5, at my preschool graduation. Although it's 13 years later, and I've grown a little, I'm sure this is how my parents will see me as I walk across the stage on June 2.

the opportunities it has given me. Thank you, Mr. Culler, for the countless college recommendations, (which I would usually bring up the day they were due, sorry!). Thank you for recommending me for the *Washington Post* program last summer, and most importantly thank you for giving me the opportunity to be editor-in-chief this past year. It has been a great experience that I will always treasure and look back on fondly. Thank you to the awesome editors and staff writers. You did an amazing job this year and I appreciate all of your hard work.

Now, as a proud member of the class of 2011, I would like to say congratulations to my fellow graduates: we did it! We made it through this crazy journey: we survived the Staph infection outbreak, the bird flu, and the swine flu; we beat PVI in just about every way possible, and we raised over \$111,000

for Superdance just this year. I hope you never doubt that we are an amazing class, and can accomplish just about anything.

So, Class of 2011, I hope you dream big, I hope you dance and I wish this life becomes all that you want it to be, and that your dreams stay big and your worries stay small. I would like to let you know that I am always available to be your spare wheel on your roller skates, and you can always lean on me when you're not strong. We are not only closing one chapter, but beginning a new one and always remember that when God closes a door he always opens a window. All graduation clichés aside, I hope you enjoy these last few moments we all have together because today is our day, we're off to great places, we're off and away!

Yours Truly,
Cait Patterson, Class of 2011
Finally!

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

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

Introducing: O'Connell Field Hockey

Audra Nakas
Staff Writer

O'Connell fans and Lady Knights interested in sports will be happy to know that next fall Bishop O'Connell will have both junior varsity and varsity field hockey teams. The athletic department decided to add the sport after noting interest from many O'Connell girls. The sport is already overwhelmingly popular; over ninety girls showed up to a recent preliminary meeting, not including incoming freshmen who may play next year as well.

According to Athletic Director Joe Wootten, the athletic field renovations will make field hockey possible because the current football field is not flat enough for the sport. Practices next year will rotate from football to baseball to Tuckahoe fields, depending on which field is needed for games. While coaches have not yet been selected, the athletic department is in the process of interviewing potential candidates.

Field hockey is not well established in the WCAC. Only five schools, including Seton, St. Mary's Ryken, Good Counsel, Holy Cross, and St. John's have field hockey teams. Holy Cross has won the WCAC title for three years in a row. Despite the small number of teams, however, the upcoming season should be challenging.

"The WCAC is always competitive, no matter what sport," remarked Coach Wootten.

Girls who plan on playing field hockey next year are already enthusiastic about the upcoming season.

"I think it will be great that there will be more fall sports for girls to participate in," commented sophomore Ashley Cross. "It will be interesting to see the impact of a new sport on the O'Connell community!"

More details will come as the season draws closer.



Boys' Tennis: You Got Served

Sammy Sison
Staff Writer

Position! Serve! Ace! Match point! The boy's varsity tennis team began with a win, and has enjoyed a great start to their season. Their record so far is 5-5.

Every day after school the team travels by bus to Bluemont Park, guided by their new coach, Coach Borgiaz. Coach Borgiaz is a 2006 graduate of O'Connell. Many students will discover him walking the halls for Security or subbing for their classes. He was assistant coach for the David LeMair Tennis Program for four years and head coach for Sleepy Hollow Racket Association for 5 years before transferring to O'Connell.

Practice is demanding and challenging but still fun as the players see their improvement with each session.

According to junior Quinn Bergeron, who's been on the team for two years, "Practice is the best; we get to go outside and play tennis, and we have a lot of fun. I'm so glad I joined the team. I love the game and all the cool cats on the team."



The Varsity Tennis Knights' first win came at home against Bishop Ireton, a 7-2 win with head players Ed Threlfall and Arturo Garcia leading the way.

Their next game was against Good Counsel, resulting in a 6-3 victory. Juniors Arturo Garcia and Matt Papernik won two of the games in the doubles' tournaments. After that, Boys' Tennis continued their winning ways by scoring 8-1 in their next three matches.

Junior Arturo Garcia said, "The best part of OC tennis is winning and having a good time laughing with the rest of the guys. Yes, it has been a good season so far; we've lost a few times and have also won, but we're only halfway there and there's still time to improve."

OC Boys Tennis finally finished 5th in the WCAC Tournament this year, with junior Danny Hughes making it into the finals. Hopefully they can finish even stronger at the States Tournament next week. Good job O'Connell Boys' Tennis; keep up the good work!

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Congratulations, Varsity Softball- on Your 8th Consecutive WCAC Championship!

Final Score Against McNamara: 4-3

Football Fans Ask: No NFL This Fall?

Patrick Morris
Staff Writer

The most successful professional sports league in the U.S. is the National Football League. The league boasts constant attendance revenue and huge television contracts. As soon as most teams begin training camps in August, the NFL captures the attention of sports fans across the entire country. This excitement continues through the regular season, then playoffs, and eventually culminates in the Super Bowl, which is one of the biggest spectacles of the year. This season, though, may be different. The league is currently experiencing a lockout, which is putting the entire 2011 season in jeopardy.

The rumors of a lockout began two years ago when owners decided to opt out of the league's collective bargaining agreement after the 2010 season. Most people believed the owners and the NFL Players Association would reach an agreement but after this year's Super Bowl no agreement was in place and in March the NFL was shut down. In sim-

pler terms, the owners want more money, but their increase of the NFL's revenue would lower the player's salaries. Some players understand that if the owners have more money, then the league's revenue will probably increase based on improved stadiums and other marketing. This will also increase the player's profits. Other players and the Players Union, however, want more retirement benefits and do not want the owners to increase their percentage on the league revenue.

This disagreement has gone on much longer than originally anticipated and has now gone on past the 2011 NFL Draft. If the lockout does cancel the 2011 season, the league will lose millions of dollars and many lower level employees of teams will likely lose their jobs. The economy will also be affected. The NFL sells more merchandise than any other league. Many stores that sell NFL merchandise will make less money as fans are unlikely to purchase merchandise for teams that are not playing.

Fans across the country are all hoping both sides will make an agreement and end the lockout, but if not, Sundays this fall will feel very different and the NFL may be changed forever.



O'Connell Golf Team Takes It to the Green



Gabe Salas
Staff Writer

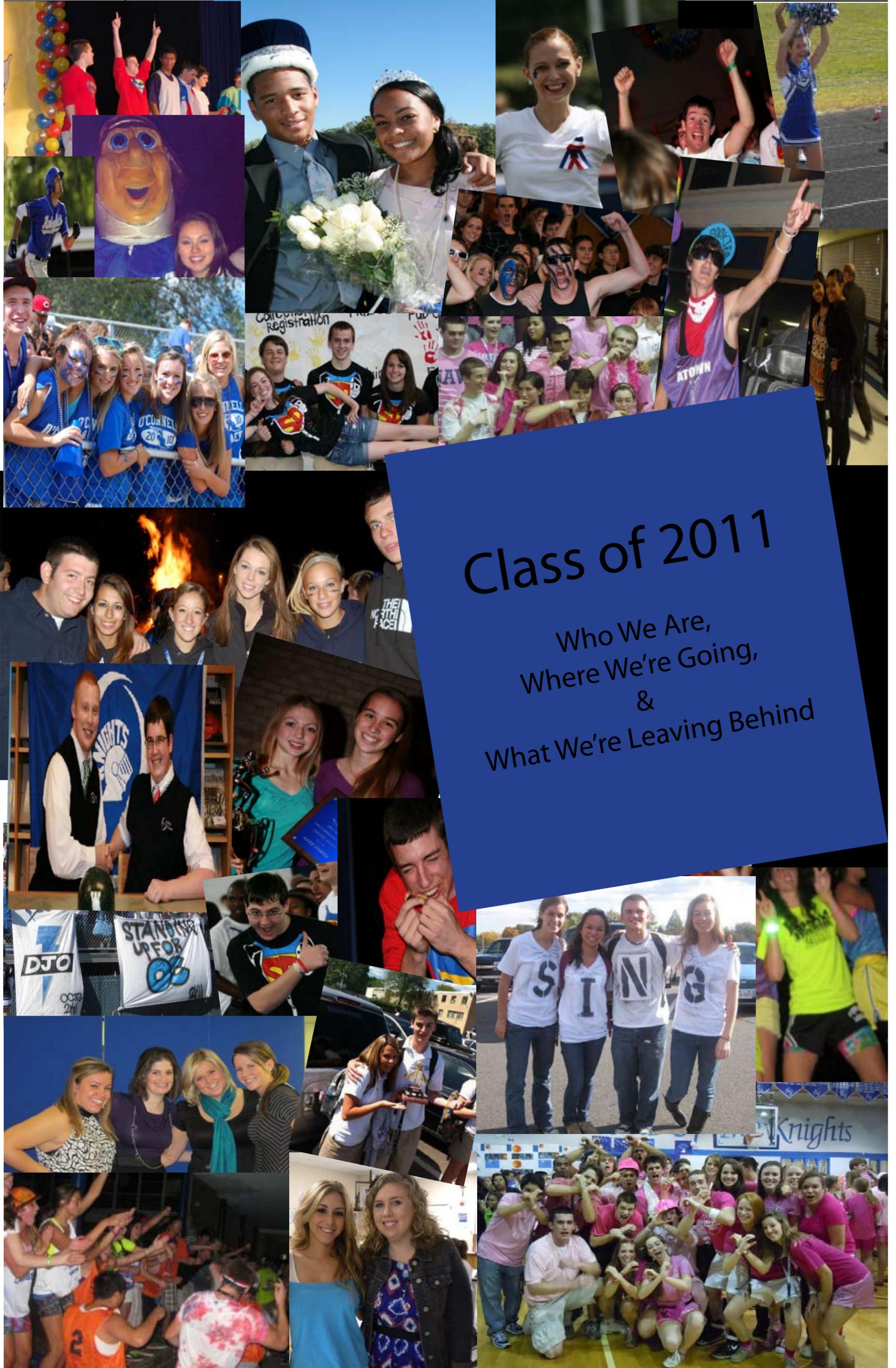
Now that it's spring time, O'Connell's golf team is throwing on their polo shirts and hitting the course at Washington Golf to defend their home turf. O'Connell's smallest team, containing ten members, is hoping to take down local rival PVI in their last match of the season on May 19. The team is headlined by seniors Chris Clark, Alex Guerere, CJ Corey, Patrick Quinn, Zach Irvin, and Kevin Crook. With six seniors on the team, there's a lot of leadership and experience out there, and it translated into a fun and productive season. The team is coached by former AD Coach Snyder, and this will be his last year coaching the team, making the season that much more meaningful for his players.

