



# The Oracle

April 30, 2004 Volume 40 Number 11

West Springfield High School 6100 Rolling Road Springfield, Virginia 22152

## Show must go on

### Teacher absence puts show on hold

By Nina Moses  
Senior Staff Writer

The show must go on as always, but sometimes it just has to be put on hold.

That's the problem facing the current WS Spring musical, "Once On this Island." The Theatre teacher Mary Jo Levesque had to leave three weeks ago when she learned that her mother had fallen ill. The show was already on a short deadline because rehearsals did not begin until the first week of March. Instead of spreading across two weekends, the last weekend of April and the first weekend of May, all the shows will take place the first weekend of May. A Thursday afternoon show is also being planned to entice more kids and families to attend.

**"Once On This Island"**  
**DATE CHANGE**

Thurs. May 6 @ 4:30  
Fri. May 7 @ 7:30  
Sat. May 8 @ 2:00, 7:30  
Sun. May 9 @ 2:00

WS's caring and dedicated staff have offered up their

time to assist the cast and crew in anyway possible can in light of Levesque's leave. Michael Dombrow, Larry Einius, Amanda Ebst, Nonia Gay Jones and Kerry Keith are just a few faculty members who have volunteered their time toward the betterment of the musical.

"The faculty has been amazing [in Levesque's absence]," said director senior Christy

Denny. "Teachers have been staying really late because we can't stay without a faculty adviser, and that's normally Mrs. Levesque."

Rehearsals for the show have not only been interrupted by Levesque's absence, but just this past weekend the Chorus and Guitar department were in Florida for the

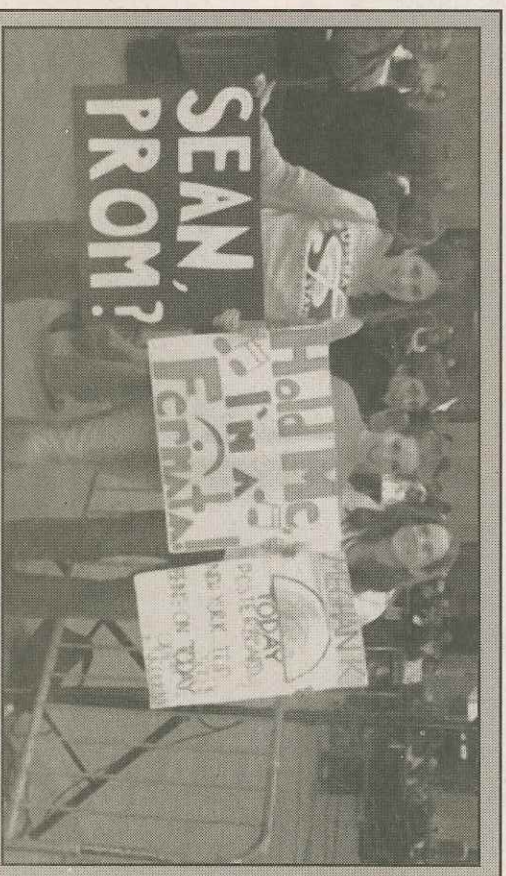
"The faculty has been amazing [in Levesque's absence]. Teachers have been staying really late because we can't stay without a faculty adviser, and that's normally Mrs. Levesque."  
—Christy Denny, senior

Orlando Musicfest competition. Choral director Mike Dombrow is helping to put together the vocal arrangements for the musical and rehearsals were put on pause while he was away.

Luckily, due to Denny's professional direction, Levesque's departure was not able to completely halt production of the show. The consequence for being under such a time crunch has been the extended and additional rehearsals the cast has had to deal with. Three weeks prior to the original opening night the cast was at the school until nine in the evening.

In contrast to the fall production, A Mismatched Night, the musical is not

Cappies show, which helps alleviate some stress, but only slightly. "We still really want it to be good," said Denny, "but it's good to know we don't have to work for a specific group of people."



Amanda Ebst

Senior Jessica Devoti, junior Jackie Wilson, and senior Meghan Kelleher stand outside "The Today Show" with posters. This was one of many New York attractions the band and orchestra classes visited on their trip.

## Band, orchestra bring beat to NJ

By Jen Siomacco  
Oracle Editor

The musical talents of WS band and orchestra made their way to the Big Apple on March 25, where their talents shined at Fiesta-val New York, and they ranked high amongst the other high school bands that performed.

Every year WS band and orchestra band together and travel to these annual competitions. In years past, competitions have been held in Orlando, Florida, or one of many other locations, but this is the first time Fiesta-val has been held in New York City with WS attending, though the actual competition was held at Ridgefield Memorial High School in Ridgefield, New Jersey.

Within the two classes there were six groups that competed this year, each gaining high recognition. The wind ensemble and symphonic band both placed second, while concert band, jazz ensemble, orchestra and the winter guard placed first in their categories. Band director Larry Einius, band assistant Amanda Ebst and orchestra director Steven Fraser have been training their classes for these competitions throughout the year and considering the competition is nation-wide, the students' success is to be commended. However, only a handful of schools throughout the country take the time and effort to attend these competitions.

"We performed better at the band festival in March," said Einius, who is now finishing up his first year here at WS, "but we performed well in New York."

Students echoed Einius's comments on the overall performances. While they

were successful at the competitions, they still do not feel that their performances there accurately reflect their musical talents.

"We did well," said junior violinist Sara Franke, "but we only rehearsed it once because [Mr. Fraser] changed the piece right before we went up there."

A few minor problems due to unfamiliarity with the piece did not keep them from performing well, and since WS was the only orchestra at the competition they were awarded first.

Several students were also awarded Individual Achievement Awards for their solos in the pieces that were performed. Senior saxophonist Sam Jones, sophomore flutist Suzy O'Neill, junior trumpeter Eric Wilson and sophomore oboist Sarah Puckett were all honored.

The trip was not all hard work and performances, however. WS students spent their down time roaming throughout the city, visiting Medieval Times, seeing the New York Philharmonic Orchestra perform and attending a Blue Man Group concert. "They're musical comedians," said Wilson of the Blue Man Group. "They poured paint on a set of drums, red on one and yellow on the other. The other [member of the Group] beats the drums."

A canvas was held up in front of them as this action went on, and at the end, the artwork was displayed to the audience.

Next year's Fiesta-val is once again scheduled for Orlando, and WS band and orchestra will certainly be in attendance.

"Orlando is made for groups," said Einius. "It's easy to plan and extremely safe."



3 One nation, under God or not?



6 Sleeping the day away



9 Mullet hunting as a pastime

## Letters to the Editor

I would like to apologize for the ad in the February 4<sup>th</sup> edition of the *Oracle*. I did not mean to malign Travis Franklin nor did I mean to imply any negative connotations about him and I take full responsibility for my actions.

Reenie Eul, Junior



Susan Sommerfeldt  
Students are voicing their concern about the trash-filled restrooms. It is not rare to find the floors littered with wet paper towels and toilet paper, or graffiti written on the stall walls.



Many students are ashamed when it comes to sharing the bathrooms with other schools due to the repulsive state they are in and the obvious lack of respect students have for them.  
Susan Sommerfeldt

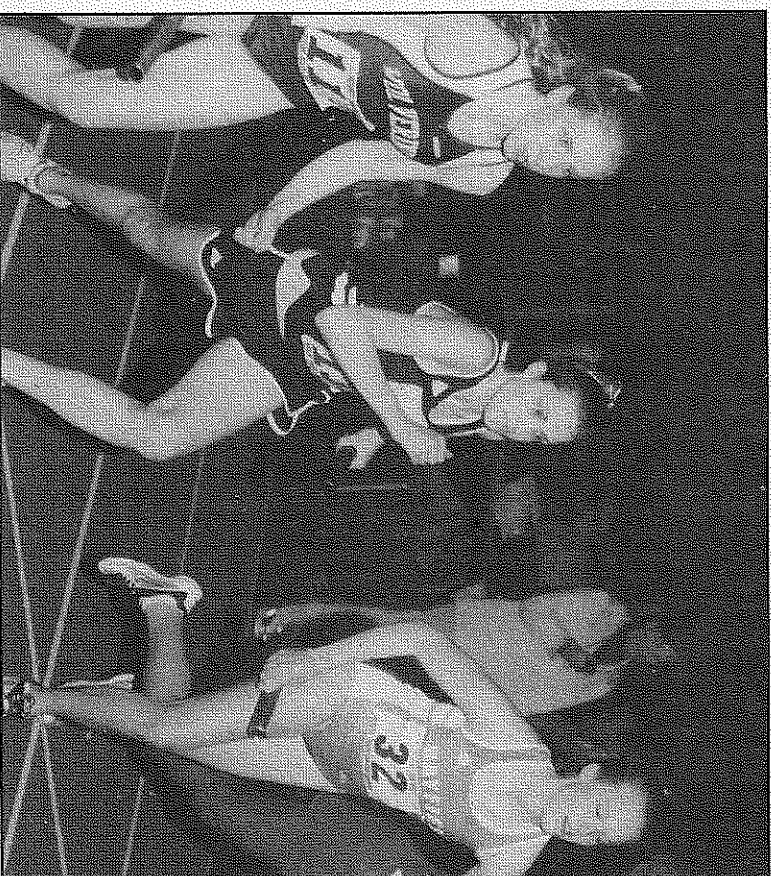
Dear Editor:  
I'm a senior girl this year, and I can honestly say that this year as well as my previous three, there has not once been a time that I've gone to the bathroom when there wasn't paper towel clogged sinks, used pads and tampons on the floor, filled, unflushed toilets, and all kinds of other trash all over. I am embarrassed and ashamed to know I go to a school where 15 to 18 year olds can't keep their restrooms

There is not on other high school I've been to in Fairfax County whose bathrooms are as nasty, disgusting, and filthy as OURS.

clean. Not only is it just totally gross, but it is very unsanitary. People have probably gotten sick by being exposed

to the outrageous mess. Not to mention, there is not in other high school I've been to in Fairfax County whose bathrooms are as nasty, disgusting, and filthy as ours. Everyone should be ashamed! Other people and friends of mine from other schools that have come to WS for an event have even complained to me about the problem. In fact, that is what finally got me to sit down and write this letter. You, as well as I, know that people our age should certainly be able to keep a bathroom clean and sanitary. The fact that we can't means that some people don't care about their cleanliness and hygiene, but they should respect the school and other people that use the bathroom. And as far as the writings in the stalls goes, I don't know about some people, but I don't care who's a whore, or who someone's got a crush on, or who so-and-so made out with. This has got to stop!

