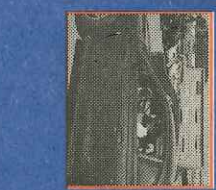




THE RACCLE

3 COOL IDEAS TO CHASE AWAY BOREDOM
7 2001 NFL PREVIEW



2 NEW LAWS
PUT BRAKES ON TEENAGE DRIVING

WEST SPRINGFIELD HIGH SCHOOL 6100 ROLLING ROAD SPRINGFIELD, VIRGINIA 22152

At WS, Aiken's a freshman, too

By Roberto Garcia
Oracle Editor

Nearly 600 freshmen walked through the doors of WS for the first time on September 4. Along with them was a slightly older, more experienced freshman.

Her name is Brenda Aiken, and she's WS's newest Assistant Principal. In charge of the class of 2005, Aiken is replacing Dr. Bart Kramer, who left WS after four years to pursue a career as a police officer.

"We were sad to see Dr. Kramer go, but we're glad to have Mrs. Aiken on board with us," said senior administrator Joan Galdi.

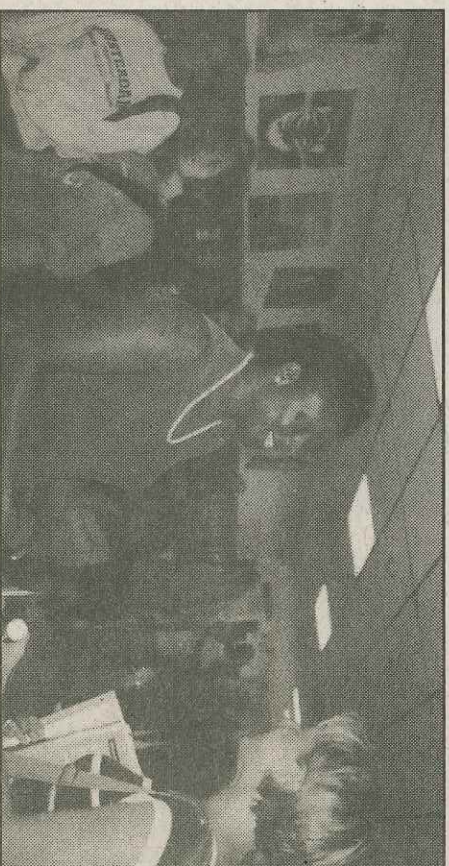
Aiken, originally from the Bronx, New York, got her Bachelor's degree in

biology from Fordham University. During the next 15 years, she taught biology in South Carolina, Maryland and more recently at Annandale High School.

There she assumed a leadership position among her fellow teachers, serving as the school's director of the International General Certificate of Secondary Education (IGCSE), a program similar to Advanced Placement or International Baccalaureate, but for freshmen and sophomores.

"I've always found myself to be in a lead position among teachers," said Aiken. "Becoming an administrator just seemed like the next logical step."

After deciding to become an administrator, Aiken began doing research on local schools and was impressed by WS's reputation, as well as



Assistant Principal Brenda Aiken talks with senior Allison Byers during the first week of school.
Maggie Atteberry

that of Principal David Smith.

"I had heard from several sources that Dr. Smith was an excellent person to train under," said Aiken. "Plus the staff seems to be very solid and grounded, the school has a stable population, and its SOL scores are outstanding."

Another aspect of WS that was of interest for Aiken was the difference in demographics at Annandale and WS.

"The types of cultures you see at these two schools vary immensely," said Aiken.

"It's a wonderful opportunity for me to get to work with so many different types of students."

According to Aiken, she has a genuine desire to help students realize their potential in order to achieve their goals. Furthermore, she believes that because she's new to WS she will be able to relate to her freshmen class.

"We're all new guys on the team," said Aiken. "Hopefully we'll be able to grow and learn together."



Maggie Atteberry

Parking on school grounds is one senior privilege.

Seniors take time to leave early

By Jen Berne
Weekend Editor

After having to deal with shuffling through crowded hallways on afternoons for three years, members of the Class of 2002 will now get to leave three minutes early from their last period class on Friday afternoons.

This is only one of this year's senior class privileges. Among the others are parking on school grounds and a three minute early dismissal from classes and assemblies.

Last spring, senior Lucy Hutchinson took the initiative and researched all reasonable senior privileges. She then compiled a list that she thought Principal David Smith would consider.

"Many of us had the idea to approach Dr. Smith and ask him for senior privileges," said Hutchinson. "I simply took the responsibility to make it all happen."

Senior class sponsors Ann Lam and Liz Graf helped Hutchinson. They put together a list of other ideas and asked Smith to consider if these privileges, which have been enacted at other local high schools, would be appropriate for the seniors at WS.

"I think what impressed Dr. Smith was how well-researched and how well-prepared our approach to him was," said Graf.

With organization and successful tactics, the Class of 2002 was able to acquire these selected privileges.

"It's nice to have the advantages that come with being a senior," said senior Chris Wood. "It's really nice because last year's seniors didn't have any privileges."

The seniors will be able to retain their new privileges if they behave properly and respect them.

Parents gain online access Students' grades, attendance and more now available via the Internet

By Erika Kim
Inside Story Editor

This is the first year that access to the FCPS ParentCONNECTxp web site will be available to the parents of WS students. This application allows parents to view their child's school information via the internet. "I think it's a good idea because parents can get help for their kids if they find that they are having trouble," said sophomore Hilary Heincer.

Once registered, the web site allows parents to view their child's attendance, class schedule, course history, prior quarter grades, and demographic information.

A parent can also be notified of a child's tardy or unexcused absence from class. The website has the capability to send an alert to the parent's e-mail account if the parent chooses.

"I guess for the parents it's good so they keep up with how we're doing, but I don't think it's fair for the students," said junior Lydia Jo.

To gain access to a child's information, the parent must first register and apply for an account at <http://parentconnectxp.com>.

Gibson accused of improper recruiting

By Laura Robinson
Managing Editor

Principals and athletic directors from 28 schools will determine whether WS basketball coach Bill Gibson should be subject to an investigation for illegal player recruiting at an upcoming Northern Regional Council meeting.

The gathering was triggered by allegations made by W.T. Woodson High School Activities Director Tom Casey that Gibson has encouraged players to transfer schools, which is a violation of Virginia High School League's "proselytizing rule."

In an interview with the *Fairfax Journal*, Casey said, "You don't have to be a rocket scientist to figure it out. What I think is that there is some enticing going on."

Principal David Smith claims he talked "extensively" to Gibson and the parents of the four players involved and said, "I honestly feel that Coach Gibson knows better than to go out and recruit. He doesn't have to anyway because we have such a strong program, and we're a good school."



Yearbook photo

Gibson comforts Naquicia Harper at a varsity game.

Gibson maintains his innocence, and claims that the media attention has already tarnished the team's reputation.

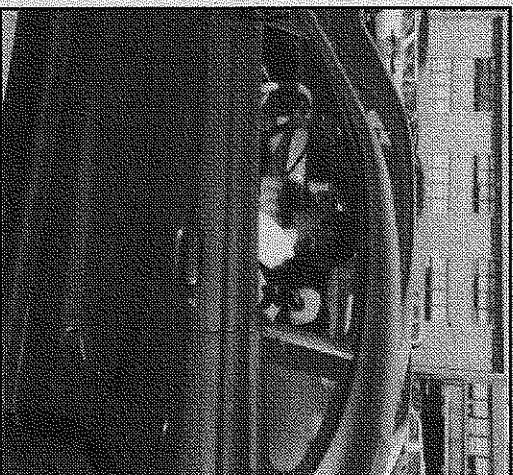
"It hasn't been established whether there will be an investigation yet," Gibson said. "With *The Journal* reporting about this on the front page, the sports page and everyone else covering it, 70 percent of the readers will think I'm guilty, and I haven't done anything."