"We weren't as successful as we had hoped to be, but it was a great way to end the year and I really enjoyed being part of Coach Snyder's last year here at O'Connell," said Irvin.

"He is a great man and I'm proud to say that I had the chance to play for him," added Guerere. When asked to describe Coach Snyder in one word, Clark simply replied, "Boss."

The players and their coach struggled at times this season, going 2-6 in league play and an overall 4-6, but they did have a few shining moments. They crushed rivals St. John's and Bishop MacNamara, and in the Virginia State Catholic Tournament they placed third out of the seven teams that were there. The players are ready to take down the Panthers this week, and they all want to send their coach out with a bang to make sure that his last game here at O'Connell is a memorable one. For the six seniors it will be the last time they step on the course as a Knight, so they are hoping for the best possible result so that they will also have a good memory of their last match.

"We all understand the significance of our last match," voiced Quinn. "We need to win for the seniors and for our coach, and I can guarantee that our best golf will be played this Thursday."



Class of 2011

Who We Are,
Where We're Going,
&
What We're Leaving Behind



Seniors Do Service!

Audra Nakas
Staff Writer

O’Connell students and faculty are well aware of the school’s commitment to serving others and correcting injustices. While all students are required to complete a service project in order to matriculate, many students choose to do service on their own. This has been especially true with the Class of 2011. From participating in the Diocese of Arlington WorkCamp in the summer to completing Eagle and Gold Award projects, numerous seniors have distinguished themselves in service outside the school. Many seniors have also chosen to serve within the school by participating in SCA, working on a Superdance committee, running the blood drive, or participating in clubs such as the Pro-Life Club or the Ecology Club. However, some members of the Class of 2011 have shown special initiative by establishing their own clubs that address issues about which they are opassionate, such as Teens Against Cancer and Project Unify.

The Teens Against Cancer Club started as a result of senior Sara Merkin’s personal experience of losing her father to cancer. While she aspires to become a nurse, she wanted to do something sooner and asked fellow senior Kaitlynn Mosier to help her make a difference in the lives of cancer patients and their families. As co-presidents of Teens Against Cancer, Merkin and Mosier have organized several events and fundraisers. Last year’s activities included a toy drive for Children’s Hospital and “Be Brave and Shave,” an event raising over \$7,000 in which onlookers donated money to watch participants shave their heads for the cause. This year they raised over \$1,500 for breast cancer patients by selling baked goods as well as pink lacrosse jerseys. Mosier says that while she was already passionate about helping cancer

victims, a recent breast cancer diagnosis in a friend’s family renewed her motivation.

“We can’t understand how much pain they’re going through, and sometimes we just don’t know the right way to say that we support them,” said Mosier of cancer victims. “The club gives O’Connell a way to say that we are thinking of our loved ones with cancer, and we are working to bring an end to this disease.”

While Teens Against Cancer battles an illness, Project Unify aids people with mental and physical disabilities. Senior Julia Willis had always wanted to help people like her aunt who have developmental difficulties. After doing research online on how to get involved with the Special Olympics, Willis saw a list of clubs that promote the dignity and respect of people with disabilities, including Project Unify. She was inspired to bring the club to O’Connell, which became a reality in the spring of last year when she and friend Keara Jones became co-presidents. Since then, activities have included a movie night fundraiser, a Special Olympic soccer invitational at Paul VI, and a wildly popular exhibition game of two Special Olympic basketball teams during halftime of a boys’ varsity basketball game at home.

For Willis, the club has been an opportunity to give an often marginalized group of people a voice.

“I saw the club as a way to advocate for those with intellectual and physical disabilities and to educate the O’Connell community on the challenges they face on a day-to-day basis,” explained Willis.

Although the original founders of the Teens Against Cancer Club and Project Unify are all graduating this year, they have left a legacy that future classes will hopefully continue. They are examples of the Class of 2011’s ambitious, hard-working, and passionate character, that has made a lasting impact on the O’Connell community and beyond.

College Commitments

Dina Hamami
Staff Writer

During the past few months, every senior has been anticipating graduation and been looking forward to attending their colleges of choice this fall. But there are a handful of seniors here at O’Connell who also signed National Letters of Intent. Seniors James Essex, Brooke Moore, James Bourne, Larry Savage, Ian Decker, Jessica Burke, CJ Corey, Sarah McCarthy, Josh Trimble, Sophie Giaquinto, Nick Moribito and Michael Katz all received scholarships to their schools to play the sport in which they excelled.

James Essex is attending Norfolk State University, to play baseball for the Spartans. Brooke Moore committed to Christopher Newport University to play Volleyball. It came as no surprise to anyone who attends the basketball games, that seniors James Bourne and Larry Savage were picked up by their chosen colleges to play basketball. Bourne will be attending Winthrop University to play with the Eagles, while Savage was picked

up by the University of Delaware to play for the Blue Hens. Ian Decker was picked up by Penn State to swim. Jessica Burk was signed to the University of Maine to play softball for the Black Bears. CJ Corey is playing soccer for Towson. Sarah McCarthy committed to Georgia State University to run Cross Country. Josh Trimble is attending Virginia Tech to play football. Sophie Giaquinto committed to Cornell to play softball. Nick Morabito and Michael Katz both were picked up by their chosen colleges to play baseball. Nick will be attending Lincoln Memorial University to play for the Railsplitters while Michael Katz will be playing baseball for “the Tribe” at William and Mary.

Michael’s coach here at O’Connell, Coach Hart, said, “Michael is an extremely talented athlete, a great student, and most importantly, a good guy. He deserves this opportunity and I know he will make a lasting contribution to the William & Mary community.”

All these seniors are very lucky to have their college journey rewarded as a result of their incredible athletic talent.

Class of 2011: Top 50 Memories

As the 50th graduating class from Bishop O’Connell, the senior SCA counselors were kind enough to list the Class of 2011’s fifty top memories.

1. The second winter break of junior year (Snowmageddon)
2. Welcome Back Dance 2010-2011
3. Power Outage during first periods, that lasted 3 hours during sophomore year
4. Ice Hockey States- League Champions 2009
5. Teacher food poisoning from Panera and consequently having subs for all classes
6. Swine Flu Epidemic of 2009-2010
7. Getting sick from the Swine Flu vaccine
8. Homecoming Float-making Senior SCA
9. Paying \$20 to get your phone back from student life
10. Weird Trend of Silly Bands
11. Remodeling of the cafeteria
12. Finally being able to wear the white polos
13. The cafeteria serving soda Freshman and Sophomore years
14. Being able to cut in line during lunch periods
15. Music on Fridays during classes
16. The joy of chasing down Mr. Starace to sign your paper license
17. Mr. Cools’s bear stories
18. Having the day off from school for President Obama’s Inauguration
19. Finally not having to take the Walk of Shame through the cafeteria in your P.E. uniform
20. Watching a movie during class
21. Homecoming 2008: Knight on the Beach
22. Homecoming 2009: The Dark Knight
23. Homecoming 2010: Masquerade
24. Homecoming 2011: Under the O’Cean
25. Paying to be punished in detention
26. Dr. Vorbach becoming principal sophomore year
27. Father Hudgins and the Student Lounge
28. Being Father Luis’s last freshman class
29. Superdance 2008: Turn up the Cure and the power outage that shortened it
30. Superdance 2009: Wild for the Cure
31. Superdance 2010: Blast Off for the Cure
32. Superdance 2011: This is a Job for Superdance
33. Economy Tanking
34. Mr. Crivella...enough said
35. Basketball games
36. Football games
37. Every time we beat PVI
38. Being a part of the Spirit Club
39. The Rise of Twitter
40. Kanye West interrupting Taylor Swift at the VMAs
41. Chipotle Craze
42. The fear of getting a pass to Student Life
43. The *Glee* obsession
44. Pep Rallies!
45. Winning Pep Rallies and getting donuts the next morning in homeroom
46. Staph Epidemic 2007
47. Senior Retreats in Front Royal
48. Video Announcements
49. Helping Father Hudgins with the underclass retreats
50. Consecutive Girls’ Softball Championships



Spotlight On: The Valedictorian and Salutatorian of 2011

Sam Snead and Elizabeth Bloom
Staff Writers

Q1: How does it feel to be salutatorian/valedictorian?