Emily Payne, senior



Junior Lauren Anguin races in front of a crowd consisting of only parents and coaches. This lack of attention and support from fellow Spartans does not go unnoticed by the athletes, however, and can be demoralizing.

## Athletes call for equal attention among sports

Following a school pep rally, in theory, the spirit of the student body should be at an all-time high. Many athletes however leave these programs feeling discouraged by the lack of attention their individual sport receives. Though none of these feelings are ever new, each rally sparks further discussion about the equality between high school sports.

When a school sponsors a sport, students have an understood belief that each athlete will enjoy some measure of

### Editorial

equality—coaching staff, equipment needs, and training facilities.

Unfortunately what we as athletes observe is that the sports getting the most attention are the ones that draw the biggest crowd. This is very difficult to have in certain sports. The bleachers of the stadium are never as packed for track meets as they are for football games. We celebrate the rise of the basketball team toward the state championships but the average student couldn't tell you where a crew regatta takes place. Similarly, some of the other sports that aren't as popular with the majority of high school spectators can feel

the snub, such as golf and swimming. There are other club activities that students devote their time emotionally and physically to without the sport label, such as color guard and dance team. Sometimes I feel as though we are very detached from the world of "game" sports.

I'm a runner. I've run all three seasons since my freshman year, and I'll admit it: Runners are nuts. Just listen to the announcements on rainy days. The only sport besides crew that you will never hear when they announce canceled practice is track. People with that

crazy, no-pain-no-gain attitude flourish on track and cross country teams.

Running is very mental, and to have a negative outlook going into a race can be disastrous. To argue that sports like soccer and basketball require more cheating and support is completely false—we benefit from it just as much.

Perhaps there's nothing to be done; that this is just the nature of sports. But maybe next time you see someone in a track shirt, you'll ask them about their next meet. Don't worry, they'll be more than happy to share.

## The Oracle

West Springfield High School  
6100 Rolling Road  
Springfield, VA 22152  
(703) 913-3953

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Rachel Wohlers

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# Our nation tied to fundamental religious values

By Rachel Wohlers

Oracle Editor

Every session of the Supreme Court opens with the sound of a gavel and a call to order that concludes with the words, "God save the United States and this honorable Court." It is ironic that these same words, this same mention of God in a government institution, opened the hearing on the constitutionality of the phrase "under God" in the Pledge of Allegiance.

In 2000, 50-year-old Michael Newdow sued the Sacramento Elk Grove School District, charging on behalf of his elementary school daughter, that the words "under God" violate the Establishment Clause of the First Amendment. He argued that recitation of the pledge in public schools makes children who do not believe in God are uncomfortable, and that children are being indoctrinated by having to say the words "under God."

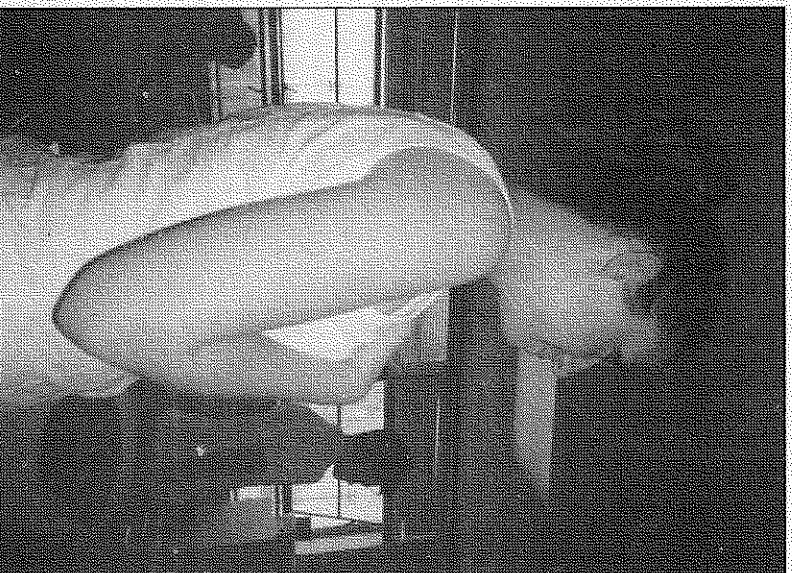
It is interesting to note that the daughter lives with her mother, whom Newdow never married, and both she and her mother believe in the pledge and oppose Newdow's argument.

First, no student is "forced" to recite the entire pledge. Those who object to the two words have the option to recite the pledge and skip over the phrase, or to simply stand, or even sit. As long as reciting the pledge is not mandatory, it should be allowed for those who want to say it.

The Establishment Clause of the First Amendment simply states, "Congress shall make no law respecting an Establishment of Religion..." The pledge does not establish a religion. It is merely patriotic, and a recognition of the fact that our country was originally founded "under God."

If the brief mention of God is enough to remove the recitation or reading of something from the public school system, the pledge isn't the only thing that will disappear. The Mayflower Compact contains the phrase "for the glory of God, and the advancement of Christian faith," along with many other references to a sovereign God. The Declaration of Independence says that life, liberty and the pursuit of happiness are "endowed by [our] Creator." Lincoln's Gettysburg Address also uses the phrase "under God." Yet these are all important historical documents that are taught in every history class across the country. Many students are forced to memorize and recite these documents as part of their class grade, while the pledge is not mandatory.

Even coins students use to buy snacks from vending machines and the bills with which they pay for their lunches, all bear the phrase "In God We Trust." Following the logic of those against the use of "under God" in the pledge, students are indoctrinated every time they go to history class or pull out cash to pay for something. Therefore, the U.S. official currency should be recalled and changed, and schools should no longer be able to teach the historical documents that mention God, however briefly, unless any such phraseology is censored. This is all evidence that our nation is tied to belief in God because of our historical background. It doesn't mean we have a state-sponsored religion or that everyone in the US must believe in the Christian God.



Senior Michelle Humbertson recites the pledge each morning. *Ashley Hughes*

I Pledge  
Allegiance to the  
Flag of the United  
States of America  
and to the  
Republic for  
which it stands,  
one Nation under  
God, indivisible,  
with liberty and  
justice for all.

The Pledge of Allegiance is no more a prayer to God or a method of indoctrination than a quarter or a dollar bill. The pledge is not intended to exclude anyone. Instead, it serves to promote American traditions and feelings of patriotism and teaches us the historical foundations of our country.

# 'Under God' violates American principles

By Emily Miller

Managing Editor

Every school day morning at 7:30, most students faithfully rise from their desks to recite an oath to pledge loyalty towards a confused government. The current wording of the Pledge of Allegiance integrates religion into a political system that deliberately avoided theology to protect it.

The phrase "under God" was originally added to the Pledge by Congress as part of the anti-communism efforts in 1954. President Eisenhower and his administration employed this pious statement to clearly distinguish American ideals from the goddess communist ideals. Although Ike had America's best interest in mind, he acted out of fear and sacrificed liberty for security. Consequently, Eisenhower embedded a colossal irony into the heart of the US political system.

One main purpose of the pledge is to salute the US governmental system and therefore the basis of its existence: the Constitution of the United States of America. The establishment clause in the Constitution secures the right of all Americans to believe in the religion of their choice by not establishing an official religion for the state. Church and state are interpreted as separate in order to restrain the government from infringing upon individual religious beliefs or forcing a religion on non-believers.

So the mere mentioning of religion in an official government sanction, such as the pledge, undermines and contradicts the very principles on which the US government was founded. It is absurd that the government pledges to God in a political system that carefully separates God from state.

Another dubious facet of this polemic is the arrogant inference that all Americans worship the same monotheistic God, as implied by the context and the capital "G." This blatant inaccuracy ostracizes an entire populous of Americans, such as Hindus and Buddhists, by disregarding any religion that differs from the Christian belief system. The phrase "under God" excludes countless citizens from participating in an American tradition simply because the government neglected to encompass all religious frameworks into its doctrine.

The Pledge of Allegiance was intended to be a pledge, not to God, but to a common set of beliefs in a political system.



Senior Katie Phillips stands in respect, but recites the pledge without saying the Pledge of Allegiance. *Ashley Hughes*

only for him or herself. Friends must work on a team, instead of one friend simply sitting in the bleachers and watching, otherwise the game will soon be over.