New driving laws crash and burn

Everyone has that one lucky friend who is blessed with a shiny new car for his or her 16th birthday. But it looks like that car is going to have to sit in the garage for at least three months before he or she can drive it. Sixteen is supposed to be one of those milestone birthdays - you can finally drive. Those days are gone. The new Virginia driving laws prevent kids from getting their licenses for at least three months after they turn 16. After all, everyone knows that a 16 1/4-year-old is entirely more responsible than a mere 16-year-old.

If three months makes such a difference in the maturity level of a young driver, one can only imagine the difference that six months must make! Instead of the traditional 15 years, one must now be 15 1/2 years of age to obtain a learner's permit in the state of Virginia. Additionally, a driver with his learner's permit may not have more than one passenger under age 18. With two "underage" kids in the car, who knows what crazy things the new driver might do...even though his mom is in the car with him.

All this must be pretty bad news for the freshmen class. But things are not looking good for the upperclassmen either. Due to the new laws, a 16-year-old may not carry more than one passenger under 18, and a 17-year-old cannot have more than three non-adult passengers riding with him. These new laws are supposedly intended to protect unexperienced teen drivers, however, the restrictions are based on age, not experience. The laws imply that a 16-year-old who has held his license for 10 months is a larger threat than a 17-year-old who has only



Senior Meggie Godish and junior Chris Watson drive in the school parking lot.

Sepamie Morris

had his license for one month. And 18-year-olds, who are legally considered adults, face no restrictions, regardless of experience.

Another of the new driving laws establishes a curfew for teen drivers; those under 18 may not drive between the hours of midnight and four in the morning unless traveling to or from work or a school-sponsored event or in an emergency. Of course, you can also drive during these hours if accompanied by an adult, although the law stipulates that the adult "must be coherent and capable of assisting the juvenile." This means if you have an intoxicated parent in need of a ride, he better look elsewhere.

Of course, if a police officer were to pull someone over, how would he know whether the underage driver was actually coming home from work as he claimed? Is he going to call the teenager's employer at two o'clock in the morning to check? Will the teenager be required to furnish proof of his whereabouts? Not likely. The law is nearly impossible to enforce.

Editorial

The good news is that the passenger limitation and curfew laws are secondary laws. This means that a cop can't pull people over solely because they are in violation of one of these laws. The driver has to be doing something else wrong first (i.e. speeding) before he can be cited as violating either the curfew or passenger limitation law. So essentially, for licensed drivers, the new laws don't have a very large impact. As long as we remember not to speed or commit any other driving offenses, the new laws shouldn't have us too worried.

Small word creates big controversy Jennifer Lopez takes heat for her new song

By Heidi Sifitgoi
Entertainment Assistant

Uh, oh. A popular artist used the "n" word in a song. She better watch out because it seems as if the world isn't quite ready for self-expression yet.

Jennifer Lopez uses the "n word" in the remix of her hit single "I'm Real." Ja Rule is featured on the track, and together they sing about how good it is to be real and have your significant other be down to earth as well.

When J-Lo brings up the word, it is in the last verse of the song. Why is this so shocking when one of the first few words out of Ja Rule's mouth is similar? And later in the song he brings it up again before J-Lo. But he's not getting any heat about it. If you actually take time to listen to the whole song, it is obvious both artists are upset about people not appreciating them for who they are. It's not as if this were a happy little song about a loving community and then all of a sudden a nasty word came out of J-Lo's mouth.

Some may argue the fact that since J-Lo is such a big celebrity she is expected to be a good role model for the younger generation. But, did she ever ask to be named that? She is as normal as anybody walking down the street, and she has a right to express what is on her mind just as much as anybody else does. The critics who don't agree with her should let her express herself and find

something better for themselves to do.

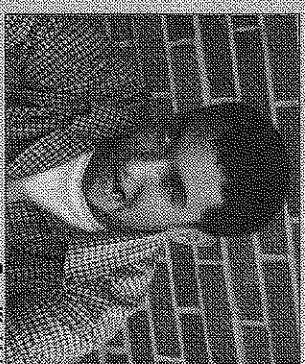
I also know that when I turn on 95.5 I know I am in for a preview of every bad word in the book and then some. But nobody is sweating over rappers who use profanity in every other line. Is it just because Jennifer Lopez is normally played on the top 40 radio stations that attract a younger crowd? Call me crazy, but that certainly doesn't seem fair.

Let me also say that the word "n word" has lost some of its shock value over the years, along with many other words. In a nation that has gone through everything, bad words just don't seem all that terrible to people anymore. Everybody is used to them, and to many they are just like any other word. Sad to say, but it's true.

Sorry critics, but it is no longer the 1950's. You don't have to dwell on every little word or action exposed to the public. It's 2001, a time to be heard. That's all J-Lo wants to do. After all, she is real.

Sorry critics, but it is no longer the 1950's. You don't have to dwell on every little word or action exposed to the public.

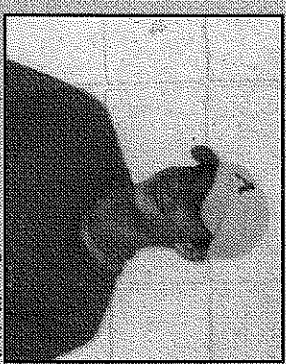
Spartan Spotlight What was your favorite summer flick?



Russ Waddell

"Rush Hour II." It was a hilarious action comedy."

—Dan Work, 11



Russ Waddell

"Fast and Furious." It gave me a new perspective on those import cars."

—Ryan Kertis, 11



Russ Waddell

"Princess Diaries." I got a kick out of it. It was a happy movie."

—Amanda Eccles, 12



Russ Waddell

"Mummy Returns" was extremely hilarious."

—Lauren Reidler, 11

—Compiled by Russ Waddell

THE ORACLE

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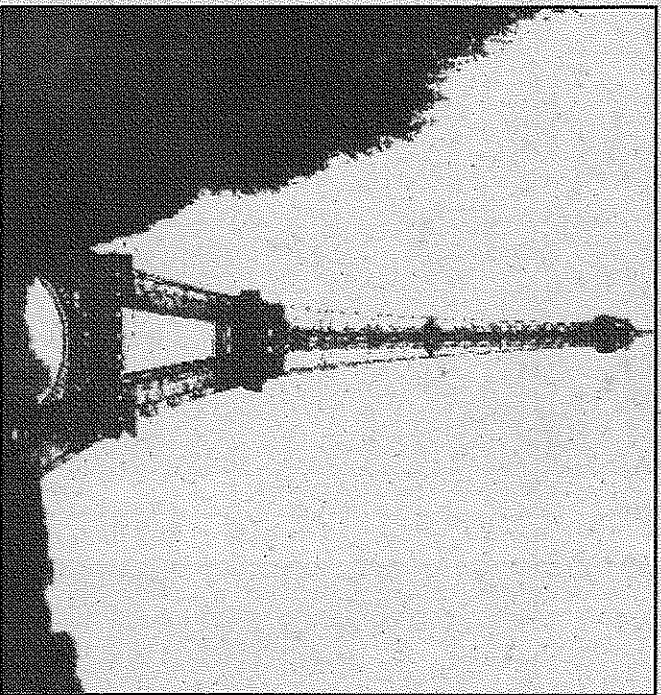
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West Springfield High School

WS students spend the summer around the globe



While touring South France, Nick Wajda visits many famous sites. One of his favorites was the Eiffel Tower.

