

The Visor

Bishop O'Connell High School

Volume 56 Issue 1



Seniors' First Win at the First Pep Rally of the Year!

Shea North
Staff Writer

All for one and 1 4 all! The seniors demonstrated not only their great energy but also their talent in the first pep rally of the school year. Their intensity was enough to seal the victory over the underclassmen, and win for them a donut breakfast. Competitive until the final cheer, each grade was able to show their enthusiasm and spirit in cheering for the school. Although all classes showed enthusiasm and spirit, the class of 2014 officially claimed first prize by earning their first victory at a pep rally in their class's storied history. They are equally determined to remain undefeated in the sport of spirit.



The Class of 2014 showing their O'Connell pride while enthusiastically singing the school fight song

Senior, Hayley Metcalf reminisced, "I could just feel the electricity in the air, the amount of spirit was righteous and wicked cool. "As Imagine Dragons says in 'Radioactive,' I feel it in my bones.'"

The faculty of DJO was impressed by the senior's energy in fulfilling their role of leadership as they savor their final year in the O'Connell community. Mr. Haas commented, "With Seniors such as Rhys Bergeron and Paul Feghali to amplify the vigor in the gym, the seniors showed who is truly on top."

After each event and spirit check the seniors refused to slow

down. Every point not awarded to the seniors was questioned with a chorus of well-meaning cheers but all classes showed great sportsmanship. It remained a constant throughout the entire pep rally.

A harmonious choir of screams and cheers erupted when the seniors' victory was officially announced. Seniors were rewarded with the ultimate prize, donuts in homeroom. With food as the incentive to cheer as well as the love of O'Connell high, there was no stopping the seniors on their road to triumph.

The seniors are the favorites to win the next pep rally but with the

amount of vigor in this school it's anyone's game.

"Yes indeed O'Connell High we love you and you are true; Class of 2014 will rock you."

Starting the School Year with the Bishop's Mass

Divina T. Rutherford
Staff Writer

On Friday, September 13, 2013 the entire student body and faculty gathered in the auditorium for the schools' annual opening mass with Bishop Paul Loverde, Head of the

Arlington Diocese. The opening hymn was led by the choir with the student body enthusiastically singing along. Bishop Loverde celebrated the mass with Father Cozzi and Deacon Benetti, a new theology teacher this year at DJO.



Bishop Loverde uniting and leading the O'Connell community in prayer

Bishop Loverde delivered a homily about living in one's faith, praying daily and being a witness to the faith.

The Bishop began his homily with an anecdote about Pope Francis, who was asked by one of the participants in World Youth Day in Rio de Janeiro, "How can we evangelize to this modern world?"

Pope Francis replied, "I can answer your question with three words: Jesus, Prayer and Witness."

He went on to elaborate that one should admit Jesus fully into his or her life. This would provide the inspiration for evangelization. In



Deacon Benetti, Bishop Loverde, and Father Cozzi seated in front of the student body, faculty, and guests

addition, daily prayer and self-reflection was essential to spreading the faith. With this foundation it was almost natural to become a witness to the faith.

After Bishop Loverde concluded the mass he addressed the student body with his highly

anticipated request for a free day, recognizing the great joy he felt in being with us, and his admiration for the "young church" before him. The DJO community eagerly anticipates the Bishop's visit every year as he celebrates mass with us and shares his wisdom and spirituality.

21 school days left in the first quarter

27 days until Halloween!

146 school days until Graduation

***See Page 3 for Christ House Soup Drive!**

***See Page 4 for Spotlight on Mr. Patton!**

***See Pages 5-7 for Varsity Football!**



Ms. Heard explaining to parents the process of the Christian Service Project and its requirements

library, explaining new features in the program as well as Service opportunities

Ms. Heard said, "It was good to give the parents a preview of how they can check on their children's progress with their service projects. Also, all the questions from the parents were fun and cool to answer."

Guidance counselor Mrs. Lacey Jacobsen, commented about Back to School Night: "It's always a great opportunity to meet the parents of the students I work with."

The counselors at Back to School Night discussed the 4-year college process at O'Connell: how it starts in the freshmen year with the College Readiness Program. The formal process doesn't even end when the student transitions to their college counselor. Back to School Night was a great success in "kicking off" a new year offering many exciting and creative changes to the highly successful college preparation program.

Back to School Night

Kendall Christenson
Divina Rutherford
Staff Writers

On Wednesday, September 18 Bishop O'Connell hosted this year's Back to School Night. Staff, teachers, and parents alike look forward to this opportunity to connect with each other and examine the wonderful opportunities available to everyone associated with the school.

Dr. Joseph Vorbach, Head of School, commented, "We see Back to School Night as a very important event at the beginning of the year. We wanted parents to see and feel our commitment to helping their children. I think we accomplished that."

Back to School Night provides the parents an opportunity to better understand all of the exciting programs in all of the departments, as well as in their students' individual classes. A special feature this year included the explanation of the new schedule that provides students greater flexibility in pursuing their studies and conferencing individually with their teachers. With the rapidly changing needs

of growing technology, O'Connell has dedicated itself to keeping up with these advances: in the acquisition of cutting edge technology as well as improvements to the physical plant. Dr. Vorbach added that he received a lot of feedback through emails about the new schedule, especially about Knight Time. Many parents voiced their appreciation of the opportunities presented by the creation of Knight Time.

History teacher Mr. Andrew Edmondson expressed the pleasure he takes in meeting the parents and beginning the process of working with them to educate their children.

Theology teacher Mr. Dennis Dwyer added, "It's always a delight to meet the parents. I always express my gratitude towards them for sending their children to Bishop O'Connell to get a Catholic education."

Another history teacher, Mr. Joe Blaser weighed in with his observation: "It was a great opportunity to meet the parents and have them meet us. This was definitely a great way to start off the year."

Many parents showed up early to attend Christian Service Coordinator Mannikka Heard's presentation in the

New Year, New Change

Megan Hickey
Staff Writer

One change O'Connell students have come to expect over the past three years is the adoption of a new schedule. For the past three years O'Connell has had three different schedules but this new and improved one is expected to conclude that recent trend. Part of the cause for experimenting with this schedule derives from a Diocesan mandate of a couple of years ago to slightly expand the school day. This new schedule is intended to take advantage of the added time in the most beneficial ways for student achievement.

The school administration, led by Dr. Vorbach, implemented two block days a week, B1 and B2 days, with the remaining days as "anchor days."