It all comes down to one simple truth that The Beatles nailed on the spot. As they noted, "In the end the love you take is equal to the love you make."

# Fools fumble friendships

Students shouldn't take friends for granted

By Heidi Shillogoj

Oracle Editor

It's down to the final quarter and for some players the score is at an all time low and no comeback is in sight.

Unfortunately, there are two losers in the game of high school friendship. The bitter spirits who end up with nobody, but then again don't really mind, and the dedicated spirits who feel at a loss because they put so much effort into the game only to realize they were wasting their time playing on the wrong team.

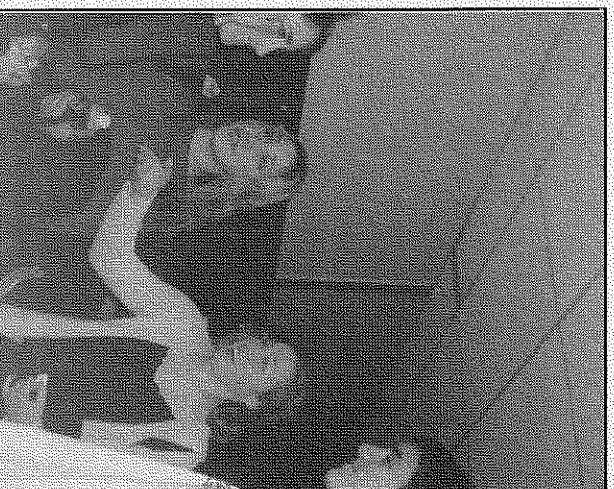
High school friendships tell those who play something about who they are as a person and as a friend. The real losers are those who never even realize their mistakes or who they knocked down. The real losers are those who don't even care

they lost. But the most depressing part is when they don't even realize.

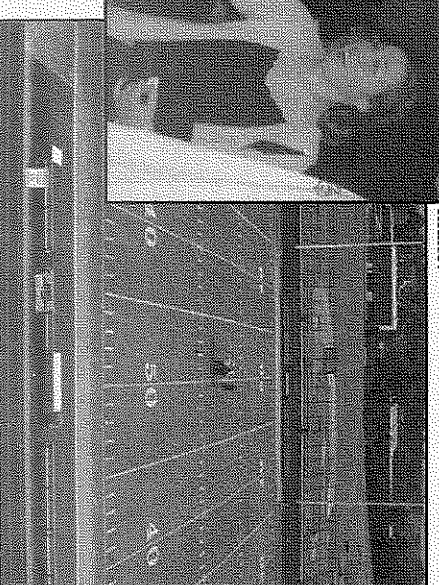
Ignorance is one of the most lethal elements of a friendship and nobody can afford to succumb to it. High school is a place to grow, to learn and to change, and no friendship will last unless each person involved makes an effort to grow and learn with one another and are able to accept each other's changes.

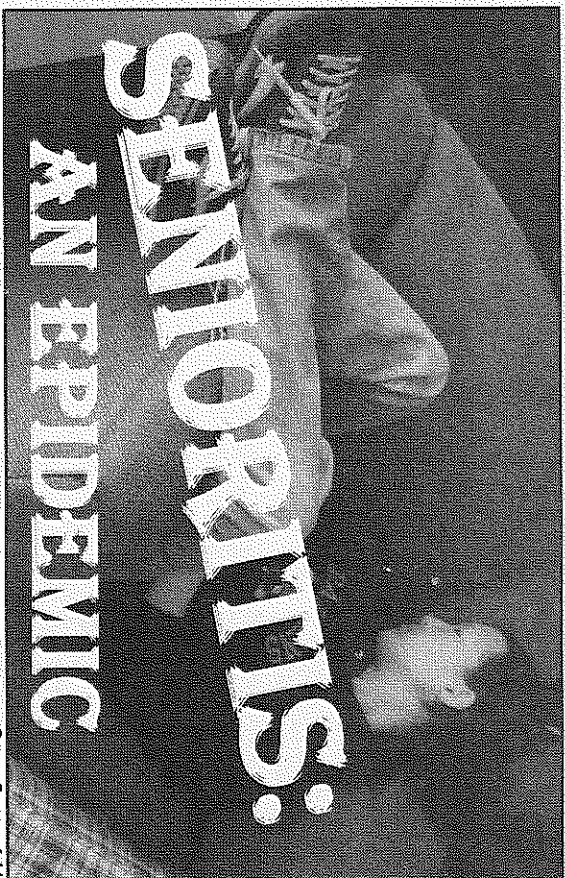
It is impossible to expect anything from a friend without giving something in return. A friend should never be mistaken for a party planner, a chauffeur or a complaint hotline. What a friend does for another friend is still considered a favor, something not to take for granted.

To be worthy of a good friend, a person must be able to make sacrifices instead of always looking for sacrifices to be made



A group of underclassmen friends hang out in the hallway, participating in the game of "friendship."





Susan Sommerfeldt

Senior Christie Kim chooses to spend her time sleeping rather than doing school work. As Senioritis strikes, seniors find themselves dozing, vegging, and procrastinating, much to the counselors' chagrin. Since the arrival of fourth quarter, doing just enough work to meet the minimum requirements has become a trend.

#### By Lauren Kondo

Features Editor

College acceptance letters have been sent out, prom dress hunting has begun, and senioritis has spread. Fourth quarter must be here.

With only two months left until graduation, many seniors are taking a break from school early. For those who haven't already contracted the disease, senioritis is setting during this final quarter of school.

"I've definitely been affected by it," said senior Reetika Sethi. "I don't care anymore; I'm not stressed about homework anymore. It started first quarter and it's worse now that I know where I am going."

#### "How you finish up shows how you'll start [next year]."

—Sue Rexford, Career Center Specialist

For those seniors coming down with symptoms, teachers and counselors warn about the consequences of slacking off.

"They can reject you," said Career Center Specialist Sue Rexford. "The letters of acceptance have a condition upon the successful completion of the year."

According to Rexford, the colleges will tell seniors whose grades decline significantly that they are rejected in July. This poses a problem because by then other colleges will be full so there will be

no openings. Also, the school will be closed, so students cannot ask for assistance from counselors, teachers, or Rexford. Each college is different as to the level a student must fall below before rejection.

"I got to a level where I know it won't affect my college," said Sethi. "I worked hard enough not to let it go to waste this last quarter of senior year."

Rexford advises seniors to stay on track and finish the year strong. She says that colleges look to the end as a continuation for the beginning of college.

"How you finish up shows how you'll start," said Rexford.

Counselors also paid visits to government classes the first days back from spring break. They handed out a letter the University of Illinois sent out to admitted students warning against senioritis.

"The counselors came in to talk," said senior Beth Ford. "It was pointless—they came in for five minutes, gave a letter, and left."

Unfortunately, there is no cure-all for senioritis. Aside from taking challenging, rigorous courses and staying motivated, there are few ways to overcome the disease.

"I wish there was an inoculation," said Rexford.

One final piece of advice is to be mindful of not going on summer vacation a week or two early.

"It's only nine more weeks," said Rexford. "Stay focused—there are a lot of pulls and distractions. School's not over until you walk across the Patriot Center for graduation."

## DECA goes country

### States winners travel to Nashville, Tennessee for Nationals competition

By Christina Araj

Viewpoint Editor

While the winter sports teams were still in season, Distribution Education Clubs of America (DECA) was already performing in their State competitions.

Senior Patrick Rupe and junior Ciarra Rijos earned first place wins at States, while senior Mike Harris and sophomore Richard Walsh earned a runner up position, securing a spot in the National competitions. Sam Donnelly won first place in her category of communications. In order to move on, a DECA competitor must get in the top seven spots, usually out of a total of 25 to 30 students.

After a successful turnout during their State Competitions, DECA is getting ready for the National Competitions which will take place on May 1 through 5 in Nashville, Tennessee. The event will host more than 1,500 students from all over the US, Canada, Guam and Puerto Rico.

The competitions consist of three parts. First, a 100 question multiple choice Scantron test is taken, which is often described as a "DECA SAT." It includes questions about general marketing. Then the students will take part in two role-plays, where they are given random scenarios that relate to their field and are given 10 to 15 minutes to prepare. When time's up, they must perform in front of a judge. Their final place in the competition comes

from a combination of these three parts.

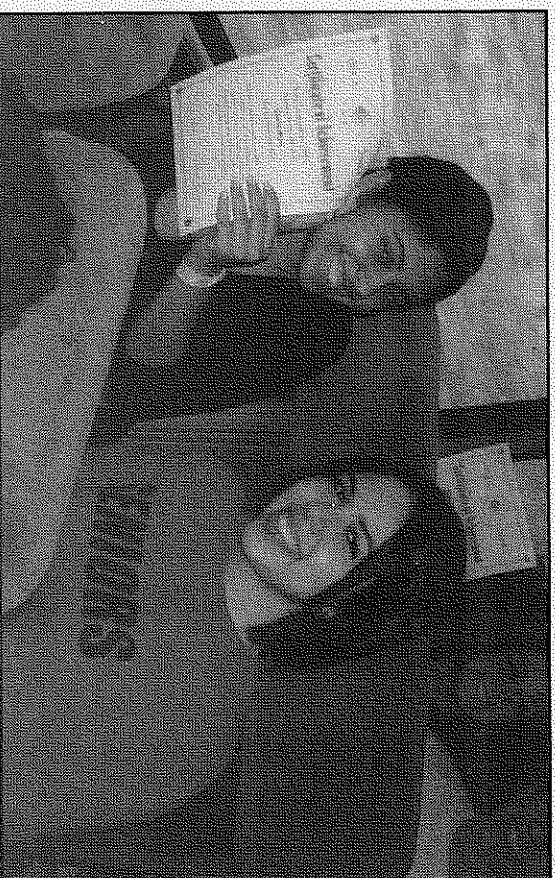
The students have been working diligently during their marketing classes and after school in order to be prepared to outdo the tough competition that lies ahead. They have been practicing role-plays, studying specific marketing concepts, and taking practice tests. Many even give up their own free time to ensure a superior performance.