How to rake in the big bucks for college costs

By Priyanka Tandon
News Editor

Annual income, available assets, and federal tax information are only a few of the confusing blanks that need to be filled by students applying for financial aid every year.

Every year the U.S. Department of Education allots 42 billion dollars for students to go to college.

However, most of this money goes unused because many students do not apply or do not know how to apply.

"In this area a lot of parents make too much money to qualify for aid," said senior Alex Wajda.

Aid comes in the form of grants, work-study and loans. Grants don't need to be paid back. Work-study allows students to

earn money for their education, and loans permit students to borrow money that must be repaid.

Aid can be applied for by filling out a free Application for Federal Student Aid (FAFSA).

The form can be downloaded at www.fafsa.ed.gov and can be sent electronically by downloading FAFSA Express software at www.ed.gov/offices/OPE/express.html. This is a recent change to the college aid process.

"FAFSA should be filled out and sent in January or February of a student's senior year," said Dale McKinny of FAFSA general information assistance.

Financial need is easily determined by taking the Family Contribution (FC) and subtracting it from the students'

By Mike Araj
Business/Systems Editor

The waves of the ocean, the excitement of visiting a foreign country, and excitement over new cultural experiences were among the many feelings shared by students that enjoyed overseas summer vacations.

"I was surprised that sodas can cost from \$1.50 to eight dollars," said junior Nick Wajda, who went on a group trip to France this summer.

The group, formed by WS French teacher Joelle Torreele, went to France near the end of June and returned in early July after two weeks in the country.

Students and teachers visited places including Nice, Paris, Avignon, and the French Riviera.

"[My favorite part was] the Eiffel Tower because I always saw people in movies up on it."

said Wajda. "I always wanted to go up myself."

Other favorites on the trip included the Louvre, famous for housing the *Mona Lisa*, and Notre Dame, as well as many ancient Roman ruins.

However, some thought that many of the churches that were visited started to get repetitive. Despite this, most of the group enjoyed the trip.

"It was interesting to see all the different people and how they dress," said Wajda.

Some were even surprised to discover that many of the people

"I was surprised that sodas can cost from \$1.50 to eight dollars."
—junior Nick Wajda

they encountered in the country spoke English.

However, many others did not experience as much of a culture shock, as all of the students who went on the trip had been enrolled in French classes.

However, France wasn't the only country students visited over the summer. Junior Jeff Day was one of many to go to Ghana on a mission trip with his church. Senior Lisa Dougan also visited Ghana.

"I enjoyed it a lot because we helped a lot orphans," said Day. The group lost a day and a half on their trip due to airline problems. Despite this, many would go again if they had the opportunity to help again.

Day said, "[I would go again] because it is a great opportunity to go out in the world and share good news."

1. People don't file a Financial Aid Form because they think they won't qualify.

2. Mathematical errors. The government's computers do not correct people's math when they make a mistake.

3. Omissions and incorrect answers. Not answering and incorrect answers can eliminate people's eligibility to receive aid.

4. Misinterpreting. The forms are very complicated and confusing.

5. Filing too early. Filing before January 1st can result in people's application being rejected.

7. Filing too late. The longer people wait after January 1st, the less aid they are likely to receive.

8. Old information. The financial aid rules and regulations change yearly.

9. Relying on advice from non-experts. Guidance counselors, CPAs, financial planners, friends, etc. are often non-qualified financial experts.

10. Mistakes by government and college financial aid form processors can often lead to major problems.

—Compiled by Priyanka Tandon

Top 10 financial aid problems

cost of college.

"Lowering a student's FC is crucial," said Tony Boyd of College Financial Aid Service (CFAS), Inc. "The amount of aid increases as the FC is lowered."

CFAS is one of many companies that charge a fee for

helping students fill out their FAFSA and determine how much aid they can receive.

"We provide a valuable service for students," said Boyd.

Not only do we help fill out forms, but we negotiate with colleges for more aid."

Although most students file a FAFSA, some have even more important and necessary concerns.

"I am more focused on getting into college," said senior Lauren Cirino, "than on how I am going to pay for it."

A writer's quest for weekend adventure

By Emily Morris
Features Editor

It only took a few days of summer vacation for me to realize that going to Starbucks was not only expensive, but my friends and I had nothing to talk about. That was when my crusade for fun and unusual activities to do on the weekends started.

I had done the usual, and it was boring. Suddenly, hanging out in someone's basement, going to the mall, or going to a movie seemed very mundane. I needed something 'spicy' to add flavor to my summer and weekends. Here are a few of the odd things my friends and I dreamed up.

One Saturday night, my friends and I decided to 'fork' somebody's yard. We went to the Dollar Store and bought over 100 plastic forks and Post-It notes for \$2.09. Then later that night we went to someone's house and stuck the forks in their yard. We attached the Post-Its with funny messages written on them to some of the forks.

Forking is the exact opposite of toilet-papering. It is easy to clean up and parents

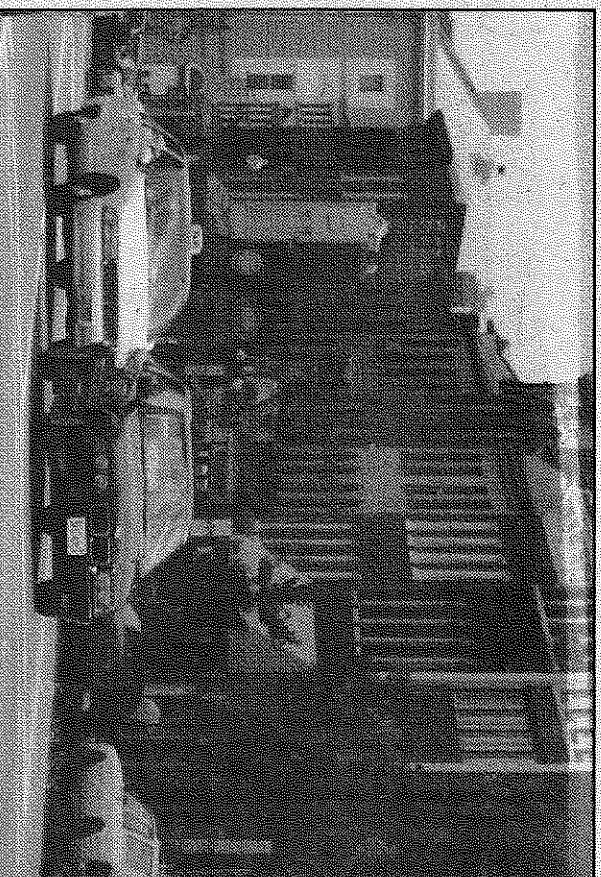
do not mind it as much as TP'ing. I even had one mom come up to me and tell me that she thought it was a cute idea and got a laugh out of it. But forking can only be done at night so I needed something to keep me busy during the day.

At first putt-putt was a good evening activity. Mid-Atlantic Golf center was close, inexpensive and had challenging holes. But too many people found out about it.

Instead of golfing we stood around waiting for our turn, listening in on other people's conversations and laughing at them. But then, interesting people stopped going putt-putt and the experience was just plain dull.

About a week later, we were sitting at my house, complaining and whining that we had nothing to do. I glanced up and saw my dad's video camera sitting on the table across from me. So my friend and I got into my car and drove off with a video camera in hand.

At first we were just cruising around Springfield filming the crazy drivers. Not long after, we were driving past Wal-Mart. The light bulb went off over both of our



Georgetown offers a wide array of restaurants and other activities for weekend adventurers. *Bree Virostko*

heads at the same time. Soon we were parked at Wal-Mart and walking to the doors with video camera in hand. We were not bothering any customers, just filming some of the crazy stuff that is available for purchase. There were clothes that had been made in sweat shops by seven-year-olds.