On the block days classes are 85 minutes long with a 45-minute lunch, while on "anchor days" all classes meet for 43 minutes each. B1 days include periods 1, 3, 5 and 7. B2 days include periods 2, 4 and 6 along with an AM or PM gathering.

Sometimes a late opening or early dismissal will take the place of the gathering. The anchor days include all 7 periods but but include an hour of knight time. Knight time was implemented to help with group projects, make-up tests, and conferences with individual teachers. It can also provide some extra time to complete homework. The O'Connell administration wanted to improve last year's schedule so they did a survey of the class of 2013 which resulted in the addition of Knight Time.

So far, reactions among students are generally positive.

"I like the block schedule because it gives me more time to do my homework when I don't see my teachers everyday," offered senior Jane Awad.

Most students agreed that Knight Time was a good use of time and resources.

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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 of the policy of Bishop O'Connell High School, unless so attributed.

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Rho Kappa

Shea North
Staff Writer

Rho Kappa National Social Studies Honor Society has officially been introduced to the O'Connell community. There are several different honor societies in various academic fields, such as world languages honor societies, the music honor society, as well as the National Honor Society. Rho Kappa allows for those students who have excelled in the classroom, more specifically the history and social studies classroom, to be rewarded for their dedication and consistency.

Seniors Monica Pearring and Caitlyn Donnegan were the two students who brought the idea of forming a Rho Kappa society to History teacher Mr.

Haas.

Pearring said, "I just really wanted to bring this opportunity to students at O'Connell so that they can appreciate social studies as well as add to their resumes!"

Mr. Haas commented, "I'm really glad that the History Department now has the prestigious honor of gaining this society so that Social Studies can have an impact on the minds of the students here at O'Connell."

Rho Kappa allows for students to add more to their resumes as college applications approach as well as to appreciate the importance of the subject of history in their education. Both seniors and juniors have applied for this prestigious society. The first Rho Kappa induction ceremony is expected to occur sometime in November. Seniors who are inducted into the society will be given another cord to wear as they walk at graduation.

Bell Schedules 2013-2014

Anchor Schedule		
Period	Start Time	End Time
1st Period	7:55	8:20
2nd Period	8:37	9:00
3rd Period	9:25	10:00
4th Period	10:13	10:50
Knight Time		
Lunch A	11:00 - 11:30	11:30 - 12:00
Lunch B	11:30 - 12:00	12:00 - 12:30
Lunch C	12:00 - 12:30	12:30 - 1:00
Lunch D	12:30 - 1:00	1:00 - 1:30
5th Period	1:30	2:10
6th Period	2:20	2:55
7th Period	3:12	3:55

B1 Schedule		
Period	Start Time	End Time
Advisory	7:45	8:05
Block 1	8:10	8:55
Block 2	9:10	11:05
Block 3		
A	11:10 - 11:55	12:00 - 1:20
B	11:10 - 11:55	11:55 - 12:35
C	11:10 - 11:55	12:35 - 1:20
D	11:10 - 11:55	12:35 - 1:20
Block 7	1:30	2:55

B2 Schedule AM Block		
Period	Start Time	End Time
Advisory	7:45	8:05
AM Block	8:10	9:55
Block 2	9:55	11:05
Block 4		
A	11:10 - 11:55	12:00 - 1:20
B	11:10 - 11:55	11:55 - 12:35
C	11:10 - 11:55	12:35 - 1:20
D	11:10 - 11:55	12:35 - 1:20
Block 6	1:30	2:55

B2 Schedule PM Block		
Period	Start Time	End Time
Advisory	7:45	8:05
Block 2	8:10	9:55
Block 4	9:55	11:05
Block 6		
A	11:10 - 11:55	12:00 - 1:20
B	11:10 - 11:55	11:55 - 12:35
C	11:10 - 11:55	12:35 - 1:20
D	11:10 - 11:55	12:35 - 1:20
PM Block	1:30	2:55

"I like Knight Time because it gives me extra time to get homework done so I am not swamped," added sophomore Audrey Womack.

As is true with most new innovations, the new schedule will probably experience a few 'kinks' that will have to be worked out, but overall it appears to be working well for O'Connell by giving everyone more time, whether it's for the teachers to teach or the students to catch up on work and seek additional support, this new schedule covers it all.

If It's Not Neon, It's Not On

Amelia Lucas
Staff Writer

More than five hundred neon-clad O'Connell students danced all night in the courtyard on September 6 at the annual Welcome Back Dance. Raising more than two thousand dollars to contribute to the decorating budget for the Homecoming Dance in October, the dance was a huge success. The primary fundraiser for the upcoming Homecoming Dance, the event invites both new

and returning students to celebrate the beginning of the new school year together as an O'Connell community.



dance had much more excitement, with the confetti cannons and the paint; and hopefully this will create more excitement for next year's dance." In addition to the confetti cannons and glow-in-the-dark body paint, the dance also had UV lights that illuminated the neon clothes and painted bodies of the students. A rotating schedule of volunteer student DJs kept students dancing all evening. The student council also transformed the courtyard with hanging lights on the windows and glow sticks on trees in the courtyard.

Although the Welcome Back Dance retained the annual theme of "If it's not neon, it's not on!", the Student Council worked to improve the dance and claim this year's event as its own.

Student Council Executive Board president Alessandro Luna said, when comparing this year's Welcome Back Dance to the previous year's, "This year's

Senior Shea North, celebrating her birthday that night, exclaimed, "That was the highlight of my week! I live for the dances of Bishop O'Connell! It's really cool that we can show off our groovy moves."

Most participants of the dance this year seem to share the same sentiments. This enthusiasm is expected to carry over to the other dances planned for the year.

Looking Forward to 2013's Homecoming

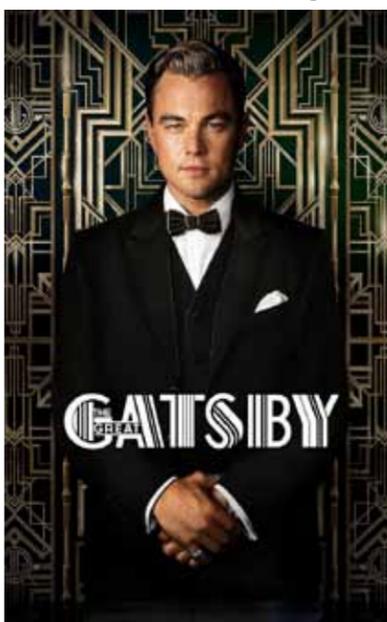
Amelia Lucas
Staff Writer

Homecoming is the tradition of welcoming back the students of a school, but majority of students glorify the occasion to a social affair.