"I think they're going to do well," said marketing teacher Liz McDowell. "We have students who are really excited. We even have people coming during their lunch to get extra help for their event."

Seniors Andrea Terraza and Jen West were invited to go to a Leadership Academy, which is a two-day workshop that will prepare them for responsibilities they will have as DECA officers. Sam Donnelly, Molly McCluskey, Kelsey Welsh, and Gari Sarin have the privilege to attend an international conference for underclassmen.

"I think it's a great opportunity," said Donnelly. "I think I'll learn a lot more about DECA and marketing in general." With more students going to nationals than any other year, their chances of success increase.

"I think in general we'll do very well," said marketing teacher Jennifer Parnell. "The group of kids going to Nationals is a very competent group and I think we have a chance to win some events."



Liz McDowell

Junior Ciarra Rijos, showing off her Certificate of Achievement, and senior Andrea Terraza placed at States. Both will soon be on their way to Nationals in Nashville.

## Masked menace steals Spartan spirit

### Orange, blue spirit stick stolen from SGA officer at pep rally after seniors win

By Danny Tinsley

Junior Staff Writer

As the final pep rally for the 2004 school year came to a close, students and faculty alike were shocked as a masked student leapt from the audience and stole the sacred symbol of WS school pride: the Spartan Spirit Stick. Following the tragedy the peppy gymnasium atmosphere erupted into mass hysteria as the pep rally came to a depressing close. The Spartan Spirit Stick was annually awarded at the conclusion of every pep rally to the class that displayed the most spirit.

To some WS students the Spirit Stick is a common pep rally annoyance; its annual award means nothing.

"I think that the prank was genius," said senior Alex Zmicola. "It was the best pep rally ever."

"When it [spirit stick] was stolen I thought it was hilarious," said freshman Kate Page.

Although the spirit stick was merely an orange and blue covered wooden pole, its meaning is set deep within the hearts of many students at WS. As the realization of this terrible occurrence spreads, students come to face the troubling fact that the spirit stick is gone for good.

"I think that it is truly unfortunate that a long standing symbol of school pride has been stolen from the student body by one conniving individual," said junior Meghan Coffey.

The students and faculty at WS mourn the loss of this revered object and scorn the unknown individual who took it from them. Although some rumors are circulating through the student body, the identity of the menace behind the mask is still a standing mystery. As the devious character lies dormant the memory of the spirit stick lives on.

"I think it [spirit stick] needs to be returned soon so that next year the school can still have the spirit stick contest," said

senior Lisa Giarrana.

Like Giarrana, many WS individuals plead for the safe and speedy recovery of the missing entity. In the absence of the cheery orange and blue stick many wonder what will happen at next year's pep rally.

"The spirit stick as a wooden object is not what's important," said the spirit stick's holder, whose hand it was taken from, SGA Officer Morgan Clark. "It's the orange and blue inside of us that was stolen."

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# Atkins frenzy takes over fast food restaurants

*Fast food restaurants such as McDonalds and Subway now offer healthy, low-carb, Atkins-friendly meals*

**By Lauren Kondo**  
*Features Editor*

No longer will patrons of McDonald's hear its famous question, "Would you like to Super Size that?"

In an effort to combat increasing concerns about obesity in America, McDonald's will be phasing out such options as Super Sized fries and drinks. Also, other restaurants are offering healthier alternatives to the Big Mac and Whopper.

"Competition is good," said freshman James Ahn, "Competition equals better food, which equals skinny people."

Subway first introduced healthier meals with spokesperson Jared, who became a testament to the "Subway Diet." He lost 235 pounds by eating their sandwiches. Subway boasts its seven sandwiches with six grams of fat or less. The newest addition to the menu is the Atkins-friendly wrap, with choices like a Turkey Bacon Melt and Chicken Bacon Ranch.

McDonald's is also doing its part, introducing all-white chicken nuggets and a variety of salad options. In addition, it will soon stop serving really large portions. Fry sizes have been reduced, which upsets some people.

## WS hopefuls shoot for

### Hollywood and stardom

**By Sam Lee**  
*Senior Staff Writer*

Screams from legions of fans and the flash of paparazzi cameras may be too much for most of the world, but to some WS students, these are the things of dreams. Becoming a world renowned star doesn't only take talent, but it takes hard work, creativity and a little luck.

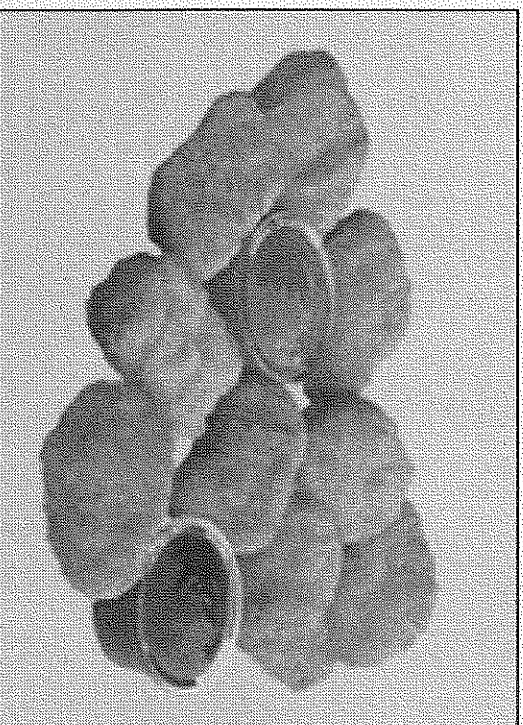
The world is full of raw talent, but stars must shine. WS students take any opportunity they can to give themselves experience. Besides performing in the WS fall play and spring musical, students appear in small plays that churches and community centers also put on.

"I involve myself in performing groups, shows and voice lessons to get all the experience I can," said junior Daniel Plehal, who was nominated for a Cappie award last year for best comedic actor.

But sometimes all the training in the world can not beat a creative mind. Some stars are first discovered by their imaginative minds, such as Steven Spielberg. Instead of taking the traditional route of getting hired by Universal, he

"It's aggravating," said junior Jackie Williams. "I'm paying for the fries, I want all of them."

Burger King, following the Atkins craze, began offering burgers without the buns. Instead, the meat is served with a piece of lettuce and is eaten with a fork and knife. They got rid of the bun to eliminate the extra



McDonalds has introduced all-white chicken nuggets as well as different salads in order to boost an Atkins-friendly menu.

"I think it's sad," said Williams. "Bread companies will go out of business."

Not just fast food restaurants are joining the trend. Ruby Tuesday started a program called "Smart Eating," which offers

jumped off a tour bus and made himself an office in their main building. No one noticed him at first but when they did, Universal offered him a job at once.

"Creative ends make the world go around," said chorus teacher Michael Dombrow.

Another important ingredient needed for a superstar is perfect timing. Knowing the right people at the right time can be a determining factor in whether someone makes it or breaks it in Hollywood.

"I'm going to follow whatever course I think can get me there," said senior Matthew Tucker. "But I know that I have to get the right connections first."

Tucker will be performing as Tonton Julian in this year's musical.

WS students who do wish to pursue a career in the show biz often know the risks involved with trying to make it. Though many hopefuls flock to Hollywood with stars in their eyes, many don't make it and have to come back home.

"For certain performing occupations, be prepared to be a starving artist," said Dombrow. "The smart performer has a day job."

choices in all parts of the meal: appetizers, sides, main dishes, and desserts. They also switched to canola oil, which is healthier.

Aside from healthier alternatives, restaurants have also started programs to promote healthier eating habits. McDonald's launched "Wille Munchright," which is a clay fig-

ure designed to teach kids how to eat right. The restaurant offers DVDs featuring catchy tunes and puzzles in hopes to starting youth in the right direction.

Restaurant websites are also helping the diet-crazed nation: many have special menu sections



Subway offers seven sandwiches that have six grams of fat or less and a variety of healthy wraps.

devoted entirely to healthy eating. These sections, with names like "Eat Smart," show how many calories are in a menu selection and answer frequently asked questions. Tips and suggestions for healthier meals are also included. On its site, Subway makes sure to compare its sandwiches with those of Burger King and McDonald's showing theirs have fewer calories and fat.

McDonald's has a feature on its site called "Bag It," which calculates how many calories

would be in a hypothetical bag one could order.

This trend has created a strong way or another:

"I think it's really stupid," said senior Philip LaCroix. "It's becoming a fad and it's probably really bad [for you]."

On the other hand, students also see that the inevitability of eating out shouldn't prevent healthy eating.

"People don't have time to cook, it's better to have healthy stuff," said senior Martha Kruger. "It's good because America is fat."