AN: I'm humbled because I know how intelligent, creative, and hard-working my classmates are.

CR: I feel honored to have received such an award from such an intelligent class, and I am proud of my accomplishments.

Q2: What does being salutatorian/valedictorian mean to you?

AN: It's a blessing. At the same time, I don't want to make too much of it because what matters is that I do my best, no matter how I compare to other people.

CR: Valedictorian means to me that I represent a very intelligent class, and that I have high expectations in the years to come.

Q3: What has your high school experience been like?

AN: My time at O'Connell has been the best four years of my life!

CR: My high school experience has been filled with many long nights of homework and studying. I was very dedicated to my academics, which was stressful at times; but my friends and extra-curriculars, such as JV softball, helped me relax and enjoy my four years here.

Q4: Who has been your favorite teacher and why?

AN: Dr. Leblanc, because he challenged me to think critically from the very first week of freshman year. I really like how he emphasizes the "why" and "how" behind history. He's also hilarious.

CR: My favorite teacher is Mrs. Cerniglia because I love her interesting class lectures. She has been my English teacher for two years, and I feel she has influenced not only my writing, but who I am as a student in general.

Q5: What is your favorite subject and why?

AN: Probably English because I love reading, writing, and discussing.

CR: My favorite subject is Biology because I hope to continue studying Biology in college to become a veterinarian.



Audra Nakas and Carly Robinson are all smiles about being Salutatorian and Valedictorian.

Q6: Are you particularly proud of any special accomplishments or recognition?

AN: I think my biggest accomplishment has been stepping up as a leader in the Pro-Life Club. I had fantastic officers and a lot of support, but it still required that I take risks and put myself out there. Although I made mistakes and some ideas didn't work out, we were successful in reaching several of our goals.

CR: I am proud of receiving principal's list every year along with several excellence and effort awards.

Q7: What was your family's reaction to this?

AN: Very happy, although not happy enough to buy me a car.

CR: My family is very proud of my accomplishments, especially my parents. I have received phone calls and congratulations from other family members too, but my favorite is my brother's email response: "Nerd."

Q8: How has your family supported you throughout the years?

AN: They encourage me to explore my interests and make my own decisions,

they never nag me about schoolwork, and they always pray for me.

CR: My family has supported my rigorous academic career throughout high school. My parents have driven me to various libraries and science fairs, and they have understood the large time commitment I made for school work.

Q9: How were you able to balance school and your social life?

AN: By forgoing sleep.

CR: Balancing my schoolwork and social life was not always easy, but I have understanding friends who were also going through the same demanding schedules. I dedicated a lot of my time to my studies, but I also have many wonderful memories of just being with friends.

Q10: What was the hardest part about high school?

AN: The hardest part of high school was balancing the workload and extra-curriculars.

CR: I think the hardest part of high school is knowing one's own limitations and developing time management skills. There

are so many wonderful opportunities at O'Connell, but sometimes there is just not enough time to do everything. I never liked knowing I couldn't participate in an activity, but I learned that time management allowed me to do the most without overextending myself.

Q11: What was your favorite thing about high school?

AN: My favorite part of high school was the new freedom without the heavy responsibilities adults have and the opportunity to discover myself. I think I've learned more about myself in the past four years than I have in my entire life.

CR: My favorite thing about high school was attending sporting events, either as a player or as a supporter of friends.

Q12: What is one thing you will always remember from your high school experience?

AN: 6th pd. AP English Lang. and Comp. We had way too much fun in that class.

CR: I think I will always remember the friends I made in high school and the teachers who influenced my academic career because these people made my high school enjoyable and helped me become who I am.

Q13: If you could sum up your entire high school experience in one word what would it be?

AN: Epic.

CR: Unforgettable.

Q14: What is one thing that you wished you had done in high school that you didn't do?

AN: I wish I'd played a sport. I tried out for tennis freshman year but didn't make the team, and after that I never found the time to keep taking lessons.

CR: I wish I had participated in SCA, but I never seemed to have the time for such a large time commitment.

Q15: Where are you going to college?

AN: I'm majoring in Psychology at The Catholic University of America, but beyond that I have no idea what God has in store for me!

CR: I am attending the University of Virginia in the fall. I plan to major in Biology and History and hopefully attend veterinary school after I graduate.

Seniors Enter Speech Contests... And Win!

Samantha Sison
Staff Writer

O'Connell students have won, yet again, another essay and oratorical contest! Each and every year English teacher Mrs. Wentzel encourages O'Connell students to enter different essay and oratorical contests within the Arlington and Metropolitan district. O'Connell has been a member of the debate and speech league, the Washington/Arlington Forensic League, since the beginning of the school's history. Mrs. Wentzel has entered her students into essay and oratorical contests for over 18 years.

Each year, an average of \$10,000 is awarded to O'Connell students. This year, nine students won at state level and nine went on to the national level. In total there were over 200 O'Connell applicants who signed themselves up to be in this year's 25 oratorical and essay contests.

Senior Audra Nakas won 1st place in the Virginia Right to Life Essay; her prize was \$1000. The Virginia Right to Life has been organizing prolife events for over 50 years while defending the right to life and speaking against abortion and contraception.

Andrew Page won first place (\$500) for the Voice of Democracy

Oral Essay Contest; there, national winners could win up to \$30,000. The Voice of Democracy Program has been around for 61 years, giving students a chance to write about the veterans and issues of foreign and domestic wars.

Seniors Yvonne Bowser-Cabellero (1st place- \$100), Vitale Christy (2nd place- \$50), and Zach Irvin (3rd place-\$25) all won awards for the Sons of the American Revolution Oratorical Contest in the Fairfax Chapter. Marcus Thomas won 3rd place (\$25) for the Sons of the American Revolution Oratorical Contest in the George Mason Chapter. The Sons of the American Revolution work to provide the younger generations awareness of past history as well as the sacrifices of war, while making sure people understand the true meaning of patriotism. Neil Roberts won Honorable Mention (\$75) for the Voice of Democracy Oral Essay Contest as well as 2nd place (\$50) for the Sons of the American Revolution Oratorical Contest.

For the first time in O'Connell's history, one student qualified for two different national oratorical competitions: Matt Retterer. Matt was awarded 1st place in the American Legion Oratorical Contest, winning \$100 for his speech on the Bill of Rights. He also won the Sons of the American Revolution Oratorical Contest at



George Mason, in which he was awarded \$100; then he went on to win \$1000 when he placed first in the state competition. In July Matt will move on to the National Championships in Durham, N.C, where he will embark on an all-expense paid trip to start off his summer break. Last but not least, Matt also became the top metro finalist in the Washington/ Arlington Catholic Forensic League and will be moving to the National level in late May in Washington, D.C.

Mrs. Wentzel said about Matt's

achievements, "For a student to qualify in two different national events is unprecedented in my 18 years at O'Connell. Our community is very proud of Matt's accomplishments."

Since the beginning of O'Connell's history, students have shown great talent and ability in writing and in speech. Mrs. Wentzel and the O'Connell community aspire to continue this proud O'Connell tradition. As Mrs. Wentzel is fond of saying, "You can't win if you don't enter!"

Virginia

Christopher Newport University

Alexandra McKay
Brooke Moore
Christopher Szentkiralye
Nicole Casaneda

George Mason University

Aldo Penafiel
Andrew Tran
Anthony Jimenez
Arianna Rodriguez
Erin Murphy
Jonathan Nguyen
Joseph Hickey
Joseph Patrizio
Lindsey Pelland
Matthew Katz
Megan O'Dwyer
Michelle Vidal
Michelle Yabes
Nicholas Hentschel
Nile Otu
Patrick Nguyen
Peter Jaworski
Rachael Wright
Richard Nary
Sherry Bustillos
Sophia Lopez
Zachary Mascorro
Catherine Gauthier
Natalie Gomez
Lindsey Goodwin

James Madison University

Addison Snidle
Alejandra Buitrago
Caitlin Patterson
Emma Delmontagne
Jason Makoutz
Jessica Battaglini
Jillian Falle
Jorge Panozo
Josie Mai
Katherine Nirschl
Katie Arthur
Lauren Young
Lisa Huynh
Madeleine Bourne
Margarita Dimatulac
Mary Hull
Max Roewer
Melissa Kosciow
Michael Feneley
Michelle Van Horn
Nathan Cvrk
Neil Roberts
Patricia Barry
Rechelle Rafols
Renee Rojural
Rosanna Sevillano
Ryan Lee
Sara Merkin
Teddy Faulk
Zoe Criley
Anna Bergin
Melina Ford
Michael Wisiewski