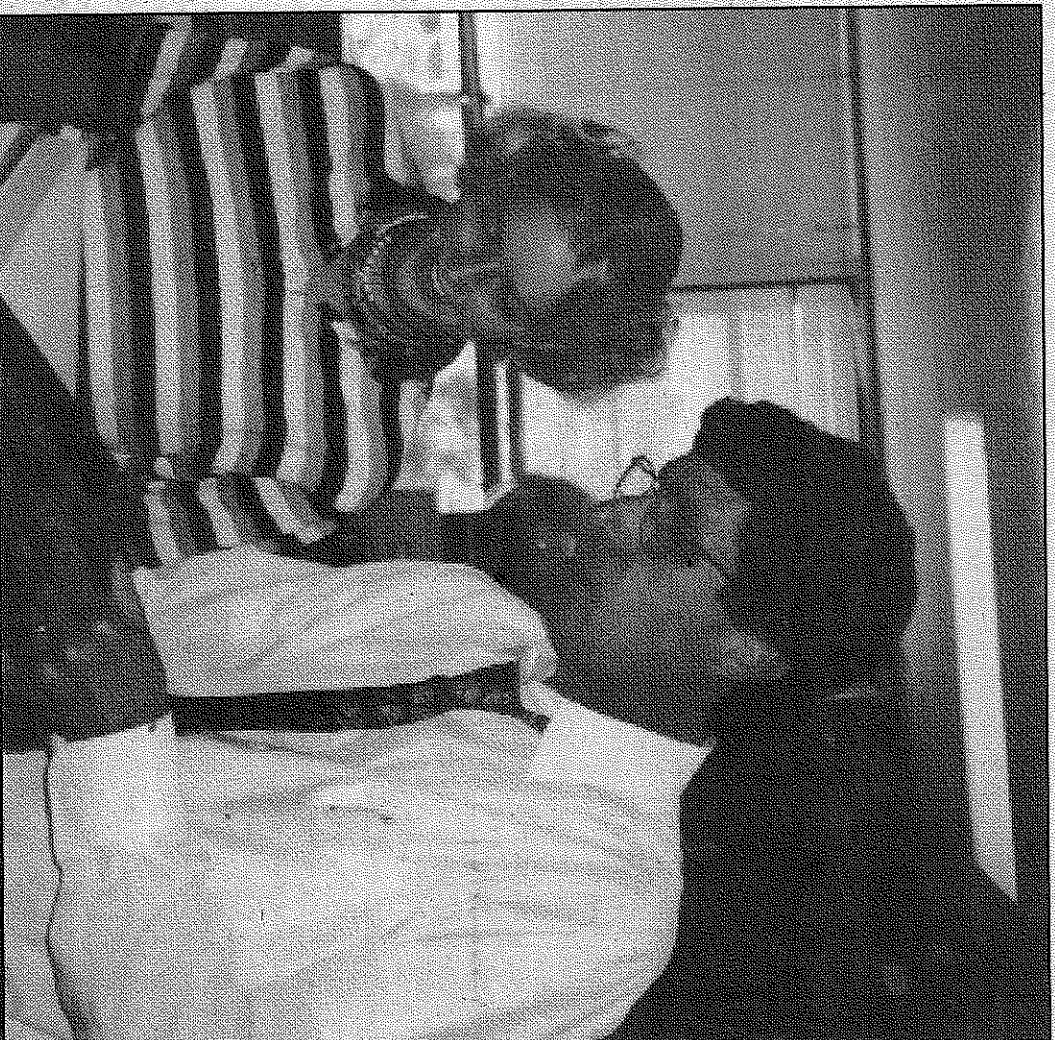
A few of the customers waved and said hi to the camera. Some kids started following the hula-hoops and basketballs in the toy department. At Wal-Mart the possibilities are endless.

Then we noticed two official-looking people behind us, so we picked up our pace. So did the managers. They finally caught us, told us that we needed to shut off the camera and please leave. In the parking lot we made a big deal out of it. The people around us disagreed on whether we should have been kicked out or allowed to stay in Wal-Mart. One older couple said that we were probably high, which was NOT true. So if there is ever a night when there is nothing to do, just think of all the crazy fun you can have with forks, putt-putt, and at Wal-Mart.

Wanna survive? Some good advice...

TAKE IT OR LEAVE IT

Words of wisdom at WS



Junior Lauren Einder discusses her homework, rationally, with her teacher Len Maggione during lunch.

Jennifer Somacco

JUST NOD AND SAY 'YES'

We've all been through it and if you haven't, there's something seriously wrong with you. I guarantee that your personality will conflict at some point with a teacher during your four years at WS.

Some of us call them mere "disagreements." Others call them "arguments." And still others refer to them as a "sharing of opinions." But to most of us, a conflict of interests with your teacher can result in a fiery display of temperaments.

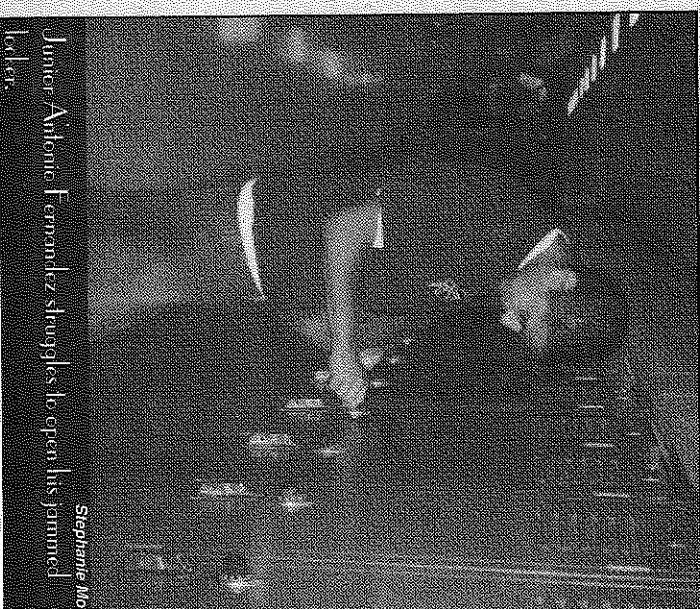
Certain students tend to involve themselves more often than others in these small battles, while others do whatever they can to avoid conflict.

My advice...

Just nod your head and say "yes." Sure, there will be times when it is completely appropriate to voice your opinion. And sure, there are times when the teacher is out of line. But 99 percent of the time, it doesn't matter. You'll be better off brushing your differences aside.

I'm certainly not advising you to "suck up," although there are times when that is entirely appropriate. I'm simply telling you, there are bigger battles to wage in life.

—Mark Burton



Junior Antonio Fernandez struggles to open his jammed locker.

Stephanie Aho

ALL JAMMED UP

It may be the most frustrating minor detail of high school lives. In the scheme of things, it really doesn't matter like most things in high school, but sure can ruin a day.

That's right. I'm talking about the locker jam, a horrific event that keeps you from your important class materials and maybe even your lunch.

My advice...