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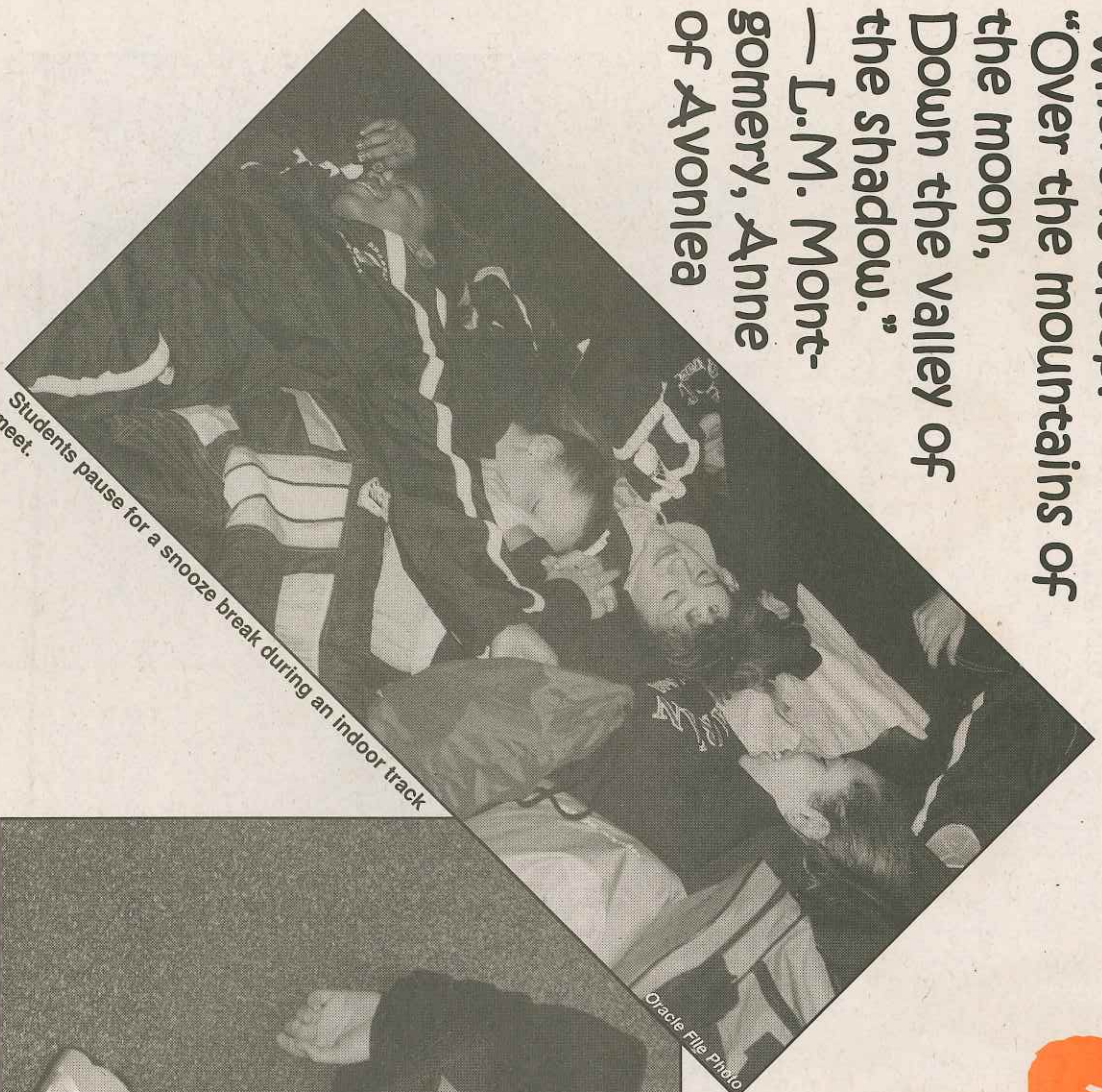
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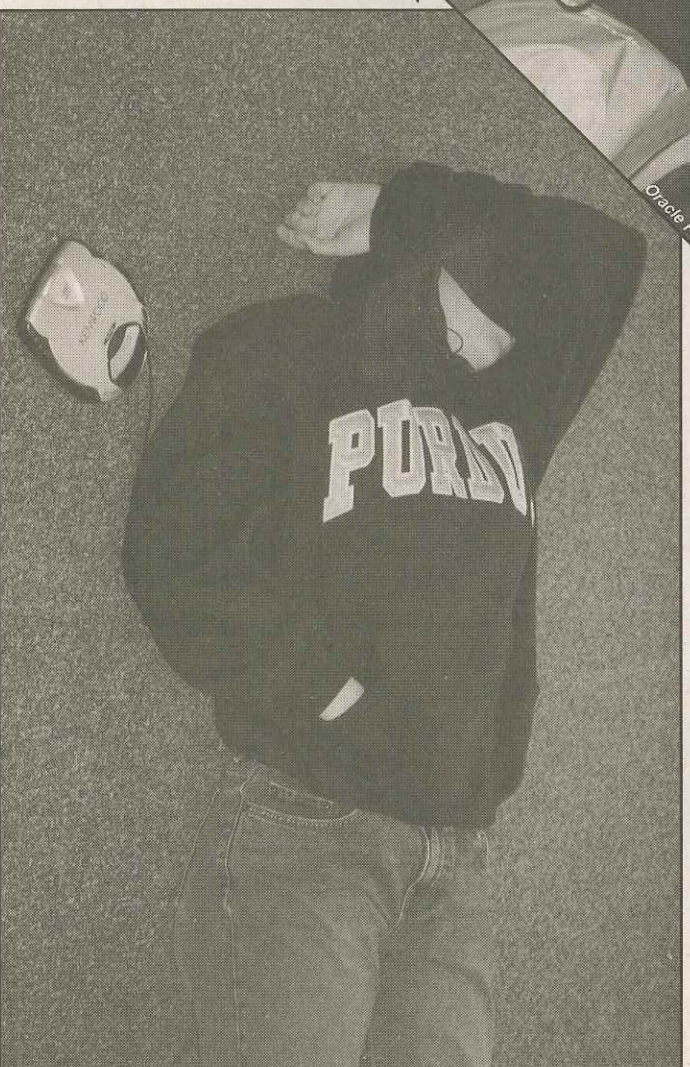
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Walk-ins Welcome

**"Where is sleep?"  
"Over the mountains of  
the moon,  
Down the valley of  
the shadow."  
—J.M. Mont-  
gomery, Anne  
of Avonlea**



Students pause for a snooze break during an indoor track meet.

# Wrest



Senior Sara Wolner even opts for the floor to fulfill her daily nap quota. Add in a CD player and some soothing music and it's ultimate relaxation within minutes.

Susan Sommerfeldt

**By Anna Sommerfeldt**

*Inside Story Editor*

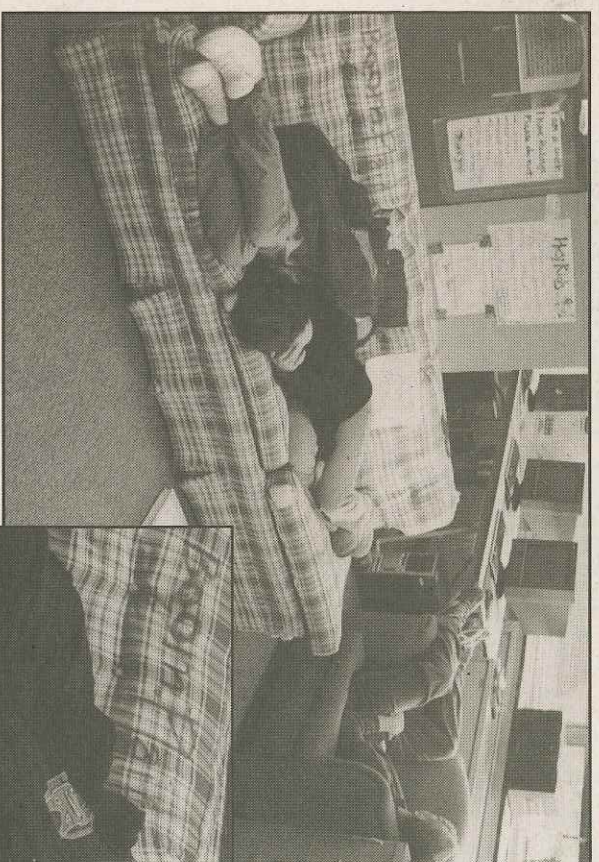
Every morning the same thought runs through my head: WHY did I go to bed so late?! Yet the next night arrives, and at 11:59, I'm still going strong. Be it homework, an interesting conversation on AIM or the espresso drink I had earlier that night, I can't seem to get sufficient rest at night.

A friend is always telling me to "get more sleep" and "get to bed early" and so on. But I can never seem to head towards my bed until after 12, sometimes as late as two, on a regular basis. I just can't seem to force myself to go to sleep. So at 12 (or two), when I finally decide to get into my PJs and get ready for bed, I quickly fall asleep, only to awake to my alarm a few short hours later.

And thus the pattern continues, which is why I sleep during class. But I am not the only one trying to catch some shut-eye during the school day. Take for example the high number of students who sleep on the plaid couch during *Oracle* and Yearbook. These students are simply attempting to take a quick rejuvenating nap after their bellies are full from lunch, yet another factor that promotes sleepiness and reduces alertness.

"What good does it do to try to educate teenagers so early in the morning?" asks James B. Maas, PhD, professor of psychology at Cornell University in an article for the American Psychological Association discussing sleep deprivation. "You can be giving the most stimulating, interesting lectures to sleep-deprived kids early in the morning or right after lunch, when they're at their sleepiest, and the overwhelming drive to sleep replaces any chance of alertness, cognition, memory or understanding."