Longwood

Anna Lopez-Riveira
Dominick Iacobucci
Eric Engebritson
Kelly Quinly
Mary Schranck
Patrick Morris
Rebecca Nigro
Thomas Macnamara
Kent Hannigan

Marymount University

Alejandra Pena
Alyssa Coombe
Aman Testfay
Anastasia Blow
Belen Selassie
Brian Hay-Stuart
Darwin Emmanuel
Jaclyn John
Jacqueline Hernandez
Mary Mubiru

Nicholas Lengyel
Regina O'Connor

University of Mary Washington

Carla Ross
Eily walsh
Madeline Albrittain
Andrew Kwalwasser
Elizabeth Karpe
Lauren Jennison
Nicholas Kent

Tania Lopez

Northern Virginia Community College

Ana Williams
Anthony Whitlock
Courtney Moxness
David Obeid
Jonathan Norris
Sean benedict
Yianno McCarthy
Michael Ford
Felicia Gonzales

Old Dominion University

Abid Joyia
Brittany Davey
Deirdre O'Rourke
Emily Ratay
Erin Wald
Kristina Bonfils
Louis Zinzi
Marcus Thomas
Sara Valdiveso
Sarah Welch
Taylor Young
Imani Hamami
Aaron Cotchen

Radford University

Andrea Portillo
Catherine Weaver
Trey McElhattan
Emily Underworrd
Katie Witt
Kyle Lewis
Laura Dannemiller
Lucas Nester
Patrick York
Sejal Patel

University of Virginia

Amanda Toulme
Carly Robinson
Casey O'Reilly
Catherine O'Neill
Eva Tuska
Luke Escobar
Natalie Eichner
Suzanne Kenney
Yvonne Bowser-Caballero
Matt Retterer

Virginia Commonwealth University

Alejandro Nina-Tapia
Brianna Cerda
Christopher Harding
Colin Brideau
Connor Scully
Diksha Bhatia
Elthson Torres
Gabriel Perrez-Ferrer
Jamal Johnson
Jamie Chichester
Janos Leitner-Wise
Katherine Keegan
Linh Ta
Marcella Krywicki
Megan Nieto
Natasha Molina
Robert Ujevic
Samantha Weigle
Tammie Trinh
Taylor Rittue
Tim Rausch
Ariel Garayar

Virginia Tech

Alexandra Nihill
Colin Scott
Elizabeth Rivlin
Frank Whitsell
Gabe Salas

Greg Jones
Jack-Henry Bush
Jake Sieve
John Cusumano
Josh Trimble
Katelyn Catalfamo
Katherine Terwiliger
Kiersen Commons
Lana Nguyen
Morgan Crissy
Shannon Scully