With tradition of exchanging corsages and boutonnieres, presenting ostentatious dresses, and primping in the most sumptuous suits, comes along stress to strive for excellence.

This year O'Connell's homecoming is scheduled for October 12th, on a Saturday night. Until then, Knights will be preparing themselves for the dance and arranging their dates and attire.

Jess Van Volkenburg, a trans-



fer student claims "I am excited for this year's homecoming, since I'm new to O'Connell I don't know what to expect but I hope its fun."

Last year's homecoming theme was 70s influenced, known as 'Oh what a Night'. Knights really seemed to enjoy the funky theme as it was something unique.

"I definitely had a good time last year on the dance floor with all of my friends. I really loved all of the decorations" Megan Hickey exclaims.

This year's Homecoming is planned to be the theme of 'The Great Gatsby,' which is a new movie out this year based on a 1920s party life. The 2013 dance is expected to be a bash.



38th Annual Christ House Soup Drive

Mary Barna
Editor-in-Chief

For the past 38 years, Bishop O'Connell students have collected cans of chunky soup to help feed the local hungry.

The annual fall soup drive began in 1975 when the student body collected 1,153 cans. Over the years, O'Connell students have donated more than 300,000 cans to Christ House in Alexandria.

During the soup drive, home-rooms and school offices compete for incentives by bringing in as many cans as possible. At the end of the week, these efforts culminated in a school-wide Living Rosary. The student body and faculty gathered on a fall Friday morning on the school's beautiful athletic field to pray in union for the individuals and families in need who would benefit from the donations.

The Student Council Association (SCA) is the driving force behind the event, which benefits the food pantry by restocking their shelves each year. Mem-

bers of the SCA, accompanied by faculty members and Father Phillip M. Cozzi, O'Connell chaplain, loaded a large rental truck to deliver the thousands of cans to Christ House. They worked together throughout the afternoon to replenish the food pantry and fill it to capacity.

Senior Shea North, a member of the SCA, enjoyed being a part of the soup drive this year. "It's a great cause and the whole school comes together to help those in need," North said.

The Executive Board worked very hard this year to set a new goal of collecting 14,000 cans, but especially aiming for 100% participation. Posters filled the halls, prizes were promised, and numerous announcements were made to encourage the students of O'Connell to come together and work to give to those in need. President Sandro Luna was very pleased with the amount of chunky soup collected this year: the final count was over 11,000 cans!



Senior named a Semifinalist

Maggie Goldsmith
Editor-in-Chief

The National Merit Scholarship Program is a highly competitive program that offers many university scholarships and recognition. O'Connell had the great fortune of having one of our students named a Semifinalist. Senior Jethro Torczon beat out many other candidates to achieve this great honor.

Earlier in the year, Torczon had been accepted to Harvard University's Summer School Program. While there, he took classes to earn college credits. Also over the summer, he was elected to represent his city in the Boys State Senate and won an oration contest to speak at the

graduation ceremony. Boys State gives rising seniors the opportunity to simulate the state government.

"He is a leader in the classroom and in our community and we are happy that his hard work has been recognized in this prestigious scholarship program," stated Dr. Vorbach.

National Merit Semifinalists have the opportunity to continue the competition for some 8,000 National Merit Scholarships, worth more than \$35 million. O'Connell wishes Jethro good luck as he continues his journey in the National Merit Scholarship Program. We are sure to see great things from him in the future!

Spotlights on...

Mr. Meehan

Mr. Patton

Grace Iekel
Staff writer

Visor: Where did you work before you came to O'Connell?

Mr. Patton: I worked at John Paul the Great. John Paul the Great and O'Connell are very different, because John Paul the Great is the smallest and newest school, and O'Connell is the biggest and oldest Catholic school in the diocese.

Visor: Why did you choose to come to O'Connell?

Mr. Patton: It was a new challenge. It is a flagship school.

Visor: In your opinion, how is the school year going so far?

Mr. Patton: Wonderfully. There is a lot of excitement in the school, about the direction it's going. Dr. Vorbach and the teachers are excited about the direction and moving forward.

Visor: Have you felt welcomed at O'Connell?

Mr. Patton: Yes, more so than at any other school. I think the new students who come here feel the same way. Everyone – the teachers, the students, the administration – has been very friendly.

Visor: What at O'Connell are you excited about?

Mr. Patton: There is a very strong sense of tradition at O'Connell. There is a lot of opportunity for growth. We have new programs like the Bring Your Own Device Program, Global Studies, and Project Lead the Way. It is a big WCAC school. The arts are also developing. I have noticed that the O'Connell Singers are a point of pride for the school.

Visor: Tell us about yourself.

Mr. Patton: I have two kids, a boy in eighth grade and a girl in first. I spend all my free time with them.

Visor: Did you always work in education?

Mr. Patton: I have worked twenty years in Catholic schools. Working in Catholic schools is actually what prompted me to my conversion to Catholicism.

Visor: Did you always want to work in education?

Mr. Patton: No. Actually, my undergraduate degree was in agronomy, the study of soil. I worked on a farm in Silver Spring growing up. I got into education because I wanted to make schools better for students.

Visor: What were you like in high school?

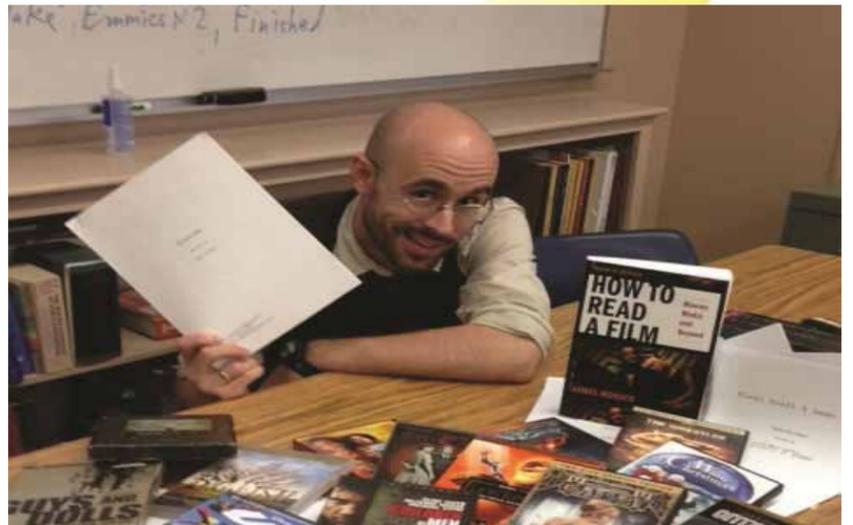
Mr. Patton: I was quiet. I played sports, but I wasn't in a lot of clubs because I was doing sports and because I had a job after school.