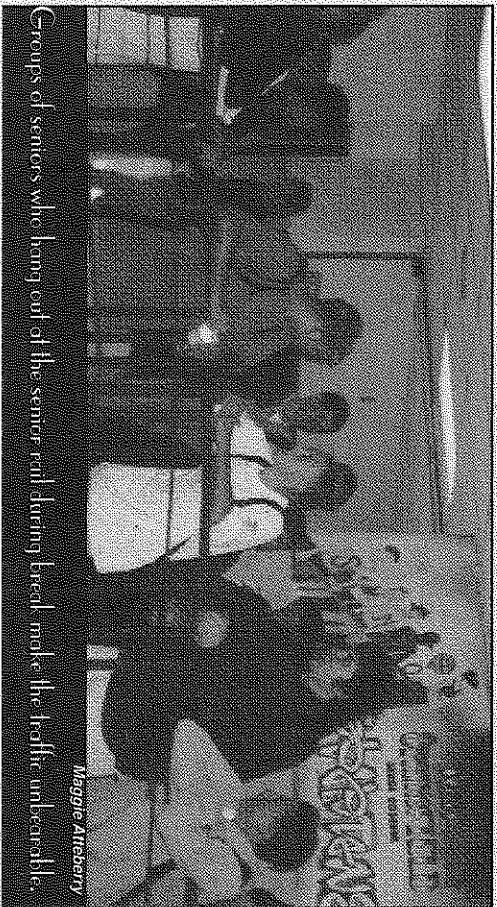
Close your locker carefully, keeping all it away from the outer edge of the locker. This does sound hard to do, but when you're in a rush it's too late to make the appropriate check. So if by chance you forget to check and the jam does occur...take a deep breath, close your mouth so the french words remain inside, and mosey your way down to the front office to fill out a locker jam report.

"It's happened to me a couple of times, but janitors usually fix it pretty fast. It's nothing to sweat over," said sophomore Stephen Kalletta.

Listen to Stephen. It really isn't something to sweat over. And by the way, don't listen to the administration about sharing lockers. I did it for years and didn't have one problem.

—Mark Burton

5400
APPROXIMATELY
THE NUMBER OF
SCHOOL DAY
HOURS SPENT AT
WS OVER FOUR
YEARS.



Groups of seniors who hang out at the senior rail during break make the traffic unbearable.

Maggie Atteberry

IT'S A JUNGLE OUT THERE

It is funny sometimes to point and laugh at freshmen when they roam somewhere where they are not always welcome. However, we decided this year to help out our underclassmen with a few friendly tips on places to avoid and also the coolest hangouts.

If you are smart you will avoid...

—Senior Rail (aka Hollywood and Vine). It is crowded and the seniors tend not to let underclassmen pass by...Road Block!

—The bathroom near the Sports Lobby (as hard as everyone tries to keep it clean, this place is far beyond repair).

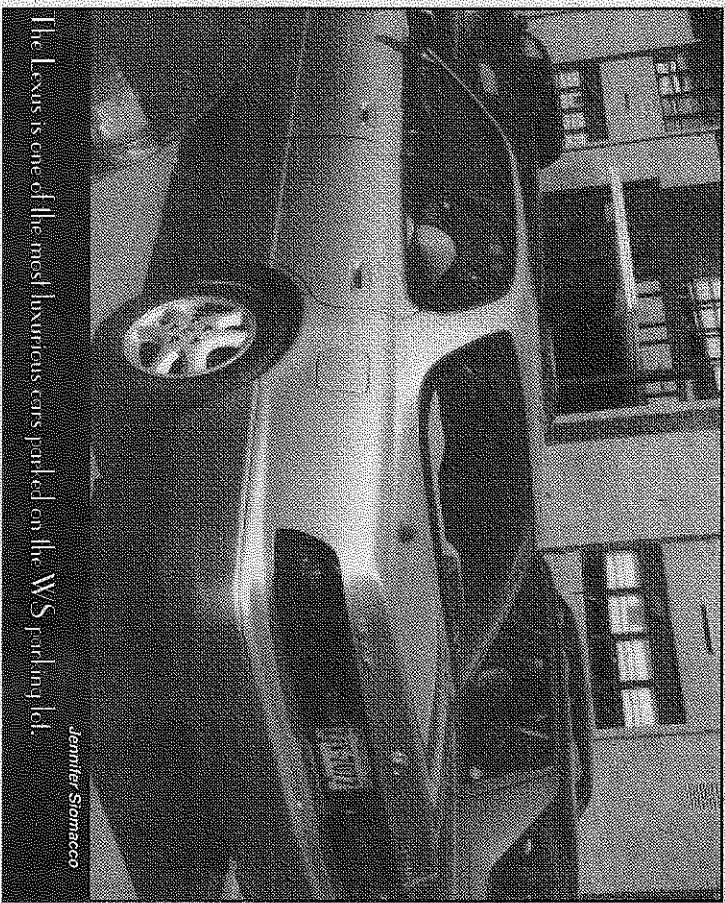
Hot Spots...

—Sports Lobby. The bands play there during lunch.

—The pool on the third floor (keys will be distributed at the Rail by the seniors).

Hope this helps all the freshmen!

—Emily Miller



The Lexus is one of the most luxurious cars parked on the WS parking lot.

Jennifer Stansico

SWEET CAR, MAN

Take a look out at the parking lot when you get a chance. Make note of the Mercedes, Lexus, Infiniti, Volvo, Ford Explorer, Jeep Wrangler, and Toyota Forerunner. They're beautiful cars, but here's a little secret: The Corolla, Camry, '93 Civic, and minivan get you where you need to be just as well as the "high-class" vehicles.

My advice...

Just get a car, any kind of car, because, while not essential, it makes a big difference in your high school life. It's a vehicle of freedom. Freedom to leave school whenever you desire and freedom to go anywhere you wish on the weekends.

—Mark Burton

SECURITY: OUT TO GET YOU?

If you haven't figured it out yet, let me enlighten you; the security staff of WS does not trust the student body. From skipping to smoking, the administrators are always trying to catch us red-handed.

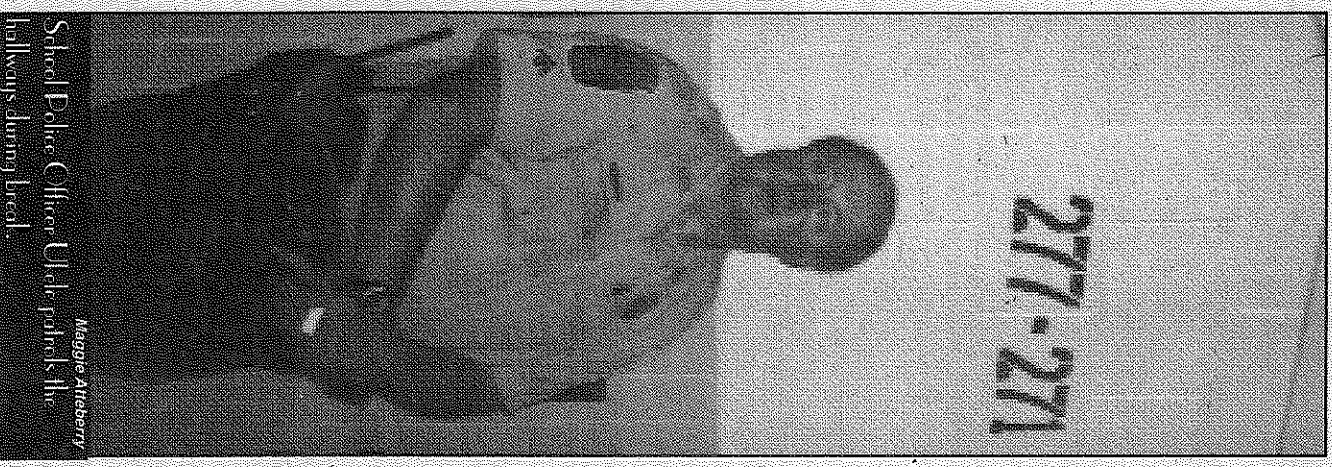
Every year they find new ways to catch us in the act, but some of the old standbys remain. Staff members sit in classrooms upstairs, scanning the parking lot with binoculars for violators. The "golf cart patrol" puts around the parking lot, trying to head us off at the pass. Let's not forget the hall sweeps and herding us like inmates (or cattle) during lunch.