Florida

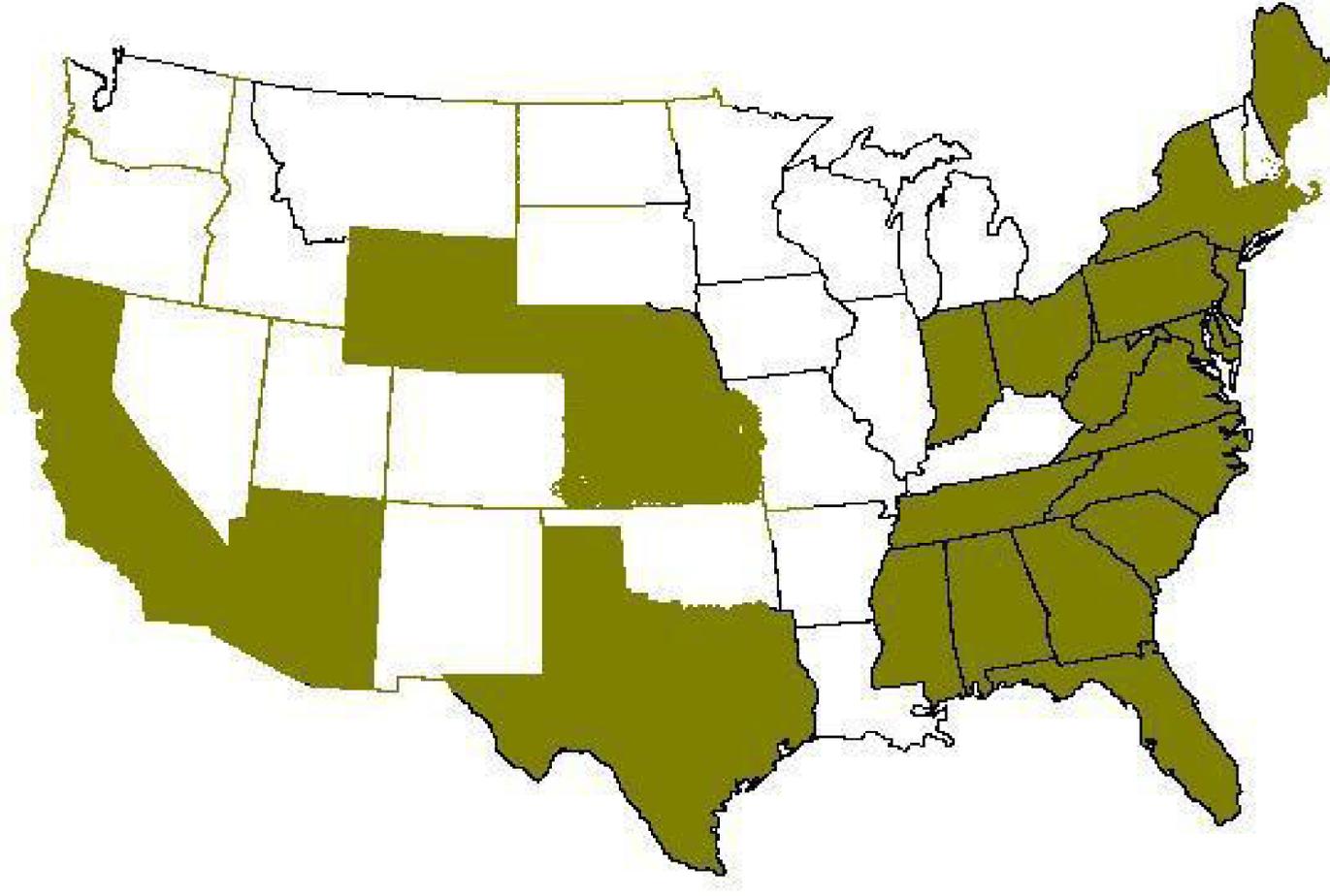
Full Sail University

Sean Coffey

University of Tampa

Vitale Christy

Jacksonville University



Warner Rose
Catherine Flach
Stephanie Guenther
Richard Gorog

The College of William and Mary

Brian Hur
Brittany Hoyle
Dylan Vorbach
James Higgins
Michael Katz

Norfolk State University

James Essex

Randolph Macon College

Nathan Autry

Bridgewater College

Laura Reynolds

Virginia Wesleyan College

Dylan Stokus

Towson University

Richard Cremin

Roanoke College

Meghan Gadell

Alabama

University of Alabama

Brendon Sheiry
Kelsey Barger

Auburn University

Bridgt Spurlock
Madeline DeGeorges

Anthony Hawkins

University of Southern Florida

Camille Harman

Maryland

University of Maryland

Shante Tyler
Shaq Munnerlyn

Stevenson University

Corey Walker

Mount Saint Mary's University

Anthony Spellman

Danny Zdancewiz

Gray Posey

Tyler Stauder

Maryland Institute College of Art

Hyeoh-ah Lee

Towson University

Richard Cremin

Neil Corey

Mississippi

University of Mississippi

Kelly Kundingor

Massachusetts

Boston University

Christine Yi

Northeastern University

Delon Etheridge

Boston College

Alex Rudolph

Clark University

Jack Hall

Amherst

Sarah Kolodzy

Michigan

Michigan State University

William Ratledge

Delaware

University of Delaware

Alexander Spagnoli
Isabelle Marquez

Elon University

Ed Threlfall
Fabio Recine
Madeleine Young

University of North Carolina at Chapel Hill

Dia Barber

University of North Carolina at Greensboro

Robert Gooch

Lees McRae College

Jessi Bowers

South Carolina

Clemson

Jacqueline Hughes
Brian Gerrard

University of South Carolina

Christopher Clark
Kara Sims

Patrick Quinn
Ryan Kuhn

College of Charleston

Emily Ferguson

Joanne Johnson

Wofford College

Elizabeth Rhee

Winthrop University

James Bourne

Georgia

Emory University

Ashley Stumvoll

Georgia State University

Sarah McCarthy

Ohio

The Ohio State University

Alessa Garcia

Kent State University

Kellie Coleman

University of Cincinnati

Steffen Pawlosky

Franciscan University

Maddy Bernero

Pennsylvania

Penn State University

Carly Ahlstrom

Carolina Villarreal

DaBin Lee

Houston Claude

Ian Decker

Rebecca Tyrpak

Ryan Zemke

Rachel Battaglini

Villanova

Breanne Hayes

Julia Willis

Thomas Warring

St. Joseph's University

David Robinson

Indiana University of Pennsylvania

Shelby Cook

University of Pittsburgh

Catherine Braun

Leela Gupta

Duquesne University

Nicole Cline

Kimberly Zarnick

Drexel University

Rishi Sharma

St. Vincent College

Patrick Simms

Mercyhurst College

Dan Courtney

Claire Griffin

Indiana

University of Notre Dame

Kaitlynn Mosier

Ball State University

Kevin Lauerman

Purdue University

Lee Schilling

Nebraska

Creighton University

Eilis Smith

District of Columbia

Georgetown University

Carolyn Fonzi

Julia Paegle

Catholic University of America

Audra Nakas

Federica Dao

Lauren Fitzpatrick

American University

Marilyn Savich

West Virginia

West Virginia University

Brian Vela

Ethan Tomaselli

Jacob Ramos

Stephanie Maldonado

Tyrone Crosswell

California

California Institute of Technology

Timothy Bennet

Tennessee

Lincoln Memorial University

Nick Morabito

Texas

Texas A&M

Teresa McAlum

Southern Methodist University

Christina Chiamas

Ryan Umberger

Texas Christian University

Courtney Taylor

University of Dallas

Marisa Elias

Arizona

University of Arizona

Sam McGrath

Kansas

Kansas State University

Charles Spencer

Rebecca Flester

Wyoming

University of Wyoming

Sydney Mann

Undecided

Wes Robinson

Alex Guerere

Sacha Brenac

Other

United States Marine Corps

Michael McKeon

Tommy Farrell

United States Coast Guard

Brian Coffin

O'Connell Students Inspired by Nature

Natalie Eichner
Editor

Teachers know how difficult it can sometimes be to get teenage students excited about something new. So when two faculty members in the science department at Bishop O'Connell High School in Arlington decided to open up the opportunity for O'Connell students to go bird watching, they did not know what to expect. Teachers Nolan Britt and Bill Carpenter hoped not only to help the students prepare for the upcoming "Vertebrates of Virginia Test," but also to get them excited about nature, introducing them to a live experience that can't be obtained from video games or on the Internet.

Together with the Northern Virginia Teen Birding Club (whose members include students from Flint Hill, Thomas Jefferson High School and John Paul the Great), fourteen freshman and sophomore biology students, accompanied by Britt and Carpenter, met along the Potomac River near Belle Haven in Alexandria to ob-

serve various birds, ranging from a Great Blue Heron to a Swamp Sparrow. Most of the students had never been birding before and they were extremely surprised by what they saw on the trip.

"Being out in the middle of a preserve amongst all these different types of birds I didn't even know existed in our area really flabbergasted me. Virginia is filled with so much wildlife, right in our backyards!" exclaimed sophomore Julie Olafsson.

Freshman Jenny Zinzi agreed, adding, "I didn't expect to see so many different birds that I had never seen before. It was really interesting and also fun to observe them for the first time with my friends."

The students were birding for nearly five hours, moving from the Bell Haven Marina to a nearby park called Huntley Meadows. In total, they observed 31 different species of birds, as well as other animals, including a Common Snapping Turtle and a muskrat. Both Britt and Carpenter were pleasantly surprised by the



amount of enthusiasm that these first-time birders displayed on the excursion.

Britt found himself inspired by nature at a very young age and has turned this inspiration into a life-long hobby in

bird watching. He hopes to inspire his young students, just as he was inspired as a young child.

"You never know who will be interested in nature unless you take them outdoors," commented Britt.

One Final Mass for the Class of 2011

Joe Bender
Staff Writer

The Baccalaureate Mass is a long standing tradition for graduating seniors. O'Connell's seniors this year will gather for one final time on Sunday, May 22, at 9am in the school auditorium to celebrate their Baccalaureate Mass and then gather as a community for breakfast.

The Mass itself celebrates and gives thanks for those who have devoted their lives to instilling new knowledge and wisdom upon their charges, the youth, and the result of their endeavors.

The practice of having a Baccalaureate service is popularly believed to have started at Oxford University in the year 1432. This practice started because in those days, students had to deliver a sermon in Latin in order to graduate from the university. Thanks to most of the early universities in America being focused on training ministers, the practice leaped across the pond and became a mainstay in America.

A lot of work has been put in to make sure that the Baccalaureate Mass is a spectacular event, reminding the graduating seniors "where they are going with Christ as their cornerstone." Mr. Crivella has been charged with making sure the tabernacle looks incredible. Many others, such as Mr. Buckreis and Mrs. Cerniglia, have been putting forth a great amount of effort into making sure everything goes smoothly. Several other speakers have been lined up besides Fr. Hudgins, who will be celebrating the Mass. Kevin Lauerman, the senior class president, will be addressing the class. The keynote speaker will be Mrs. Wentzel's daughter, Julia Wentzel Wharton. Wharton is an O'Connell alumna who set up an independent Catholic school in Blacksburg, Virginia back in 2003.

The seniors look forward to celebrating one final Mass together before going their separate ways before graduation.



Individual Teams, Individual Banquets



Frank Whitesell receiving an award for his accomplishments with the varsity track team at a previous Sports Banquet.

Scott Rapuano
Staff Writer

For the first year, O'Connell has decided against holding a general sports banquet for spring and winter teams, electing to have the teams do their own individual sports banquets. This means that instead of hosting a large evening event of all the spring or winter sports there are only going to be team meetings with parents to award MVP, Coach's Award, and any other awards given by that particular program.

The most likely reason for this change of program is because the experience of sitting through all of the teams' awards and presentations was not popular with some students and parents. Some thought that they should be able to simply watch their team's awards without having to see the rest of the season's recipients. Because of this, O'Connell has decided to discontinue the general sports banquet.

Senior hockey player Gabe Sa-

las commented, "I understand why some people don't like the sports banquets, but I think it's more of a big deal for the athletes to be honored in front of the entire school than just their team."

It is true that cancelling the large sports banquets could reduce some of the lustre associated with the recognition of the athletes, but the smaller, more intimate events may make them more specific to the interests of that particular audience.

Some teams have decided to combine with other individual banquets to make the event a little larger, but still relatively small. The boys and girls lacrosse teams have planned a lacrosse banquet for all boys and girls players to attend so that participants can be recognized in front of a larger crowd than just their own teammates. This is a good middle ground between a full sports banquet and individual meetings because there is still some prestige, but without all of the waiting to get to each team's recipients.

A Farewell to an O'Connell Legend

Christina Chiames
Staff Writer

On May 1, 2011, a barbeque was held in O'Connell's main gym to honor Athletic Director, Coach, and Teacher Darrell Snyder. Snyder was joined by his wife, Barbara, whom many students know from the Student Life Office, as well as numerous friends, co-workers, and O'Connell alumnae. Many members of the athletic department attended, including Coach Wootten and Coach Orndorff. Teachers who are friends of the Snyder's like Mrs. Cerniglia, Dr. and Mrs. Stabile, Mrs. Renaghan, Mr. Martin, and Sister Anne Marie were also present at the event.

Coach Wootten reflected on the barbeque saying, "The retirement party was a great success with over 225 people from DJO, the league, and Arlington County to say thank you for all that Coach Snyder has done."

Earlier this school year, the administration announced that Coach Darrell Snyder would be retiring as Athletic Director at Bishop O'Connell. The news came as a shock to many students, faculty, and alumnae, especially since Snyder

has been a member of the O'Connell community for nearly 37 years. During his time at O'Connell Snyder served as a teacher, coach, and friend to over a generation of students and faculty. Most students will remember him as the Director of Athletics and as the golf coach. Last year, Snyder was inducted into the Arlington Sports Hall of Fame for his work as coach and athletic director. Snyder, however, was also the man who took care of the athletic fields and scheduled sporting events.

At the party, Coach Snyder was presented with new golf clubs by the commissioner of the league, Jim Leary. His passion for golf is well-known. It was also announced that the Golf Championship of the league would be named after Coach Snyder for his hard work and service to the league. Kevin Fay, chairman of the O'Connell Board made a speech thanking Snyder for all he has done.

Finally, Coach Orndorff concluded with a speech with a highlighting the impact and contributions of Snyder throughout the O'Connell community, especially in athletics. The event was a great success, honoring and highlighting the hard work and achievements of an O'Connell legend.



An Overview of Coach Snyder's 36-Year Long Career

Joe Bender
Staff Writer

A legend in the O'Connell community is retiring after 36 years of dedicated and faithful service to this school, and in particular the athletic community. That legend is Coach Snyder, a man who has guided the golf team to a pair of WCAC Championships and a half dozen state titles, a man who has guided the football team to seven state titles and their only championship victory in the WCAC, a man who faithfully directed O'Connell Athletics from 1980 to very recently. For all Coach Snyder has done for O'Connell, *the Visor* and the rest of the O'Connell community salute him and wish him well.

Coach Snyder came to Bishop O'Connell in August of 1974 as a history teacher and the new head varsity football coach, fresh from a nine-year stint at Flint Hill, where he was the athletic director, head football coach, head basketball coach, and even the head baseball coach, all at the varsity level. Snyder's teams won the next four state titles, from 1974 to 1977; then they took a year off before winning one more state title during his first stint as head coach. From 1974 to 1981, his teams posted a 55-33 record, an impressive .625 winning percentage. Coach Snyder was also named Virginia Independent Schools State Coach of the Year 3 times during this period.