Visor: What is something you have learned from students that could not be taught in a classroom?

Mr. Patton: The true meaning of education lies in the bond of trust between teachers and students. When young teachers begin to teach, they're really excited because they love their subject, and they cannot wait to share that love with the students. But I've found it's really about teaching the kids to love learning.

Visor: Do you have any funny stories from your years in education?

Mr. Patton: A student turned in a paper to me, and part of it was from my friend's dissertation, which I had edited. When I asked her if she had copied it, she said, "Oh, no, Mr. Patton. But the girl who wrote it for me probably did."



Mary Barna
Editor-in-Chief

Visor: What did you do this summer?

Mr. Meehan: I got married to Ms. Van Duzer, and we spent two weeks in Maui to celebrate. Climbing volcanoes, driving along twisty mountain roads, lounging on the beaches, eating sushi, and snorkeling in the open ocean. Fun stuff!

Visor: Did you have a good time?

Mr. Meehan: Absolutely. The weather is gorgeous and Ms. Van Duzer – I mean, Mrs. Meehan – is my best friend in the whole entire planet. Hawaii is amazing, and I really couldn't have asked for a better summer. Though I'm pretty sure our second hotel was haunted. But that's another story.

Visor: Did you do anything school-related this summer?

Mr. Meehan: When we got back from Hawaii, Mrs. Meehan music directed a children's drama camp. She's been doing it for years – she's a natural! The following week, we served as chaperones for a high school mission project in the Appalachian Mountains called Camp HOPE. And I took two classes through UCLA Extension this summer, too. So even though we weren't at O'Connell, we were still kind of in the "teacher" mode.

Visor: What are you most excited about this school year?

Mr. Meehan: Oh man, there are so many things to be excited about this year. First of all, Gatsby is our homecoming theme. That's pretty much an English teacher's dream! And on top of that, I'm teaching two brand new elective courses – so the year is going to be packed with all sorts of crazy, cool stuff.

Visor: What's the story behind your elective classes?

Mr. Meehan: The first is a creative writing class. It's a half-year course of about 12 students, and we're tackling all sorts of really creative brainstorming activities and writing prompts. By the end of the semester, we'll have studied short stories, poems, and drama – and each student will have written comprehensive portfolios filled with original work in each of the three genres. They're very talented!

Visor: So what's going on with the second elective course?

Mr. Meehan: The second elective is Film Studies, and it's probably one of the coolest classes you'll ever have the option to take in high school. Think about it: how many times have you heard a student beg their teacher to watch the movie version of a book? This class teaches students the ability to read films and appreciate the stuff that makes cinema such a unique and important art form. I mean come on – who doesn't love the movies, right?

Visor: Do you just watch movies in the Film Studies class?

Mr. Meehan: Hahaha. No. I mean, there's certainly a lot of movie watching (we've got 10 case study films that we watch in their entirety), but it's not like we just flip off the lights and eat popcorn all day. The course curriculum starts with material that dates way back to the earliest days of silent films. So a good chunk of our daily instruction is a mix of traditional lectures mixed in with short "clip" screenings where we study scenes and sequences from some of the best movies in cinema history. By the end of the course, we'll have watched clips from just about 100 different movies. And over the course of the semester, students actually have the multiple opportunities to write, create, and film their very own movies. I'm not gonna' lie -- it's pretty awesome.

Visor: What's your favorite movie?

Mr. Meehan: Ooh, that's a tough one. There are so many to choose from! But I think my all-time favorite has to be the original *Rocky*, which won the best picture Academy Award in 1976. A lot of people don't know this, but Sylvester Stallone actually wrote the script himself. And the story is perfect.

Visor: Have the block days been beneficial to your elective classes?

Mr. Meehan: Totally. The 86-minute classes allow us more one-on-one time with students when they're working in labs or on projects, and it also gives us time to screen and discuss longer films and clips. Did you know that the original *Toy Story* is only 78 minutes long? The film is a great example of how most movies follow what they call a three act structure. And the fact that we're able to watch and discuss the whole thing in one sitting is exactly the type of benefit that a block day provides. Can you tell I'm excited for this year?!





O'Connell Football Starting Strong!

Eli Gazala
Staff Writer

O'Connell Varsity football is off to a great start at 3 – 1 this 2013 season. The team crushed rival Paul VI 41 – 0 at the home-opener. Defensive lineman Ralph Azar said,

“It was a complete team win. Players on both sides of the ball made plays and we executed our game plan beautifully.”

The Knights experienced another big win against Bishop Ireton. Playing at Ireton, the squad won 41 – 6. Fullback Nico Suarez commented on the victory,

“After their first score, we really wanted to rally back at them. I

think we scored all of our 41 points in one half. Overall, we were relentless; and just the better team.”

The Knights are enjoying not only a winning but also a dominating season, with only one loss to McDonough. Suarez added that they have some big games coming up, but they will be prepared.

“We have a lot of tough matchups against Good Counsel, Gonzaga, and DeMatha; but with the effort we’ve been putting in, I could see us grabbing dubs.”

The future looks bright for the football team this season, and the O'Connell faithful is paying attention.



New Season, New Squads, New Stunts Planned for Winter Pep Rally

Kendall Christenson
Staff Writer

The Royalties and cheerleaders are performing together again this year at the winter pep rally. They are planning a creative routine with spectacular and complicated stunts.

Alexa Saffelle, senior and cheer co-captain, exclaimed “We are so excited to do another routine with the Royalties this year! I think it gets people even more excited about Homecoming at pep rally.”

This new season has seen a change for the varsity cheerleaders with the loss of last year’s seniors. Kevin Nguyen returned as the tumbling coach to help the team. Also, there are new coaches for both the JV and Varsity teams. Mrs. Lacey Jacobsen is the new head coach of Varsity and Ms. Kim Clark is the head coach of JV, with Betsy Adkins and Courtney

Moxness as the assistant coaches. Mrs. Jacobsen has made the team stronger with her experienced background in tumbling and stunting.