Brilliant man, he is. So when you pass by the journalism office and see tucked out Oracleites and Olympianics asleep on the couch, don't assume that they were irresponsible in not getting a decent night's rest. They are, in fact, simply trying to increase their alertness in preparation for their next class.

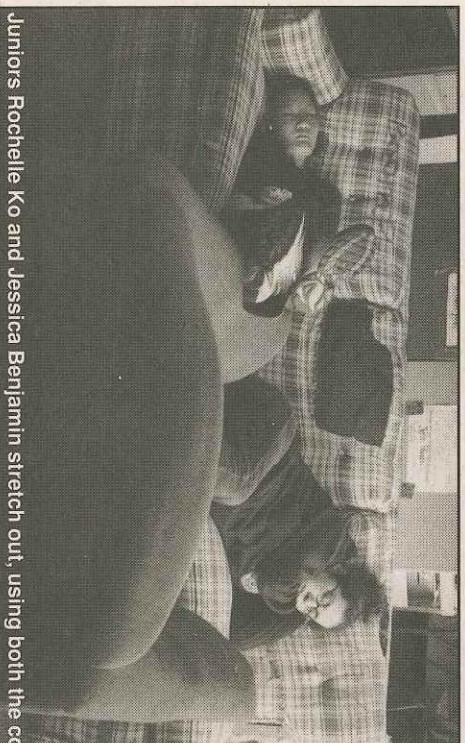
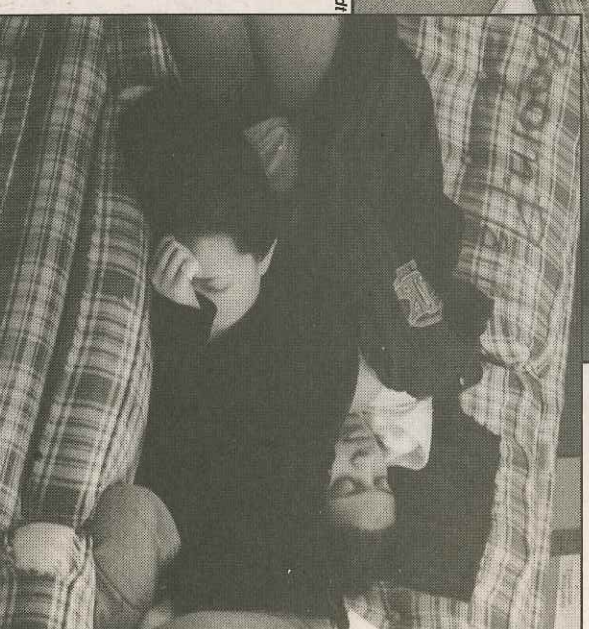


Susan Sommerfeldt

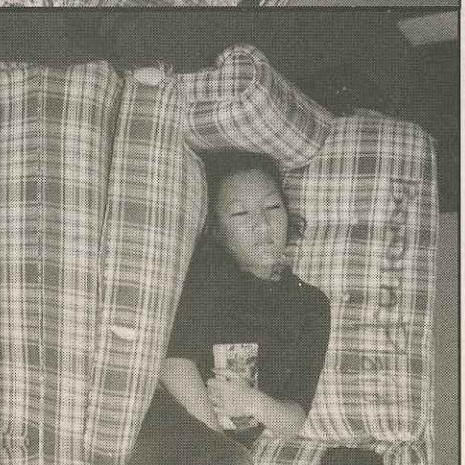
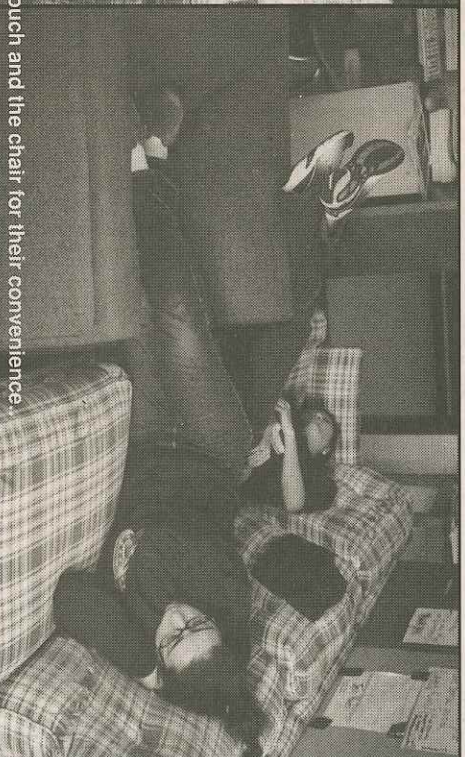
(left) Senior Chris Shannon lounges on the chair while seniors Christie Kim and Nina Moses curl up on the couch. (below) Kim and Moses relax in their "snooze zone."

Stud

**"Sleep. Good. [This is] living proof that we get too much homework."  
—Nina Moses, Senior**



Juniors Rochelle Ko and Jessica Benjamin stretch out, using both the couch and the chair for their convenience.

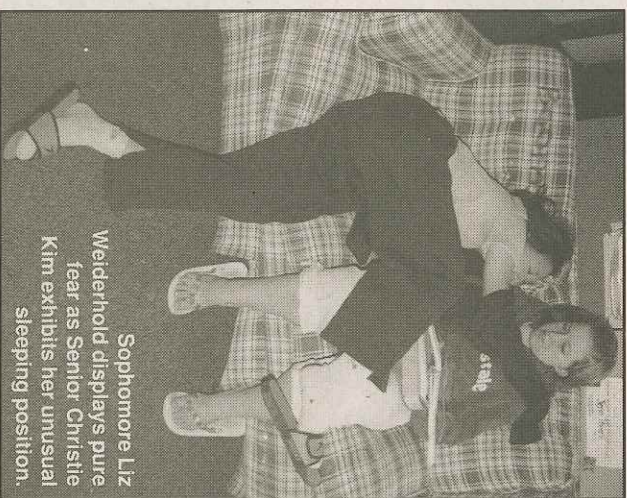


# Do We Sleep?



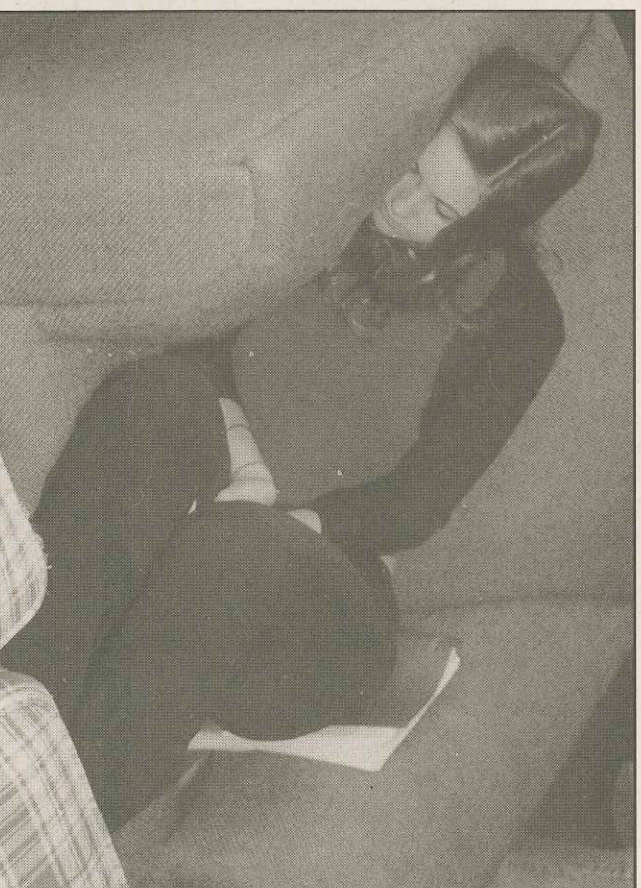
Junior Jon West takes a nap on the infamous chair in the journalism room.

Susan Sommerfeldt



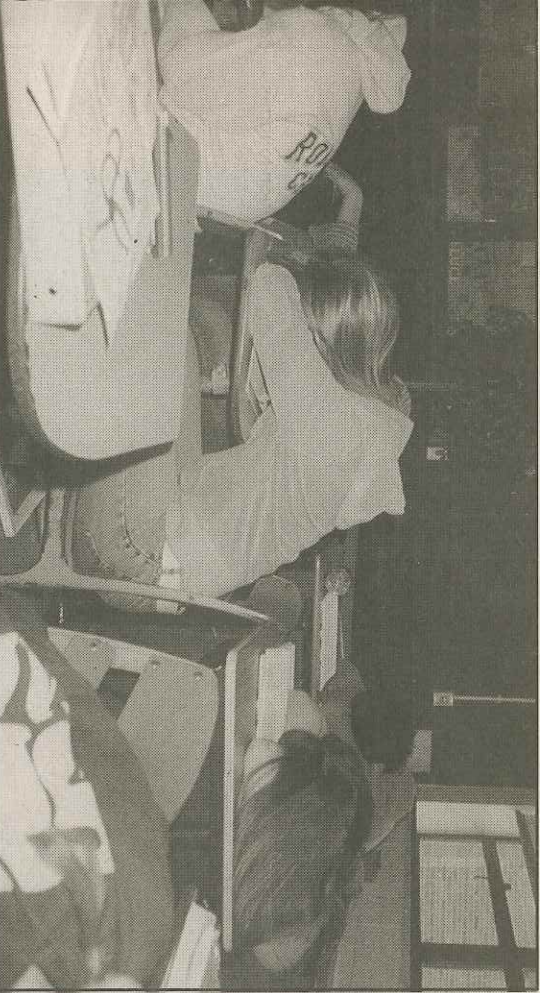
Sophomore Liz Weidenrold displays pure fear as Senior Christie Kim exhibits her unusual sleeping position.