Coach Snyder had a second run as the head football coach at O'Connell from 1994 to 2002, adding more awards to his resume. He added a WCAC title in 1994 and a pair of State titles to his incredible record. He was also named Better Sports of Arlington Coach of the Year in 1995, WCAC Coach of the year in 1994 and 2000, and Virginia Independent Schools State Coach of the Year in 1994. Overall, Snyder's record was an impressive 103-76-2.

In 1980, Coach Snyder became the head coach of O'Connell's golf team. In his tenure as the golf coach, he has won two WCAC championships and six Virginia Independent Schools State titles. In each of the years his teams won 'States,' Coach Snyder was also named Virginia Independent Schools Coach of the Year.

Also in 1980, Snyder was named

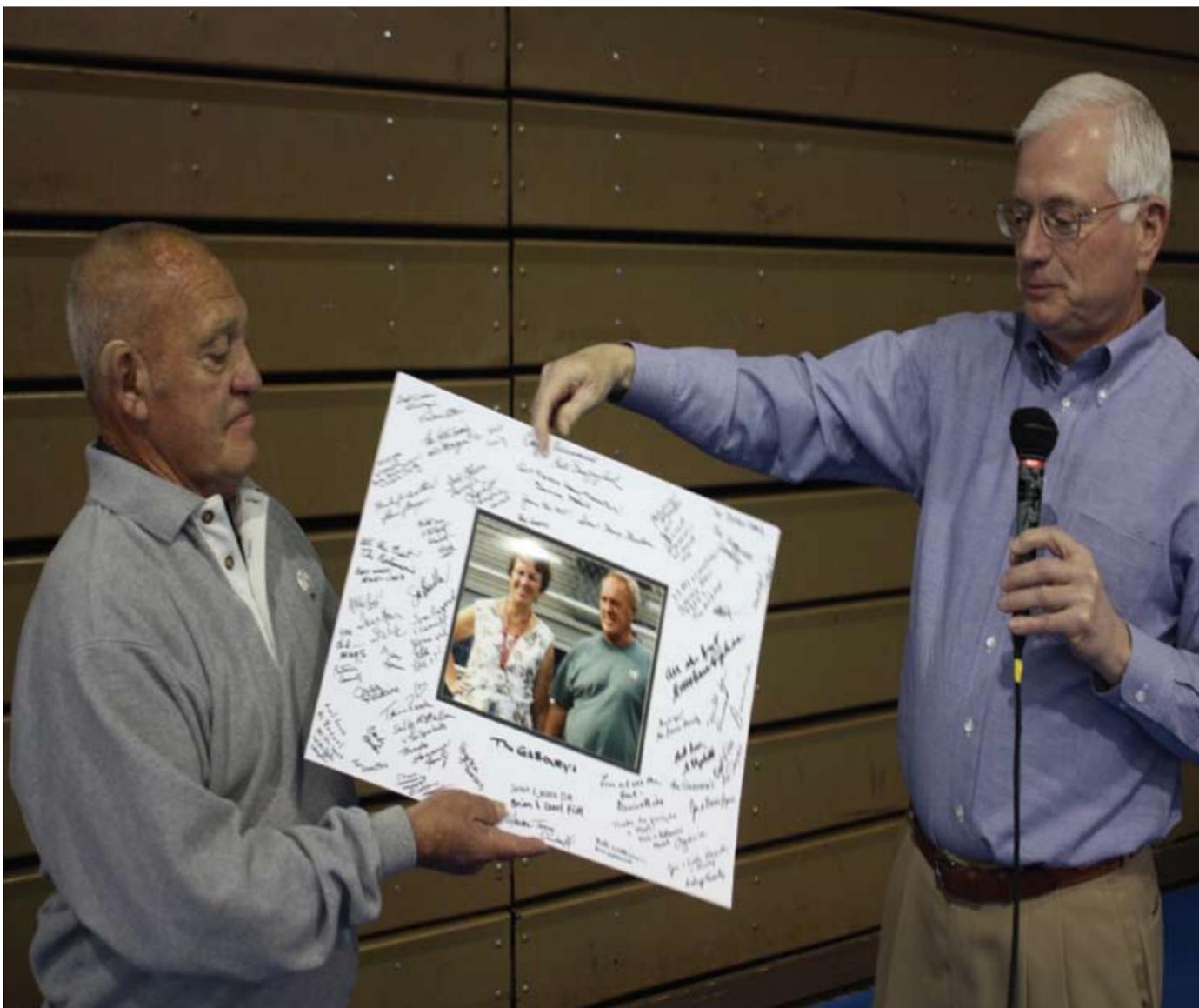
Athletic Director for Bishop O'Connell, a position he held until halfway through the present school year. In his time as athletic director, Snyder has done everything to keep the Catholic League intact while giving everything he had, and then some, to the students of O'Connell.

Coach Snyder has won many other awards in his time with the athletic department. He was named Better Sports Club of Arlington's Sportsman of the Year

in 1992. He became the first-ever recipient of the J. Dallas Shirley Award in 1995, an award given for exemplary service to the WCAC. The WCAC Athletic Director of the Year in 1995-96 was awarded to him and he was even named Honorary Chairman of the City Title Game. Coach Snyder has also been inducted into the Better Sports' Club of Arlington's Hall of Fame and also Bishop O'Connell's

individual Hall of Fame, the latter both as a football coach and as an athletic director.

As Coach Snyder retires, O'Connell says goodbye to someone who has been a shining example for everything that O'Connell stands for these past 36 years. *The Visor*, and the whole O'Connell community, wishes Coach Snyder well and thanks him from the bottom of their hearts for everything he has done for the school.



Mr. Orndorff presents Coach Snyder with a photograph of the Coach and his wife signed by the faculty and staff.

Que Dieu vous bénisse, mes chers élèves!
-Madame McCarty

Kinder:

It has been such a privilege to be with you for four years. I will miss you immensely. I have loved watching you grow from tentative freshmen to young adults who are ready to tackle the world (or at least life after O'Connell). Know that I have learned as much from you as you have learned from me. You all have kept me coming back to teach and edifying my profession! I will never forget any one of you and please keep in touch and know that I will always be here for you. Be well, my students. Make the world a better place each day that you live.

Mit viel Liebe,
Frau Stabile

Seniors!

I'll miss you and I'm proud of you. I'll have more time on my hands without you here, but I'll still miss you!

Mrs. Tara Brown

To my AP Economics class: You are all "5's" to me! Best of luck, future economists!

Mrs. Moore

DJO Class of 2011 -

Heed the advice of Mark Twain:
"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

Congratulations on all your accomplishments and know you are leaving here having made an impact!

Best Wishes, Miss Cohen

To my one and only sweetest Kindergarten Class, to my incredibly grown-up former 2nd graders, to my favorite 8th grade Midsummer Night's Dreamers, to my most Romeo and Julietest freshmen, my Huck Finn in 4 minutes juniors, and to The Most Amazing Super Awesome Senior Class of 2011,

Keep your tummies to the table, cover your mouth when you sneeze, remember your manners, lead belongs in your pencil not imbedded in your hand, and for Heaven's sake be sure to take your MLA guide with you. Say your prayers (not just when you're desperate), and Above All Things... Always remember that YOU are loved; always remember TO love; and always remember that you are worth waiting for (so slow down!).

I will always love you!

- Momma O

A Job Well Done---Class of 2011---As You Lead, Others Will Follow

Trust your academic preparation to be the best, that will propel you to succeed in all your endeavors and assume leadership roles at the university, community, state and federal levels, with a global impact. Your preparation at DJO has positioned you to make global and cultural connections; your "interconnectedness" will make the world a better place. The uniqueness that each of you possesses is a God-given gift of strength. Set your short and long term objectives and let no man, woman, or institution ever block your path to success. You may have to go around, under, or over, but do what you need to do to make it happen. Your strong spiritual center of gravity will be the compass that guides you. Continue to go forth and make a difference and please remember to always reach out to those in need with a helping hand, as many of your teachers, counselors, administrators and staff personnel at DJO did for you. Thank your parents and guardians for the love and support they have given you. I salute the talented Class of 2011. God bless you!

Dr. Daniel Stabile

My prayers are with you as you greet the endless possibilities of college and life as adults. May your good works flow wherever you find yourselves.

Dr. Trina Sensenig

May your future be an adventure, your past be a cherished memory and our time now be a gift. That is why it is called the present.

-Ms. Theresa Koons

¡Enhorabuena a todos los graduandos! Wishing all of you much success at college and may you always walk with the Lord at your side,

Best, Senora BorGes

"Be not afraid." (Lk 1:30--it is said that these words appear 365 times in the Bible. Once for every day of the year)

God bless you! You've been a great class! :)

-Fr. Hudgins

"Many happy trips to the ends of the Earth...and on your return flight, make sure to stop by and tell me how it went."

-Mr. Crivella

Dear Class of 2011,

I have thoroughly enjoyed getting to know you. From senior retreats, to chapel visits, to time spent in the coffee house, you have always been very courteous, friendly and helpful. Best wishes to each of you as you continue on to your next adventure. I will miss you!