“Our team has grown so much. Thanks to Coach Jacobsen it will be a fabulous year for the Knights cheerleaders!” said sophomore Maggie Tessier.

The turnover in the coaching staff was certainly a change for both teams; but they are adapting to the changes. The team has already become closer-knit and is performing more intricate stunts with their new coaches. They are learning and working on trying to be more involved with the crowd at games and pep rallies. They have also improved their tumbling skills and are becoming a stronger team all together. They are all excited for the new year and want to have a great season.

O'Connell Soccer Takes WCAC by Storm!

Jeff Phelps
Staff Writer

The Boys Soccer Team is back, alive and kicking. The team started their season off with a 7-0 win over Trinity Christian School and then a 3-0 win against Woodbury. The Knights want to try and get to the WCAC championship and hopefully win it: always their goal.

New player Lucas Mendes has added his expertise in goals and assists. Also, significant contributions are being made by senior players William Colclough and Brian Tesch,

as well as Junior Michael Hurley. These players will help lead the team to success, on and off the field.

After finishing the 2012-2013 season with an impressive 7-2 -7 record, the Knights' Soccer Team expects to be even better and come back stronger than ever! With their strong 3-0 start they seem to be positioned for advancing deep into the postseason.

The success of the team over the past few years can be also be attributed to Coach Chris Jennings, who enters his second season with Bishop O'Connell after leading the Knights to their first-ever VISAA State Tournament berth in 2012.



Volleyball Gets Big Win over Good Counsel

Jane Awad
Staff Writer

Over the last decade, a growing number of sports fans have discovered the excitement and drama of a well-played volleyball match and O'Connell has a rich and storied tradition of excellence in this fast growing sport. This year promises to be no exception. The O'Connell varsity team is stepping up their level this year.

The team has started off the season with a 3-4 record. Their biggest win so far was against Good Counsel because they won in five games and

worked prepped hard for this game, as if circling the date on a calendar.

The players share the fans' excitement for the possibilities.

Lydia Wagoner commented, “We work really well together as a team and we motivate each other on and off the court.”

Another player on the team, Catherine Irvin, added “ I believe we have raw potential that can come together to make it to a championship.”

With their positive and energetic approach to the season great things are anticipated for this year's squad. Don't miss out on the excitement. Come support the Varsity Volleyball Lady Knights!



BISHOP O'CONNELL KNIGHTS FOOTBALL 2013



Number	Name	Position	Year
1	Kamrin Moore	RB/DB	12
3	Jason Ley	QB/DB	12
4	Myles Hudzick	QB/DB	10
5	Marquis Rowe	WR/DB	12
7	Terrell Dance	WR/DB	10
10	Lawrence King	WR/DB	10
11	Ted Terwilliger	WR/LB	10
12	Tyland Crawford	WR/DB	10
13	Brandon Magee	WR/DB	10
14	JP Le	WR/DB	10
15	Michael Galvan	QB	11
16	Nick Shaw	RB/DB	10
17	Joe Kelly	K/P	12
18	Sean Brown	TE/DL	11
19	George Hawkins	WR/DB	11
20	Anthony Howard	RB/LB	11
21	Nick Meruvia	WR/DB	11
22	Joe Azurin	RB/DB	11
23	Tyson McDonald	RB/LB	12
24	Peter Bean	RB/LB	12
25	Ethan Bell	WR/LB	10
26	Avery Branch	WR/DB	11
28	Bruce Perry	WR/DB	12
29	Anton Woody	RB/DB	11
32	Cameron Lynch	FB/DL	11
34	Austin Axelsen	WR/DB	12
37	Nicholas Suarez	FB/LB	12
40	Kendall Byrd	FB/LB	10
44	Carlos Ferrar	K	11
50	Trayvon Shorts	OL/LB	10
51	Channing Hames	OL/DL	11
52	Santoni Graham	FB/LB	12
53	Diego Cruz	OL/DL	10
54	Jerome Brooks	OL/LB	10
55	Michael Phelps	OL/DL	12
56	Ralph Azar	OL/DL	11
62	Zayn Bakir	OL/DL	10
64	Axel Nyembrue	OL/DL	9
65	Brian Adkins	OL/DL	10
66	Drew Tessier	OL/DL	12
70	Will Iacobucci	OL/DL	12
71	Justin Jones	OL/DL	11
72	Jay Jay McCargo	OL/DL	10
77	Tylar Thompson	OL/DL	11
80	Michael Li	WR/LB	12
84	Cameron Hopkins	WR/LB	12
85	Drew Simpson	WR/DB	11
88	Pete Ngyuen	WR/DB	12

Sat, 08/24/13	2:00PM	Away	@ McDonogh School
vs. McDonogh School		Loss	14-28
Sat, 08/31/13	2:00PM	Home	@ Bishop O'Connell High School
vs. Paul VI Catholic		Win	41-0
Sat, 09/07/13	2:00PM	Away	@ Bishop Ireton High School
vs. Bishop Ireton		Win	41-6
Fri, 09/13/13	3:30PM	Away	@ St. Christopher's School
vs. St. Christopher's School		Win	33-20
Sat, 09/21/13	2:00PM	LE Home	@ Bishop O'Connell High School
vs. Archbishop Carroll		Win	42-6
Sat, 09/28/13	2:00PM	LE Away	@ St. John's College High School
vs. St. John's			
Sat, 10/05/13	2:30PM	LE Away	@ Prince George's Sports & Learning Complex
vs. DeMatha			
Sat, 10/12/13	2:00PM	LE Home	@ Bishop O'Connell High School
vs. Gonzaga		recap	
Sat, 10/26/13	2:00PM	LE Home	@ Bishop O'Connell High School
vs. Good Counsel			
Sat, 11/02/13	2:00PM	LE Home	@ Bishop O'Connell High School
vs. Bishop McNamara			
Sat, 11/09/13	TBD	LE TBD	
WCAC Semi-Finals			
Sat, 11/16/13	TBD	LE TBD	@ U.S. Navy-Marine Corps Memorial Stadium
WCAC Championship Game			

Girls Tennis Serves Up Success

Mary Claire Shaffer
Staff Writer

The O'Connell girl's first tennis match resulted in a win against Good Counsel. It was a close match, only winning by two courts, but the Lady Knights were able to seize the victory. The Lady Tennis Knights came out strong this season and hopefully will continue this in their future matches.