Susan Sommerfeldt



Susan Sommerfeldt

Junior Dana Crowe curls up on the big comfy chair in the journalism office. She doesn't frequent the furniture, but almost every student has that day when the sleep just takes over.



Ashley Hughes

Students in Mime Torreelle's sixth period French class dormment (sleep) after a long day of learning.



### By Katherine Hutton

Inside Story Editor

Bonjour monsieur, the woman says, but John Doe doesn't notice because he's so tired. Therefore, the French hate him, an American, and the rest of the Americans and that's how wars start – all because of a lack of sleep.

Okay, so maybe that's a little drastic, but the way that the WS population looks every morning tells me that there's not much hope for sleep-deprived children.

Studies show that just 25 more minutes of sleep can have an effect on a student's performance in school. Students who get this extra amount of sleep tend to have higher grades than those who do not.

Perhaps it's our routines that need to be fixed. The typical student has an afternoon packed with homework, sports, clubs and everything else in the world. Unfortunately, because the schedule is so packed, homework usually gets put last and is handled late into the night. A student can end up not getting to bed until the wee hours. The next day, the vicious cycle repeats.

So really, our lack of sleep really isn't our fault. Pressure is put on us to get into a good college, so we have to take honors and AP classes and do at least 10 sports or performing arts and participate in tons of clubs. It all piles up and so sleep must be the first thing to go. Next will be omitting meals, because there's no time to actually sit down and eat, unless you are multitasking with at least three other things.

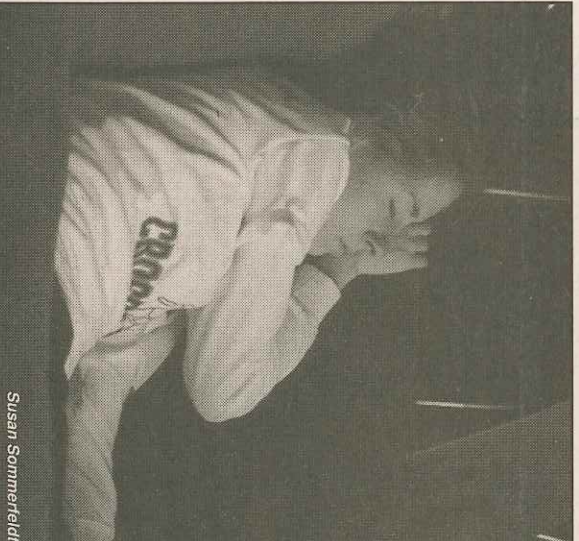
Once again that's a little drastic, but, perhaps, we should just chill and go to sleep.



Susan Sommerfeldt



Susan Sommerfeldt



Susan Sommerfeldt

“[Sleeping is] my favorite activity.”  
— Ashley Hughes, Senior

Senior Ashley Hughes fell asleep while trying to read a poem for English. This is another example of the strain homework places on students.

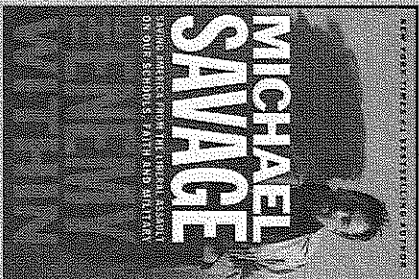


Susan Sommerfeldt

Junior Jon Nylen catches a few minutes of sleep on the journalism couch after his work in class is completed.

## Oracle Picks

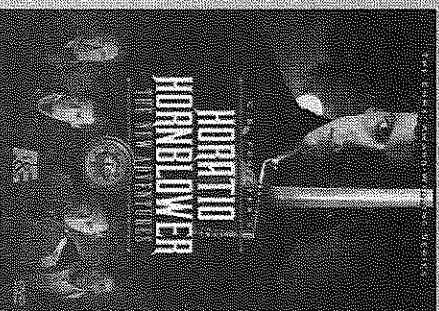
### *The Enemy Within*



You might recognize Michael Savage's name, he is what the media calls an ultra conservative. He made national headlines after his short stay at CNBC when he was fired for expressing his true feelings about homosexuals. CNBC did not know Savage when they decided to hire him. If you are the weak of heart or have any liberal tendencies at all you may want to put the book in your fireplace, but Savage outlines some horrible truths that today's society reads easily over.

In his second book, *The Enemy Within*, Savage explains his urging to "return America to her glorious roots of freedom, faith and family." In his books he talks about the corruption of the courts, school and his big issue about illegal immigration. Savage is not a Bush lover; instead he finds areas that expose the true nature of our president to him at least.

Savage is a New York Times #1 best selling author and a nationally syndicated radio talk show host. He spells out everything in a harsh, up front tone on the radio and his ideas on print are still as shocking, but then again, so is reality.



### 'Horatio Hornblower'

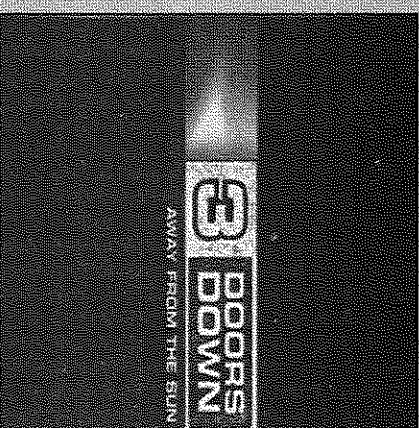
Ioan Gruffudd plays Horatio Hornblower as a British officer in Her Majesty's Royal Navy. In eight separate episodes, he moves up from being the bottom officer to a midshipman, until he is the commander of his vessel.

This eight volume movie set shows the harsh reality of living on a wooden vessel during the 19<sup>th</sup> century. Horatio is faced with war, famine, disease, treachery and love along his journey to captain. The story line has you anticipating what will happen in the next hour and a half of excitement.

Like "Master and Commander," Hornblower first originated as a set of 11 novels written by C.S. Forester. The episodes are played on A&E often and are available for purchase.

"Horatio Hornblower" is a must see if you are interested in British naval history or just enjoy the excitement of maritime life.

### 'Away from the Sun'



"Away from the Sun" by Three Doors Down gives a deeper meaning to the War on terrorism. Two songs, "When I'm Gone" and "Here Without You," symbolize the soldiers leaving to protect their country. I guess I got this in my head because I have seen small bluffs of them playing and wishing our American soldiers overseas.

I only enjoyed three of the songs on the CD right away. Some, like "Away from the Sun," were too vocal and it seemed like the chorus was 90% of the song, but over a few listens I found that I could enjoy the album in most of its entirety. Overall, "Away from the Sun" is an average album with one great single that everyone has probably heard and two other good songs that I could listen to everyday.

I don't think that the album is worth the \$12 at the stores, but it's definitely worth the \$1 to buy the mp3 of "When I'm Gone."

—Compiled by Jason Gillis

## 'Volume 2' kills competition

*Anticipated sequel offers more than the first*

By Camila Casillas  
Managing Editor

The Bride is back and continues her quest of revenge to kill Bill. Uma Thurman as Black Mamba continues crossing names off her hit list in a much less gory sequel to Quentin Tarantino's fourth film, "Kill Bill."

"Volume Two" starts off with a flashback of the wedding chapel where Bill, Copperhead, Elle and Budd attacked the very pregnant Bride, Thurman, and stole her baby. "Volume Two" then comes back to the present West where Budd now lives in a trailer home. The movie goes on into detail of Mamba's martial arts training with her master, Pai Mei. The Five Finger, Exploding Heart technique that Pai Mei exclusively taught Mamba plays a big role in the film.

The movie focuses more on the stories behind the characters. The movie explains why Black Mamba chose to leave Bill and her violent past. More is revealed about the lives of Elle and Budd since they attempted to kill Black Mamba. There is also more information provided about Bill and Black Mamba's past relationship.

"Volume Two" has less glamorized gore than the first, so blood doesn't

endlessly pour from anyone's maimed body.

Although the second movie is very different, small details remain the same. Black Mamba's real name is still beeped out every time it is mentioned, shots focusing on character's feet remained the same, and the corny, funky music didn't change.

Black Mamba does finally find out where Bill is after a disturbing confrontation with Elle at a pit stop in Mexico.

"I overreacted" was Bill's reply as to why he shot Black Mamba in the head. The end of the movie answers a lot of ongoing questions that viewers wondered about from the first movie to the second. The viewer finds out what ever happened to Black Mamba's child, what Black Mamba's real name is and what will really happen when Bill and Black Mamba finally reunite.

"Kill Bill: Volume 2" offers all the resolution the fans of the original "Kill Bill" craved. "Kill Bill: Volume 1" is out on DVD, but even if you haven't seen the first film, "Volume 2" will still make absolute sense and remains a unique, fun and action-packed movie.



Black Mamba, portrayed by Uma Thurman, perfects the Five Finger, Exploding Heart technique with her master, Pai Mei.