Sincerely,
Mrs. Ellis

Do You Have Seasonal Allergies? Here's Relief!

Dina Hamami
Staff Writer

Every fall and spring, about 36 million Americans find themselves suffering miserably from all the pollen from trees, flowers, and weeds. This kind of allergy, called a seasonal allergy, is different from allergies to food, medicines, or molds.

Seasonal allergies are milder than food allergies, and not as serious. The most common seasonal allergy comes from pollen. Pollen can be found on things you wouldn't expect, such as furniture, pets, and clothes. It can be transferred from pet hair and even human hair to places like beds, which can make your seasonal allergies more miserable. Sometimes you just can't seem to get away pollen, but the itchy, watery eyes, congestion, and sneezing can come to an end if the following steps are taken.

On webMD.com, Doctors recommend people follow a series of steps to minimize the effect of pollen and other allergens by taking some over-the-counter

seasonal allergy medicine like Claritin, Allegra, or any other antihistamine (anti-inflammatory) medicine.

Another over-the-counter medicine that can be taken is Astelin, which is a saline (salt water) spray to wash the pollen out of your nose.

If you want to avoid taking over-the-counter medicines, you can take a more natural route. Antihistamines are not the only way to find relief from allergens. Herbal supplements are a great alternative to taking over-the-counter medicines. The newest craze in Europe is the herb butterbur (*Petasites hybridus*). This natural supplement is similar to Claritin and, if taken 4 times daily, can act as an anti-inflammatory. Taking herbal supplements or other home remedies are nice because they aren't expensive and can work just as well as antihistamines would.

Anyone can develop allergies, and moving to a new area makes it more likely for allergies to develop. It usually takes around 2-3 years to see if the allergens in these new surroundings are bothersome. If after 3 years allergies don't develop, chances



es are they won't. According to weather.com, pollen levels are usually higher in the Metro area because of the extremely hot summers and the exceedingly cold winters. This variation in seasons causes pollen levels to be significantly higher in the spring. And it has been proven that pollen

levels are higher in the hot, humid weather rather than cooler, windy, or rainy days.

Although not everyone suffers from allergies, everyone who does can find relief. Everyone's bodies react differently to types of medication or supplements, so it takes a little bit of trial and error to find what works best for you.

What's A Skin Gun?



Sam Snead
Staff Writer

It's not a science fiction movie, and it's not a painful procedure. The spray-on skin gun is reality, and is completely painless! If a person has suffered skin damage from a burn, the spray-on skin gun has it covered: helping the skin damage disappear and making it look like the burn was never there.

Adult stem cells do marvelous things for the body and for one's health. These tiny microscopic cells help rebuild and regenerate the organs, blood, intestinal tissues and skin. In 2008, the spray-on skin gun was created by a plastic surgeon, Dr. Fiona Wood, and scientist Marie Stoner. This instrument was used for test purposes, only because no one really knew whether it would work. Only three years later, after *National Geographic* did a segment on

the skin gun, this device was brought to the attention of the public as a very useful alternative for burn victims. Though it is still under development, a prototype of the spray-on skin gun has treated dozens of patients already.

The spray-on skin gun takes the stem cells from a healthy part of the body, mixes them up with a solution much like spray paint, and then literally sprays the solution back onto the affected part of the skin where it is needed. The solution and stem cells when mixed together are blue, but when sprayed over the skin, the blue spray changes to the natural color of the skin. This action takes only hours or days, depending on the burn, to provide the healing of the affected area. This procedure is safe and easy, continuing to pique the interest of the public, and also helping encourage burn victims to consider this procedure.

Safe Sun Tips for Summer

Natasha Warcholak
Staff Writer

Summer is almost here! When envisioning the good times of summer, hanging out with friends, sleeping in late, eating ice cream on a hot day and going to the beach all come to mind. Beachgoers enjoy swimming, going on the boardwalk and playing volleyball in the sand; but most people come for the sun. Tanning can be healthy for the skin because it provides Vitamin D but it can also be very dangerous when exposure exceeds the healthy level. Harmful exposure to UV rays can cause skin cancer and premature aging. Wearing sunscreens such as SPF 5 or 10 barely protects the skin. Even on overcast days, most of the sun's UV rays make it through the clouds. Although the lasting effects may not show up visibly for several years, skin is damaged a little every time it's overexposed to the sun. Doctors recommend at least SPF 15 for minimal damage.

In case of a sun burn, Jordan

Wheeler of Noggin.com recommends taking a cold bath, which will take away the pain, instead of a shower after returning from the beach because "the pressure from the shower will make that sunburn on your shoulders feel worse."

She also advises stocking up on Aloe Vera, another way to lessen the severity of the burn. WebMD.com adds that staying out of the sun from 10 am to 4 pm, the hours of strongest sunlight, may prevent many burns. Some other helpful ways to prevent sun overexposure include wearing a hat and sunglasses.

It's also beneficial to avoid tanning beds because they can damage skin with the same amount of UV rays as the outdoors can. The tan may look nice now, but the long term effects to your body, such as skin cancer, are too substantial to ignore. Since 80 percent of lifetime sun exposure is done under the age of 18, high school students should be especially careful when out in the sun.



Captain America: A Promising Start to the Summer Blockbusters

Patrick Morris
Staff Writer

Superhero movies are always a big draw every summer, and this year will be no exception. Marvel is heavily relying on its superhero team, *The Avengers*, to make bank at the box office. We have already seen *Iron Man* and *The Hulk* on the big screen; this year the remaining two members, Thor and Captain America, have movies coming out. *Thor* is currently in theatres now and *Captain America: The First Avenger* will be released on July 22nd. However, this is not Captain America's film debut. A movie was made in 1990 but was panned by the critics; Marvel hopes this year's version of Captain America will be much more successful.

The film stars Chris Evans as Steve Rogers, a young man who wants to serve his country during World War II but is not physically fit enough to join the Army. The government asks him if he would participate in an experiment that would allow him to fight for the U.S. Rogers agrees and undergoes a series of chemical injections to become a super soldier.

He is then known as Captain America and travels to Europe to fight off the Nazis. The US does not know that Hitler has also created a version of the "super soldier" formula and used it to transform one of his closest confidants, Johann Schmidt, to become a figure known as the Red Skull, from a mask Hitler has given him that resembles a red, mutated skull. The Red Skull is played by Hugo Weaving. The film also features Tommy Lee Jones and, as in other Marvel films; Samuel L. Jackson will reprise his role as Nick Fury.



The movie is said to be similar in tone to 2008's successful *Iron Man* and will be released in 3D. After the release all four members of The Avengers will have had feature films and Marvel will start to focus on a possible blockbuster for next summer.

In 2012 Marvel will release *The Avengers*, which may be the biggest superhero film of all time. All four heroes will be included and it will feature the same cast from the previous four movies. For this summer, though, first enjoy *Thor* and then later check out *Captain America: The First Avenger*.

Spears and Minaj Make a Fierce Duo on the *Femme Fatale* Tour

Dina Hamami
Staff Writer

In March of this year, Britney Spears announced that she will be going on tour this summer. This will be Spears's first tour since early 2009. She announced that she and Enrique Iglesias will go on a 26-city tour beginning on June 16th in Sacramento, California.

Hours after the tour was announced, Iglesias backed out. No one is sure why Iglesias dropped out, but another huge star, Nicki Minaj, took his place and will be performing at every stop of the tour with Spears.

Spears is known for her outrageous concerts that continually entertain audiences and with Nicki Minaj by her side, we can only expect the best for this tour.

The opening acts for the tour are

Jessie and the Toy Boys and Nervo. This all-female cast is bound to keep the audience on their feet and dancing the entire time.

This tour has chosen an apocalyptic theme, based after the song "Till the World Ends." Although there isn't a definite set list yet, fans should expect to hear Spear's newest singles from her most recent album, *Femme Fatale*. Some songs fans will definitely hear are "Hold it Against Me," "Till the World Ends," and a couple songs that were excluded from the CD, like "He About to Lose Me" and "Criminal."

According to mtv.com, Spears said this is the most excited she has ever been about a tour. So it's safe to say that the tour, just as the revival of her career, should be very entertaining.



Big Sean Takes Over the Rap Scene

Gabe Salas
Staff Writer

For the last decade or two, rappers such as Eminem, Dr. Dre and Jay-Z have dominated the hip-hop scene, releasing numerous albums and gaining fan bases that stretch from coast to coast. But recently, some new artists have entered into the game, and are now taking America by storm.

Rappers such as Wiz Khalifa, Mac Miller, Wale, J. Cole and others have stepped out of the shadows to release highly publicized mix tapes that have rap fans across the country hungry for more. Last year, rapper Big Sean released *Finally Famous Volume 3*, the most anticipated work of his career that propelled him onto the list of top "underground" artists. Now, with his album set to release this summer, Big Sean, a.k.a. Sean Anderson, may just pass all of those other guys and cement himself as one of the top artists of this decade.