"I was really excited to play and to support my teammates," said Mariel Cardenas. Those were her thoughts on the first match. With two freshmen joining the

team and six top players returning the Lady Knights are looking forward to a great season. The team will certainly continue to play tough. The team enjoys great chemistry and is always supportive of one another.

"We all are very supportive of one another. Even when we compete against each other at practice we always want one another to do well" said senior Annie Farrell.

The Lady Knights are energized after their win and are looking forward to the rest of the season. Home matches are played down the street at Bluemont so come out and support the Lady Tennis Knights.



Royalettes: Dancing Stars

Rose Montgomery
Editorials Editor

While most students were relaxing at the beach this summer, the Royalette Dance Team was busy winning awards and preparing for upcoming performances. The dancers won several honors at the Universal Dance Association summer camp this July. The team received first place for their Home Routine with a Blue Ribbon evaluation. This qualified them to attend the National Dance Team Championship in Orlando, FL. They have also qualified for Nationals. In addition, the team's individual routines earned them a Superior Trophy and a majority of blue ribbons. Several dancers also qualified to perform at the Macy's Thanksgiving Day Parade in New York City and the New Year's Day Parade in London, England.

The Royalettes have also been hard at work rehearsing for school events. Although eight seniors from last year's team graduated,

the current team is gearing up for a successful year. Royalette Dance Team member and officer Thalia Falcon says that the dancers are preparing for a season of impressive performances. The team has new routines that they are excited to perform. As an officer, Falcon is more involved with planning fundraisers and helping team members with routines.

She notes, "This year we are adding different workouts to our practices that will help us improve as a team."

So far, the dancers' hard work has paid off. They have already given enthusiastically charged performances at the Fall Pep Rally and the Varsity football game against PVI. Upcoming performances include home Varsity football games and the UDA Fairfax Dance Classic. The full performance schedule can be found on the Bishop O'Connell website.

Falcon encourages Royalette fans to show their pride, stating, "Hopefully we will see more RDT Fanshirts out there in the stands!"



Field Hockey Lady Knights off to Dominating Start

John Patterson
Staff Writer

The O'Connell Field Hockey Team is off to a scorching hot start this season with a 6-1 victory over George Mason. Noticeable this year is that the varsity squad is comprised entirely of seasoned veterans. The team's chemistry also goes a long way to help explain the team's recent success.

"We've all been playing together for 3 to 4 years, so the team is pretty close," says Forward Tori Adams. Being teammates for an entire high school career is certainly a key ingredient in the recipe for success. Along with being together for multiple seasons, this generation of field hockey girls is smaller, which means

every player gets more playing time.

"This year we have 17 girls; last year we had 25 or so!" explains Midfielder Emma Holleran. The lean and mean team is aiming to get a handsome win-loss record, currently at 2-1 featuring the aforementioned triumph and a 5-2 win at St. James. Last season the team got to the WCAC quarter-finals but is planning to surpass their previous record this year. The Junior Varsity Field Hockey team is also playing hard with two ties and a 4-1 win against St. James.

Home games are in short supply with only four left this season. Make sure to come out and see the dynamic Lady Knights in a Field Hockey extravaganza!





PATRICK SMITH/GETTY IMAGES

The Nationals honor victims of the Navy Yard Shooting with a moment of silent prayer, doffing their Navy caps in tribute

As Season Concludes, *Washington Post* Feature Reveals Spirituality of the Nationals

Shea North
Staff Writer

According to a recent feature in the *Washington Post* (September 27, 2013), as their season draws to a close, the Nationals find themselves more concerned with matters outside of stats and box scores. Locker-room chatter has turned to more serious discussions of spiritual matters as well as increased attendance at the team’s multi-denominational chapel. After a series of horrific shootings and national disasters several of the National players are finding solace by examining and renewing their faith in God. And sparked a spirited discussion in the process.

Pitcher Dan Haren was cited in the *Post* feature as realizing that he had been visiting the team chapel for all of the wrong reasons: consecutive losses, prayers for success- “mainly asking for stuff.” He stopped going when he realized that his motives weren’t pure; he also stopped out of respect for his teammates.

Although not associated with any particular church Adam LaRoche decided some time ago that everyone’s purpose in life was to spread God’s word; and when he made that discovery, “It put baseball and all that other stuff in perspective.”

LaRoche also spearheaded the effort to have a Faith Night at Nationals Park, following one game with a concert by Third day, a Christian rock band. After the concert, several Nationals players then shared their thoughts with the many remaining fans.

The only Mormon on the team, Bryce Harper has begun adding “Luke 1:37” to his autographs: “For with God, nothing shall be impossible.”

He struggled with his decision about whether or not he should go on the Mormon mission after high school but his mother told him that he could touch a lot more lives by being in the public eye and doing the right things, and living his faith. He realized he could tweet thoughts about God and receive numerous retreats, thereby spreading the word in his own way.

Several of the players have begun pointing up towards the sky after a great play, to show their thankfulness

and reverence, their belief that it is only through God’s will that all things are possible.

When they did begin to attend chapel more often, on-field tribulations were never discussed. They not only discussed the recent shootings but also the natural devastation that accompanied the recent wildfires in California and floods in Colorado. They talked about how hard it was to understand when bad things happened to good people; but with some of the more religious Nationals taking the lead in the discussion, they all took solace in the belief that everything happens for a reason, and that some things were simply beyond their power to understand completely. Although the players come from diverse religious traditions, Ian Desmond summed up the inclusive and ecumenical attitude of the clubhouse and club chapel as follows:

“It’s not always easy to say, ‘Hey, I’m a Christian; I’m a believer in God; I need to steer myself away from the sin of this world.’ But when you have a group of guys that you’re basically brothers with and one of them says it, it’s easier for everyone else to feel like, ‘Hey, yeah, I’m a Christian too.’ You’re not that lone duck out there. It’s a support group.”

Desmond acknowledged that the stereotype of a professional athlete doesn’t often focus on an excess of spirituality but he also values the opportunity he’s been given, and the platform he commands. He understands his responsibility to be a positive role model for today’s youth.

Craig Stammen enjoys the energy and open-mindedness of the discussions, which have moved beyond the chapel, into the locker room and on board the planes when they travel.