The question is: If we are old enough to drive, and some of us even to vote, then wouldn't we be mature enough to make our own decisions? My advice...

Be a good student and work hard.

But do not be sheep! Have your own opinions. Be "creative" with rules you don't agree with. It's your life and before you know it, you will be old, overworked, and underpaid. Consider the consequences; if it's worth it (which it usually is), then go for it!

—Emily Miller



School Police Officer Uchle patrols the hallways during break.

Maggie Atteberry

6,189

AMOUNT OF
DOLLARS SPENT
ON EACH
STUDENT TO ATTEND
PUBLIC SCHOOL

Escape to Assateague

By JD Kaleem
Business/Systems Assistant

Many activities filled this past summer, and there was nothing better to do than have fun by going camping with family and friends. I recently took a trip to Assateague Island and had experiences with some of his good and bad experiences with us. For more information on Assateague Island, you can visit www.assateague.com.

9:00 AM: I wake up to leave for the campsite, although I have to pack first. Of course, I will include all the basic items: clothes, toiletries, a tent, sleeping bag, bike, food, umbrellas, pillows, air mattress (the ground is rough and bumpy without it), and blankets. Oh wait, I can't forget the bug spray. It is time to head off to the jungle!

11:00 AM: Finally! We are here! Assateague Island is beautiful, and there is a myriad of activities to do: fishing, horseback riding, hiking, biking, swimming, canoeing, bird watching, and hunting.

11:30 AM: Breakfast! Canned beef soup in a large pot; it is not the ideal meal, but it is fast and fills me up.

12:00 PM: The sighting of a Tricolored Heron entices me to the lake area, so I think I will take a swim. The water sure is cold!

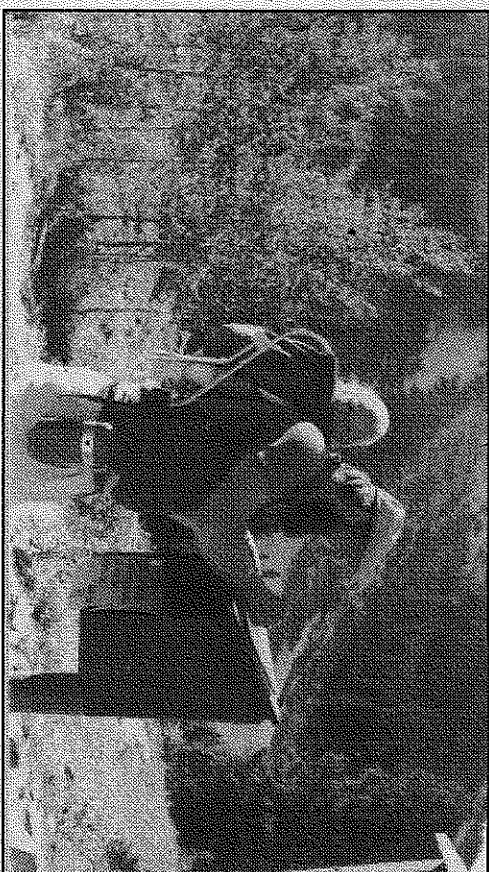
1:15 PM: It is hot outside! It is the part of the day when the sun is blazing right over you. It is a time to relax, enjoy some social time with friends, and enjoy the beauty of Assateague Island.

2:00 PM: After that good rest, I have decided to get my body back into action by taking a trip to the Woodland Trail for a hike. The woodland trail is in the

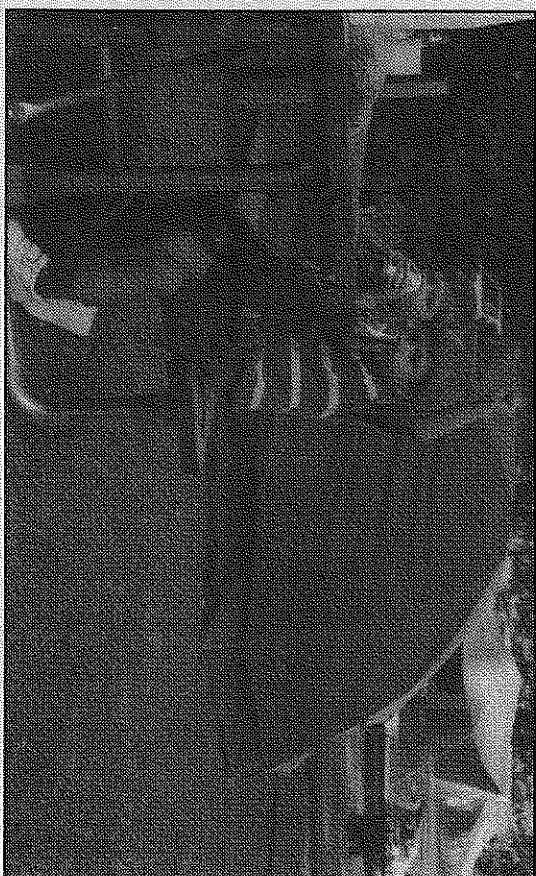
southern part of the island, and it offers about three miles of a great view of the animals and forests of the island.

5:00 PM: The hiking trip has gotten me a little tired, hungry, and ready for a meal. It is no problem preparing it this time though, since I had already packed sandwiches from home before I left.

6:00 PM: I am not a fisherman, but I think I will try to do some fishing. I go fishing in a small, set aside part of the Assateague Channel, which is the area between Assateague Island and it's



Patricia Morris



Patricia Morris

Government teacher James Morris inscribes his name during a hiking and camping trip in Aspen, Colorado. His daughter, junior Stephanie Morris, sits on his back. (above) Lounging, eating, and setting up camp are among the typical activities in camping. Mr. Morris' two sons take a break to enjoy a couple of cold sodas at a picnic table. (left)

Breakfast! Canned beef soup cooked in a large pot; it is not the ideal meal, but it is fast and fills me up.

8:30 PM: I am about to go to sleep, but then I get a sudden urge. I'm going to enjoy some marshmallows over a campfire, just like in the movies! Camping was fun, even though I did not get to do everything I wanted. The best part was being in touch with nature, and going back to a simple way of life.

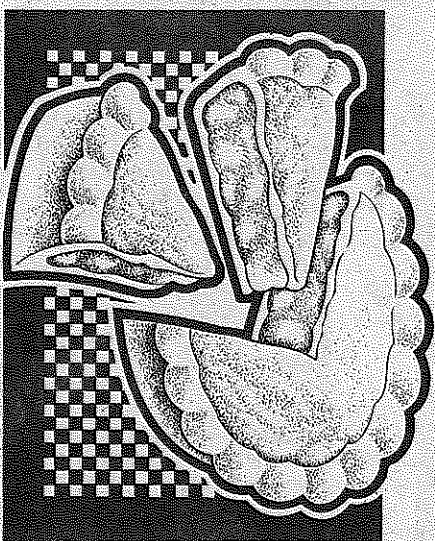
neighbor, Chincoteague Island. I find three other people to join me, so the cost of renting the boat and supplies is about \$400 total and comes down to \$100 per person. It is my first time fishing and it is not as easy as it looks, even with the help from the boat captain! This activity was not all

it was cut out to be.