Artist and Producer Kanye West made an appearance on that same radio station one day which allowed Anderson to meet West and give him a sample of his music. After realizing that the twenty-year-old "Big Sean" was something special, West signed Anderson to his record label, G.O.O.D. Music, which consisted of West



and artists John Legend, Common and Kid Cudi. Soon after, Sean signed with Island Def Jam Records and released three mix tapes, all consisting of the name, "*Finally Famous*." These two words can only describe the jubilation that Anderson has, knowing that he has finally made it to the top, and all of his dreams of becoming a famous musician are within reach.

Anderson has gained a lot of

respect amongst his fans because he's known to be one of the "realest" rappers out there, meaning that he doesn't pretend to be someone he's not; he just tells it like it is.

Many rappers over the years have strayed away from what made them famous when they hit it big, in order to keep the revenue coming; but Anderson doesn't give any signs of this because so many of his songs are

merely about making money, enjoying yourself, or dealing with the problems that come with being a hip-hop icon.

He also begins every one of his songs with a shout out to Detroit's west side and G.O.O.D. Music, thus acknowledging the two things that brought him to be where he is today.

For every Big Sean fan across the country, the date to circle is July 21, when he will be releasing his debut album *Finally Famous: The Album*. Previously set to hit stores May 3, the album is one of the most anticipated of the summer; and while it isn't expected to reach the "gross" levels like Lil Wayne's *Tha Carter 4* reached, it should do pretty well.

The album is said to feature artists such as Pharell Williams, West, Chris Brown and others, which should make for a good supporting cast on this freshman effort. West will handle most of the production, and it's rumored that this could be his best work since his production of Jay-Z's *The Black Album*.

Students in the area can also catch Sean this summer as he makes an appearance on Wiz Khalifa's summer tour which makes a stop in Merriweather Post Pavillion on July 24th.

BRADY

Gwenyth Brady

A young, fruitful life was ended by a drunk driver. While on her way to school, Gwenyth's car was clipped by a drunk driver on his way home after a night spent in the bars. Her car flew off the road and crashed, with the impact inflicting horrifying injuries upon her. She was still breathing and had a pulse when an emergency response team reached the scene, but she was pronounced dead on the way to the hospital. Gwenyth will be missed by the O'Connell community, where she was popular, having been named captain of Varsity Cheer squad and Homecoming Queen this past year.

ESPOSITO

Helen Esposito

Helen was a gifted violinist who was planning on attending Julliard in the fall. However, her college plans were ended when she was struck by a teenage driver one night, who had spent all night getting drunk at a party. Helen was the pride and joy of the O'Connell Music Department, aweing everyone who ever appeared at one of the band concerts the past four years. Everyone who knew her raved about her talent with a violin and also how she would lay down everything to help a friend in need. Her selfless attitude led her to being a trusted advisor to anyone who requested her help. The Music Department has been emotionally destroyed by this tragedy and is working to together enough to give her a farewell concert. She is survived by her parents and four siblings.

GORDON

Annie Gordon

Annie Gordon was a beloved member of the O'Connell community who was tragically stolen from this life through her unfortunate decisions. She had left a party where she had consumed an exorbitant amount of alcohol and was walking through Old Town on her way home. While she was walking by the pier, she tumbled into the river and drowned. Despite being considered an "average Jane", Annie was very well known among the O'Connell community. Everyone knew of Annie and her smile and was shocked to hear of her frightful end. She is survived by her mom and her two older sisters, both O'Connell graduates themselves.

All persons here are purely fictitious person created by the SADD Club to help inform people of the dangers of drunk driving and other destructive decisions. Every year, the SADD Club runs "Dead Day," where they symbolically "kill" a certain number of students to correspond to the number of people who are killed by drunk drivers every year. The student body is then again reminded of this during the SADD Assembly the next day. The SADD Club, which stands for Students Against Destructive Decisions, seeks to help bring awareness of the dangers of drunk driving and other dangerous actions that endanger the lives of both the person engaging in the action and innocent bystanders.



HONG

John Hong

John Hong sustained major injuries as a result of a horrific impact with a drunk driver. His body was thrown from his vehicle, inflicting mortal wounds. He was pronounced dead at the scene. An ambitious tennis player, he played for Bishop O'Connell's varsity tennis team and aspired to further his career past the high school level. He is survived by his parents, both passionate tennis fans who helped inspire Hong to dream and work to achieve his dreams.

JESSUP

Smith Jessup

A popular fellow in and out of the Bishop O'Connell community, Smith Jessup was a young man of great promise, a person who excelled in making other people smile. All of those things defined Smith Jessup, a person stolen from us when he was struck by a drunk driver. After surviving for several days in the hospital, Jessup finally succumbed to his wounds and left this world. Jessup will be remembered as a practical jokester who engineered all of the greatest pranks these past few years. His brand of humor led students to uproarious laughter and disciplinarians to wrench out their hair. O'Connell will be a sadder place without Jessup being here to make people laugh. He is survived by his parents and by his cousins, who are also current O'Connell students.

JORDAN

Steven Jordan

Steven Jordan died from injuries sustained in a collision with a car driven by a drunk driver. He is survived by his parents Josiah and Michelle. Jordan's death stole a promising future from the basketball star, who had signed with Duke University to play basketball in college. His story is filled with tragedy, as he overcame two broken legs to receive his scholarship and now his life has been taken by the careless actions of a drunk driver. Even with the disheartening leg injuries, Steven was still rated in the top 5 nationally for basketball recruits. He will be missed.

LEVITT

Haley Levitt

While riding home on her bicycle after a long night spent practicing lacrosse, Haley was struck by a drunk driver who veered out of her lane while careening down a hill. Haley was not the greatest player on the team, but was the heart of the team, inspiring her teammates whether or not she was on the court or on the bench. Levitt's leadership helped the team to topple giants in the sport. Haley's coach was appalled at how he had seen her just minutes before and now she was gone forever. The girls will devote the rest of their season to her memory as they try to win a WCAC title. She is survived by her mother, who was always cited to be her driving force.

LUKAS

Karl Lukas

A wonderful future, a glorious life, ended prematurely by a drunk behind the wheel. That is how Karl Lukas left this world. After being able to walk away from the wreckage, Lukas collapsed lifelessly, the victim of a brain hemorrhage. A high school track star, Lukas was planning on going to Hofstra University. Many fellow students were inspired by his leadership and athletic ability during his time at Bishop O'Connell High School. Many people had talked about how with a little more work, Lukas could have been taking shots at Usian Bolt and Tyson Gay's records. Unfortunately, that will never happen as now he rests six feet deep. He is survived by his father and his brother, both of whom he was very close to.

ROTH

Sean Roth

After sustaining injuries in a head-on crash with a drunk driver who crossed the center line of the road, Roth died after spending two days on life support. Roth is survived by his family and his good friends. Roth was just about to become an Eagle Scout, after doing his Eagle Project to help bring awareness to muscular dystrophy. This effort got a lot of support from the O'Connell community, especially the Athletic Department. His leadership, friendliness, and overall charm will be remembered as the O'Connell community mourns his passing. He is survived by his parents and his three younger sisters, one of whom is currently a freshman.

VENSCOE

Kelly Venscoe

Kelly Venscoe was just pulling out of the Macy's parking lot after finally completing her search for the perfect prom dress when she was blindsided by a teenage driver high on marijuana. She received fatal injuries in the accident, ending her dreams of leaving O'Connell with a cap and gown at the National Shrine. This active member of SCA and Yearbook leaves life with a number of friends, all of whom are devastated by her untimely demise. She is survived by a large family, all of whom are very active in the O'Connell community. The student body's memories of her will be dotted with her wonderful smile and the fantastic leadership she brought to every school event. Her death leaves a hole in all our hearts. Her funeral has not been announced but it will definitely be packed.

Good-Bye Visor Editors!

Spotlight On: Alejandra Buitrago and Cait Patterson

Emma Delmontagne
Front Page Editor

Q: Favorite Visor Memory?

Alejandra: Probably when we were both assigned- well we were just named, editors-in-chief.

Cait: My first Superdance issue.

Q: Plans for after high school?

A: Well, I'm going to James Madison University, like Cait. Definitely studying abroad!

Q: Will you be involved in journalism in college?

Both: yes

Q: Real Housewives of Orange County or Beverly Hills?

A: OC

C: Beverly Hills

Q: Thoughts on Mr. Culler?

A: Sweetheart

C: Uhh... Come back to me! [Later] My favorite quote of his, "I'm a high roller!"

Q: Would you rather date Alan Garner

(Zach Galifianakis) or McLovin?

A: McLovin

C: McLovin, He's my dream boyfriend

Q: One thing people don't know about you?

Both: We're not related! We're not twins! We're not sisters or cousins, and we don't look alike!

Q: What princess or superhero would you be?

A: Okay, well, I have both. I would be Batman because he's just a regular man; he doesn't have any weird superpowers or whatever. For princess, I would have to be Rapunzel because she gets the guy in the end and she has great hair.

C: I would be Ariel because when I was little I liked how we both had red hair.

Superhero- Wonderwoman!

Q: Future advice for the new Editors

A: Bring food! If you bring food, they will come.

C: It will all work out!



**Extra thanks to Mr. Culler!
Another awesome year for the journalists!**



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Emma; Front Page, Leela; Entertainment



Imani; Outside news, Diksha, Spread

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