Because they also often take advantage of the chapels in the Visitor’s locker rooms, a growing number of National league teams have begun to notice and now many regard the Nationals as one of the most religious teams in the league; but they do not say this derisively or casually; they say it with a measure of respect and maybe even a touch of envy (quotes from Comack, Amanda “The Holy Spirit.” *The Washington Post*. 27 Sept. 2013. A1+A5).

Shooting at Navy Yard Shocks and Baffles Area

Hayley Metcalf
Staff Writer

Terror struck Washington D.C. Monday morning when a former Navy reservist and current private contractor killed twelve people. The shooting began at about eight A.M. Chaos and panic soon followed. Enforcement was quick to the scene and almost immediately the building was put on lockdown.

Police identified the shooter as Aaron Alexis who was working for a military subcontractor. According to witnesses, Alexis entered the building, using his identification as a contractor for entry, and shot two people. Alexis then began to shoot at innocent people eating

their breakfast in a first floor atrium area. Alexis fired from a perch a balcony on an upper floor. After many more shots were fired, policemen finally shot Alexis, killing him.

Three different weapons were found on Alexis, including an AR-15 assault rifle, a shotgun, and a semiautomatic pistol. Alexis had been charged earlier in 2011 in Fort Worth for illegally discharging a firearm in his apartment building. He was also once arrested in 2004 for firing shots at the tires on another man’s vehicle.

The motive of this young man, only 34, is still unclear. Police continue to search for a motive. The victim’s families and the nation mourn the losses of these innocent people.

Gunfire Erupts in Upscale Kenyan Mall

Jeff Phelps
Staff Writer

On a quiet day in a Kenyan mall in Nairobi, gunfire sent workers and customers into a spiral of chaos. Ten to fifteen gunmen attacked the mall, going from store to store taking hostages. The attack came without warning and in the middle of the day. Chaos erupted from the mall as terrorists stealthily moved about, disrupting the lives of hundreds of unsuspecting citizens.

The gunmen were later identified as members of the extremist group, Al-Shabaab. They are Jihadist extremists who perform monstrous acts of religious terrorism. The Terrorists were from several different nations and were not of any single race

but all were motivated by terrorism to commit this heinous event and massacre innocents

There are over 175 wounded and over 60 dead. Several victims were U.S citizens. The terrorists targeted non-Muslims and tried to go for Westerners



to kill or take hostages. The mall siege is the deadliest terror attack in Kenya since al Qaeda blew up the U.S. Embassy there in 1998, killing 213 people.

Thanks to the quick response of the Kenyan military, over 200 civilians were rescued as the terrorists were taken down. The

police have arrested over ten terrorists at airports and at the mall trying to flee the country. The fast response of the Kenyan government helped save lives and keep those inside from being further hurt.

Wildfires in California Destroy Homes and Land

Eli Gazala
Staff Writer

Wildfires have recently been ravaging California and elsewhere and driving many people from their homes. On September 8th, a wildfire ignited and grew to cover 800 acres in just a few hours. It began on the edge of Mount Diablo State Park, and spread rapidly. At this point the fire was just about 15 miles northeast of San Francisco. The cause of the fire is said to be from target shooting. Resident Pat Haley commented,

“A lot of people shoot guns up here. It was bound to happen sooner or later.”

Lisa Fernandez and Cheryl Hurd of NBC Bay Area reported that State authorities had ordered dozens of homes to be evacuated that Sunday night. The temperatures even reached triple digits. As of September 16th the fire had been fully doused and the Mount Diablo State Park reopened. Although no homes there were destroyed, the fire burned a massive total of 3,111 acres.

Contra Costa Fire District



spokesman, Robert Marshall, said “We didn’t lose any residential structures in this fire; and we got lucky, too.”

Fernandez and Hurd also reported that the fire cost an estimated

\$4.5 million. Although it is good to hear that no homes were destroyed, the damage was still monumental. The vast majority of wildfires in the United States

are caused by humans, and many can be prevented by following the park rules and being careful. So the next time you are out in the forest and are considering playing with fire, think twice!

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Gatorade: Chug it or Chuck it?

John Patterson
Staff Writer

Gatorade: Chugged by millions across the nation, it's a staple in the diet of many, and a poison to be avoided for others. Delve into the debate and see what there is to discover before taking your next sugary sip.

The typical 'Thirst Quencher' has two and a half servings per bottle.

in fact does not recommend Gatorade to her athletes. Claiming "Unless you're exercising for an hour to 90 minutes you're not losing enough electrolytes for Gatorade to be beneficial." She also pointed out that the amount of sugar in Gatorade can be bad for teeth.

What does Gatorade have to say for itself? Gatorade's official website explains "Athletes have different hydration and fuel needs and Gatorade



The double portion provides 75 mg of the electrolyte potassium, 2% of the recommended daily value. A bottle also packs 270 mg of Sodium, which is 11% of daily amount. In comparison, a typical banana contains 422 mg of Potassium, or 12% of the minimum daily requirement. In one to two hours the human body needs about 300 milligrams to replace the potassium it loses through perspiration.

Seasoned marathoner, newly titled Iron-Man triathlon finisher, and head cross country and track coach Cindy Walls

Thirst Quencher and low-calorie Gatorade G2 provide options to meet the needs of more athletes during more occasions. What's important is that during training or competition athletes need carbohydrate energy (calories) to fuel working muscles." The carbohydrates in Gatorade come primarily from the ingredient sucrose, commonly known as sugar. Gatorade also boasts that their product "hydrates better than water" The primary ingredient of the human body, however, is water.

A Beloved Character Remembered

Maggie Goldsmith
Editor-in-Chief

When the news of actor Cory Monteith's death broke, fans of the hit TV show *Glee* were left to question the fate of the show and of his character, Finn Hudson. Cory Monteith was loved by many for his moving performance of Finn and his amazing kindness. With the season debut coming on September 26, it is time to say goodbye to Cory Monteith.

Glee will honor Cory with a special tribute episode that will probably leave viewers and fans in tears. Fox network has not released any specific details about the plot. However, Fox did say the episode will take place in Lima, Ohio and will center around the death of Finn Hudson. The episode will begin with

the news of Cory's death and continue with the other characters on the show remembering and mourning Finn. The highly anticipated question as to the cause of Finn's death will not be revealed.

Glee star Matthew Morrison stated, "We've mourned Cory, but now we're mourning Finn. So it's kind of like two people in that one person. It's incredibly hard, and we're staying strong together, and I have to say, Lea [Michele] has been the strongest of all of us."