7:30 PM: I tried horseback riding in the stables. It was a shaky ride, but it was fun and at a cost of \$40, it was much cheaper than fishing. This may be one of my last activities today because most of the activity areas are closing as it gets dark outside.

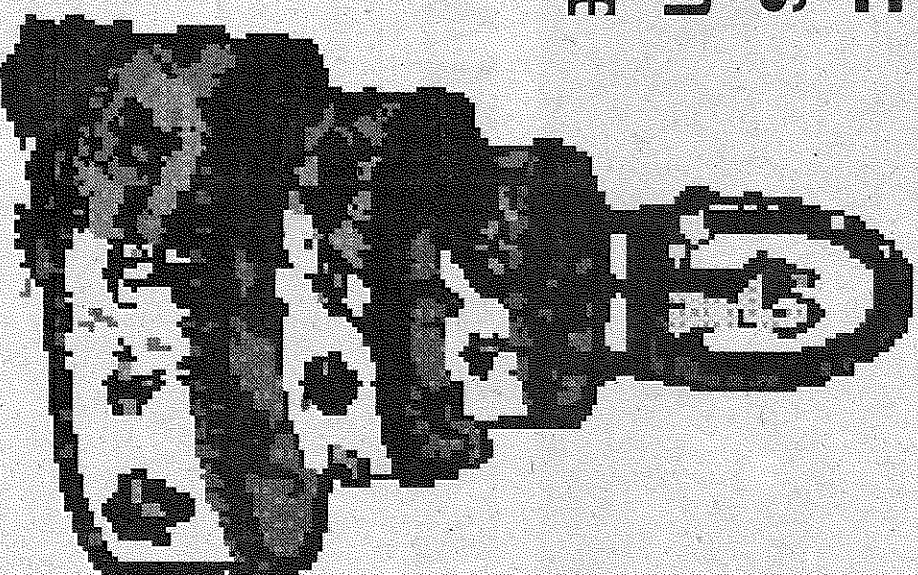
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Football team successful in offseason, looking forward to strong season

By Jason Gills
Viewpoint Assistant

During the preseason, the WS football team worked hard, but now it is time to show what they have learned through their practice.

Last season the team finished with a 4-6 record, better than their 1999 record of 3-7.

The Spartans started practicing as early as possible to get in shape to be able to beat their competition. During the summer, weight-lifting sessions and conditioning drills were held to help players improve their strength and speed. During the week of August 12-18, the football team attended a camp at Lehigh University in Bethlehem, Pennsylvania.

After the camp, the team had two-a-days until August 28. Now the team is in school mode and is only able to have practices once a day.

"Preseason training went really well, a

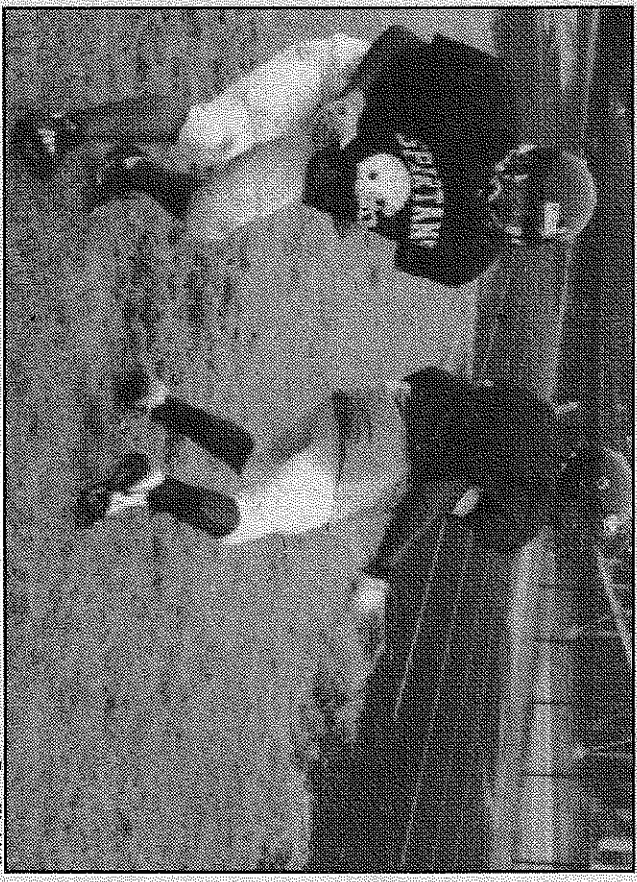
lot of guys got much stronger and faster," said senior Jamie Langley. "Everyone wants to win and it should be well worth the hard work."

Practice is one thing, but the strong showing at scrimmages has raised the team's hopes.

"The difference between this year and last year is that this season we are going to be number one," said senior Kon Yi, wsfootball.com webmaster.

Key players to lead the team are offensive tackle Marshall Ausberry, wide receiver Kevin Darling, defensive back Deron Pinchback, quarterback Carlo Sandiego and punter Jeremy Kapinos. If all players perform up to par, the team feels they will lead the Spartans into victory.

The offense will likely feature a healthy dose of runs as senior running back Jamie Langley will be the focus point on an offense with a very talented and strong offensive line.



Russ Waddell

Senior Jon Delauter and junior Derrick Deese practice conditioning drills over the summer for football.

The team's schedule is just as difficult as last year. Centreville High School should be the hardest team to beat this season because of WS' 42-0 loss to them last year. Local rivals Lake Braddock and Robinson should also be good tests for the Spartans.

At the practice scrimmages earlier in the season, the Spartans beat Yorktown 20-

an offense that finished last season with almost 400 points, scoring is not their problem. Their defense, which has been revamped in the offseason, will dictate how far they will advance in the playoffs.

We can hardly hail the Redskins this year

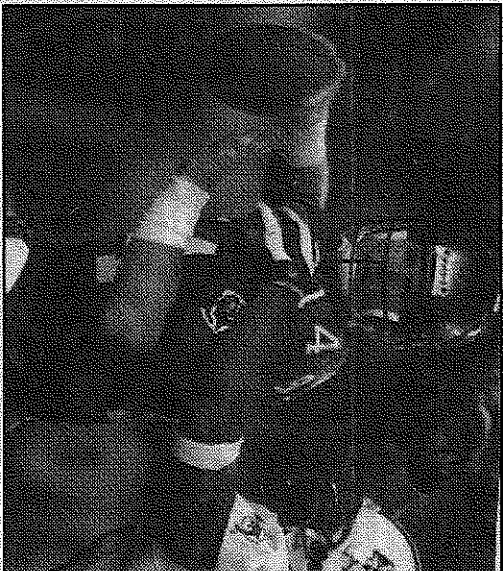
By Laura Robinson
Managing Editor

In football, my sentimental favorite is the Washington Redskins. When the Redskins had Mark Rypian at quarterback in my childhood, they were the team—Super Bowl champs and everybody's favorite.

Looking at the upcoming season realistically, I know the Redskins are not playoff contenders. In their division, the NFC East, the New York Giants and the Philadelphia Eagles will be fighting for first place. The Eagles should take the division behind the powerful arm and leadership of Donovan McNabb and fleet feet of running back Duce Saley.

In the NFC Central, the Tampa Bay Buccaneers will surely come out on top. Former Redskin signal caller Brad Johnson and Warrick Dunn should power the offense, and Warren Sapp will have another dominant year on the front line. If their key players remain healthy, the Buccaneers will play in the Super Bowl.

As long as Marshall Faulk remains an overpowering force with his running and pass catching, the St. Louis Rams will represent the NFC West in the playoffs. With



Brad Johnson should lead the Bucs to a Super Bowl championship this season.

In the AFC East, the Indianapolis Colts will be the team to beat. Edgerrin James should be more productive and the Colts defense should play a larger role.