While all the cast members are struggling to move forward, the tribute episode will bring them comfort as a celebration of Finn's life. The episode has been eagerly anticipated as the fans say goodbye to Finn Hudson. The season premieres on the 26th at 9 pm.

There are tons of upcoming concerts in the Maryland, DC and Virginia area during the month of October. Get your tickets soon before they sell out!

- Selena Gomez October 10 – Patriot Center**
- Zac Brown Band October 13- Jiffy Lube Live**
- Jonas Brothers October 21- Filmore Silver Spring MD**
- Austin Mahone October 23 Filmore Silver Spring MD**
- 30H!3 October 24- Filmore Silver Spring MD**
- Passion Pit October 31- Patriot Center**
- Krewella November 2- Echostage DC**
- Paramore November 9- Patriot Center**



Timberlake Delights at the VMA Awards

Hayley Metcalf
Staff Writer

Thousands of unsuspecting viewers were not prepared for the history witnessed when they tuned in to the Video Music Awards on August 25th. What most thought would be an enjoyable awards show turned into an experience of a lifetime. Justin Timberlake treated the audience to a stellar performance lasting about fifteen minutes.

Performing some of his hit songs including "Mirrors," "Sexyback," "Senorita," "Rock Your Body," and many more, Timberlake sang and danced before an enormous and enthusiastic audience of fans.

Senior Shea North commented, "I was paralyzed by his sheer talent."

Cameras scanning the crowd showed countless viewers, including Taylor Swift and Selena Gomez, singing along to some of the songs they grew up with. The performance proceeded for so

long that after numerous scene changes, it was hard to know if it had ended or not. Several times throughout the lengthy performance, the crowd erupted in cheers.

Timberlake surprised all when four shadows arose around his solitary figure. The screams of teenage girls resounded. It took some time for people to realize what had just occurred. It was actually happening. N'Sync was reuniting right before the viewer's eyes. Briefly singing hits "Bye, Bye, Bye" and "Girlfriend", N'Sync left the audience overwhelmed by their spectacular performance.

Whatever Timberlake hit is your favorite, the viewers can all agree that he gave them the performance of a lifetime. In spite of many outlandish and peculiar performances, including a bizarre performance by Miley Cyrus, Timberlake stole the show and upstaged every other musician. His performance, and the reunion of the 90's boy band N'Sync, will go down in VMA history.

The 2013 Emmy Awards

Caroline Boras
Staff Writer

17.6 million people tuned in to watch the unpredictable 65th Emmy Awards. Bryan Cranston, famous for his role as Walter White on AMC's *Breaking Bad*, lost the Emmy for Outstanding Lead Actor in a Drama to *The Newsroom*'s Jeff Daniels. Other upsets came from the Outstanding Supporting Actress in a Comedy category: Sofia Vergara of *Modern Family* lost to actress Merritt Wever of *Nurse Jackie*.

Wever provided the most entertaining speech of the night: "Thank you so very much. Um, I gotta go. Bye!"

Not all choices were shocking. *Breaking Bad* and *Modern Family* won for Outstanding Drama Series and Outstanding Comedy Series, respectively. Three-time Emmy winner Jim Parsons won Outstanding Lead Actor in a Comedy Series for his role as Sheldon Cooper on *The Big Bang Theory*. Claire Danes was awarded Outstanding Lead Actress in a Drama Series for the second year in a row. HBO's *Behind the Candelabra* won two major Emmys: Outstanding Movie or Miniseries and Outstanding Lead Actor in a Movie or Miniseries (Michael Douglas). *Veep*'s Julia Louis-Dreyfus won

Outstanding Lead Actress in a Comedy. NBC's singing competition, *The Voice*, won the Emmy for Outstanding Reality Competition. Laura Linney was awarded the Emmy for Outstanding Lead Actress in a Miniseries or Movie for her role as Cathy Jamison in *The Big C: Hereafter*.

How I Met Your Mother's Neil Patrick Harris hosted the event. He was new to this role and raised the viewer numbers, but there were also some drawbacks to his performance. While his middle of the show song and dance number was funny, his opening monologue, which included cameos by past hosts such as Conan O'Brian, Jane Lynch, Jimmy Kimmel, and Jimmy Fallon, was relatively forgettable. Senior Jessie Auclair called the opening bit "cheezy," but loved how Harris was upbeat and full of energy the entire show.

Will Ferrell graced the stage to present the last awards, accompanied by his three children and totally under-dressed. Between presentations, he scolded his children for not sharing their iPad and for not going to the bathroom when they were backstage. It was a highly entertaining way to end a somewhat forgettable show.

The Red Carpet

Amelia Lucas
Staff Writer

Before the annual Emmy Awards on September 22 began, the main entertainment on the red carpet proved to be the fashion choices of the attending stars.

O'Connell senior Caroline Boras says that she enjoys watching the red carpet coverage before the ceremony because "it gets me excited for the show, and I love seeing all of the dresses."

The most obvious trends of the night were the choice of bright jewel-tone gowns and feminine peach dresses. The majority of the actresses favored simple strapless dresses, but several chose long-sleeved, dramatic gowns.

The Best and Worst Dressed Lists always vary, depending on the opinion of each individual, but few stars wore controversial dresses this year. *Scandal* actress and Emmy nominee Kerry Washington, after being named World's Best Dressed by *People* magazine, stunned in a peach Marchesa with floral appliques. Claire Danes and Zooey Deschanel also wore pastel dresses.

O'Connell senior Alana McGovern commented, "I liked the idea of Claire Danes's dress, but I thought the neckline was scandalous. It was very elegant, though."

Tina Fey and *Girls* actress Allison Williams both wore simple, flattering cobalt blue dresses. *Girls* creator and actress Lena Dunham wore a green Prada gown, which added too much volume to her frame and featured a loud floral print. Teenaged Kiernan Shipka of *Mad Men* fame also chose a dress with a floral print, but hers was both age-appropriate and fun.

Other members of the universal Worst Dressed List include Connie Britton in a Naeem Khan velvet dress, Heidi Klum in a Versace dress with awkward detailing around the neck, and Julianne Hough in a sheer Jenny Packham gown.

The red carpet coverage of the Emmy Awards turned out to foreshadow the events of the ceremony itself, with some surprising losses, from red carpet veterans such as Heidi Klum, and some expected victories, like that of Kerry Washington.



Kerry Washington (left) in Marchesa, Lena Dunham (right) in Prada



Will Ferrell made the Emmy Awards a family affair as he presented the final award of the night.