The Baltimore Ravens will win the AFC Central, and they will go to the Super Bowl. The acquisition of Elvis Grbac became even more important when star running back Jamal Lewis went down for the year in the preseason. Grbac will be more dominant than Trent Diller, and the Ravens won't have to depend on their defense to win games. Ray Lewis will continue to be unstoppable at middle linebacker, and the rest of the defense will help the defense be the best in the league.

Finishing last year 12-4, the Oakland Raiders weren't stopped until they lost in the AFC Championship game to Baltimore. Rich Gannon and running back Tyrone Wheatley have vowed that will not happen again. They may be right, and they will win the AFC West. With the acquisitions of Charlie Garner, Jerry Rice and veteran sack master Trace Armstrong, the Raiders look very strong.

My Super Bowl prediction is that the Ravens will lose to the Buccaneers in a close Super Bowl battle. As much as I hope the Redskins could win it all, my brain tells me that Tampa Bay is the most powerful team.

Baseball movies, an American pastime

By Jenn Carlson
Weekend Editor

This summer's "Summer Catch" with Freddie Prinze Jr. is just another installment into the collection of baseball related movies that, for some, become classics.

In "Major League," the new owner of the perennial loser Cleveland Indians realizes that the cold climate isn't exactly ideal for a stadium and chooses to make the move to a warmer environment. Low attendance means a move will be approved by the league.

The team of misfits players seems to guarantee a losing season, but they wind up with the determination to push on to the playoffs. Eventually, the team pulls off a winning season, and the owner is unable to move the team to a different, warmer location.

"I think 'Major League' is a classic because it is the funniest of all time and because it has to do with baseball," said junior Drew Palmer.

Robert Redford stars in 1984's "The

Natural," a tale of success and failure, which makes it a classic choice for fans.

Redford is the best baseball player of his time. He is known for his mammoth home runs using his homemade bat called "Wonder Boy." But many obstacles prevent him from playing. To overcome them, he has to make life-changing decisions. This also stars Glenn Close and Kim Basinger and is based on a novel by Bernard Malamud.

1993's "The Sandlot" is about a group of neighborhood kids welcome a new boy, Scotty Smalls, into their games of baseball at the local sandlot. This movie is filled with a variety of adventures, including one with an autographed Babe Ruth baseball, and encompasses young life and growing up.

"I love watching 'The Sandlot,'" said senior Trey Jordan. "The scene where the kid doesn't know who Babe Ruth is is classic."

Being able to relate to the movie like this is part of what keeps people watching and what eventually turns certain movies into classics.



Roger Clemens is 19-1 this year for the Yankees. He has also won 15 straight decisions.

-St. Louis Cardinals rookie pitcher Bud Smith threw a no-hitter against the San Diego Padres. It was the second time this year that the Padres have been no-hit.

-Sports Illustrated's preseason #1 ranked Oregon State was upset by Fresno State in their first game of the new college football season.

-This is the second time Yankee Mike Mussina had a perfect game broken up with two outs in the ninth by Red

The Sports News Desk

Sox outfielder Carl Everett

-Terry Glenn of the New England Patriots was suspended for the season by the team for failing to report to training camp.

-Redskin veteran Darrell Green announced that his 21st NFL season would be his last.

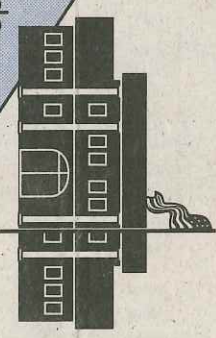
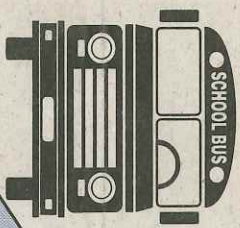
-Curt Schilling of the D'Backs became the league's first 20-game winner on Wednesday against San Francisco.

-By starting 19-1, Roger Clemens posted the best winning percentage after twenty decisions since 1912. Clemens has also won 15 straight decisions.

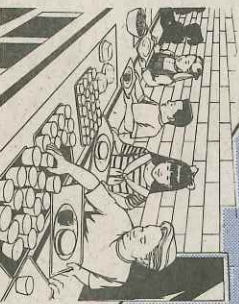
-Duke guard Jason Williams broke his hand while playing in a game and will be out for six weeks. The injury will not affect his playing this season.

—Compiled by Myles Curran and Dennis Ing

Top 10 reasons we are so glad to be back in school



10. The lines at Mid-Atlantic Golf were getting way too long.
9. Jenny Jones and Jerry Springer have become our new best friends.
8. We go to Starbucks to gossip about the soap operas and not people at our school.
7. We have run out of strangers to harass online.
6. The last book we read was a TV Guide.
5. Watching the Redskins just isn't the same as enjoying a Spartan football game.
4. Four magic words: "Back to School Shopping!"
3. Junk is beginning to pile up in our rooms, not our lockers.
2. X-Games at WS feature Freshmen Bowling.
1. We are getting way too good at the Price Is Right.



—Compiled by Marianne Shaddrix

10. Assure them that if they are loud and obnoxious the juniors and seniors will notice them and be pulled toward their personality.
9. Tell them that the seniors at senior rail like talking to freshmen.
8. Insist that block scheduling is every other week and not every other day.
7. Run down freshman hall with a permanent marker and mark their foreheads with an "F."
6. Convince them that WS has an open campus and that they have plenty of time to walk to Subway and back.
5. Go "Freshmen Bowling" with some friends. Aim for the big groups, you knock more over.
4. Tell them that on game days, they have to hit any football players they see to get them pumped up for the big game.
3. Tell them that every Friday's spirit day is an 80's theme.
2. Sell them tickets to the "Freshmen Fall Dance."
1. "That room is on the 3rd floor by the pool."

—Compiled by Emily Morris



Top 10 ways to torture the freshmen

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday/Sunday			
10	**Girls Field Hockey and Volleyball times are listed: JV then Varsity	11	Tennis @ Hayfield 4	12	Golf vs. West Pot @ Belle Haven 4 Field Hockey vs. Annandale 4/5:15	13	Tennis vs. West Pot 4 VFootball vs. Cntrlvl. 7:30	14	Aerosmith @ Nissan	15	Smash Mouth @ 930 Club	16	
17	3 Doors Down @ 930 Club	18	Volleyball @ Annandale 6/7:30	19	Field Hockey @ Lk Brdk 6:15/7:30 JV/FrFootball @ Annandale 6/7:30	20	Janeane Garofalo @ Warner Theater VFootball @ Oakton 7:30	21	JV/ FrFootball vs. LkBrdk 9/11:45	22	Long Beach Dub Allsars @ 930 Club	23	
24	Volleyball @ Hayfield 5:30/7 Field Hockey vs TC 5:45/4:30	25	Volleyball @ TC 5:30/7 CC@ West Pot 4:30	26	Field Hockey @ Robinson 6:15/7:30 JV/FrFootball @ TC 4:45	27	VFootball @ LkBrd 7:30 Weezer @ Patriot Center	28	Jane's Addiction & Live @ Nissan	29		30	
October 1		2	Volleyball vs. West Pot 5:30/7	3	FrFootball @ TC 4:45 Candidate Forum @ 7:30	4	VFootball vs. TC 7:30	5		6		7	
8	Volleyball @ LkBrdk 5:30/7	9	Field Hockey vs. West Pot 4/5:15	10	Volleyball vs. Annandale 5:30/7 JV/FrFootball @ Robinson 6/7:30	11	VFootball vs Robinson 7:30 Sum 41 @ 930 Club	12		13		14	

HOME COMING