Although the second movie is very different, small details remain the same.

Elle Driver, portrayed by Daryl Hannah, prepares for a Japanese sword fight with Black Mamba at a pit stop in Mexico.



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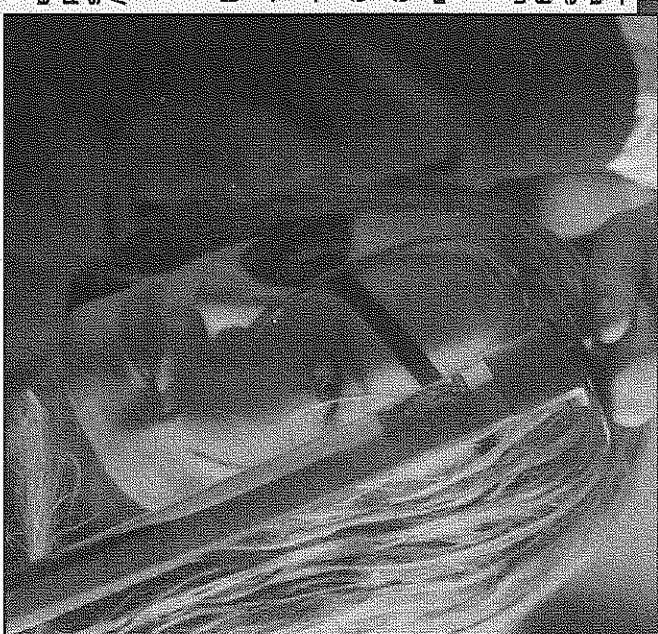
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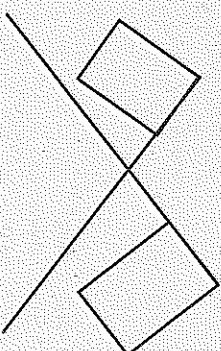


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### Color Guard

Bubbles  
KT KAT  
Dishie  
Angela  
Gumby  
Sam  
Capt Oblivious



Samlam  
Seung  
Jackie  
Pink Panther  
Lady Bug

Thanks for the Great Season



# Mullet Hunting!

*Spotting the most infamous haircut of the century*

By Katie Bourget  
Weekend Editor

Sun, rain, snow, hail or high winds on their way from somewhere in Canada are not drastic enough conditions to keep a hunter from doing its work. Prowling, aiming and shooting at a target are all in a weekend's work.

My peculiar brand of hunting, which does not conflict with any of my moral or political views, does not involve a gun (I shoot with a camera), does not involve the wilderness but rather streets, and most importantly does not involve any species other than *Homo sapiens*.



Tennessee  
Top Hat



Squirrel  
pelt

But not just any crew-cut clad Joe Smoe will do. The objects of my hunting affection are special people, they are the selected few individuals who can rock a mullet.

To me, any person who is capable of proudly wearing the most publicly mocked hairstyle (Dorothy Hamell's bob is most likely second) is worthy of my highest respect and admiration.

While Springfield rarely is a Mullet Spotting Haven (MSH), within a 200 mile radius, mullet hunting opportunities are abounding. Ideal for thrill seekers, amusement parks like Kings Dominion and Hershey Park are incredible MSHs. This past summer, on a brief visit to



Kentucky  
Waterfall

Hershey, in six hours at the park, 17 mullets graced me with their presence. Additionally, just 45 minutes south in Fredericksburg or an hour north in Baltimore are guaranteed MSHs.

Once you have arrived at a Mullet Spotting Location (MSL) there are many techniques to hunting. You can spot-by style; searching for a Tennessee top hat, Kentucky waterfall, squirrel pelt or the classic "shortly longback," also affectionately known as the "Sho-lo."

As the hunter you have to decide whether you want to take pictures from a hidden location, or would rather meet and greet your mullet.



Shortly  
Longback

While mullet hunting may seem a bizarre hobby, thousands of hunters are registered in official online clubs, and hundreds more have homepages filled with photographs of their mullet encounters. This makes hunting convenient even for grounded or shy mullet spotters.

While conservative hair fans are disturbed by the unique beauty that is a mullet, who can blame a person for wanting a haircut that is, as the popular phrase says, "business in the front and a party in the back?" According to the majority of the mullets I have conversed with, a mullet is part of an identity, not a fashion statement, and mocking has little to no influence. Mullet spotting is a refined skill that only improves with repetition. It is a challenging sport that when played properly is fun for hunter and mullet alike.

## Liz, Wayne, Garth 'party-on' all weekend long

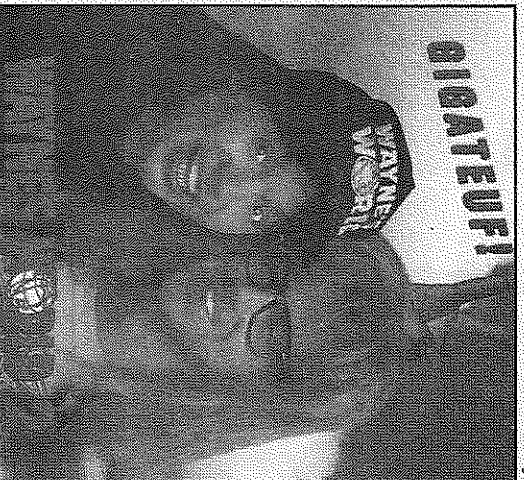
By Liz Weiderhold  
ETC. Editor

It's a Friday afternoon while I write this column, and that means one thing: I am doing homework on a Friday afternoon.

This is a common occurrence for me as a helpless teenager without a license, without a boyfriend and without any motivation to change that. I am not alone, however. Many troubled teens face the same dilemma week after week, slowly twisting their minds into the insane idea that they might actually want to go to school the following Monday.

I can't let this happen. For this reason I have devised a day-by-day guide (aptly titled Liz's Weekend Plan) to fill a lonely weekend with events up the wazoo so that teenagers who don't have any means of transportation, don't have a girl/guy to ease their troubles and don't have the will to do this themselves can wing their hands in horror on Sunday night from the mere thought of entering school the next day.

Friday should consist of cookie baking (or if cooking previously resulted in a near-death experience, pantry mooching) and movie watching. I suggest trilogies such as Indiana Jones or movies with sequels. DO NOT WATCH DEPRESSING MOVIES SUCH AS "My Dog Skip," "Free Willy," and "I Am Sam." ADDITIONAL WARNING: refrain from watching movies that feature True Love and/or Hot People. Both of these types of movies only cause pain and sadness from either utter pity for Skip, Willy, and Sam or self-remorse from lacking True Love with a Hot Person.



Saturday's wake up time should be no earlier than 12:30 pm. This allows for maximum energy to expend in your next activity.

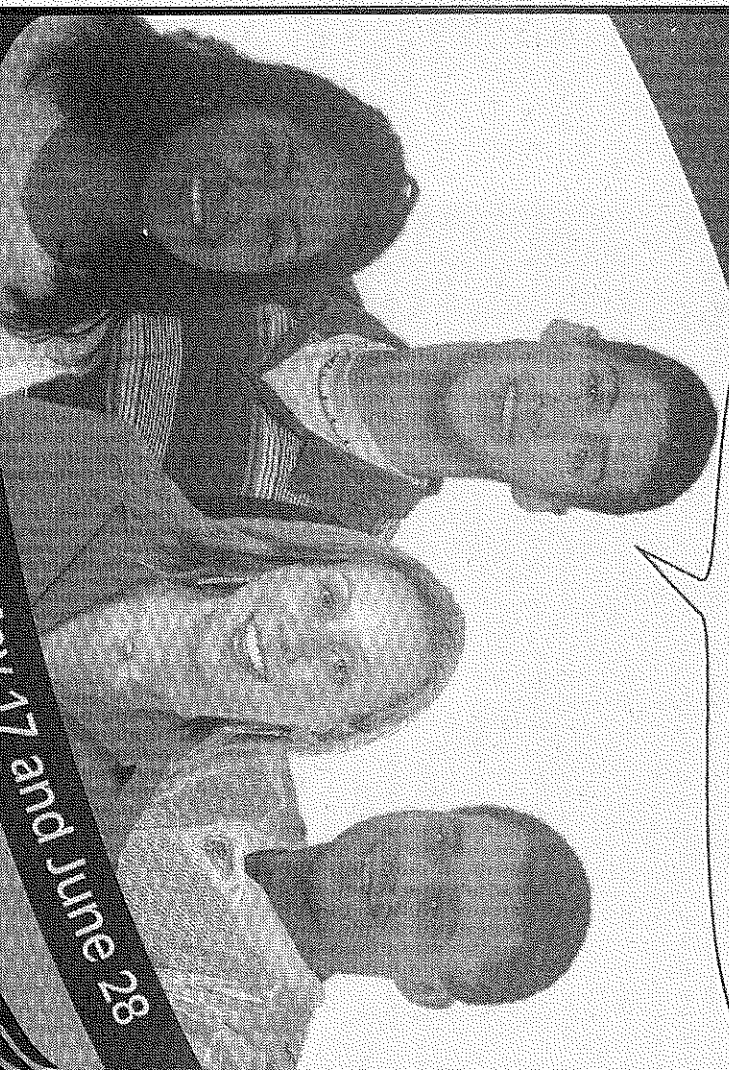
This activity is namely reading any books from the *Harry Potter* series. This is an event, that to the normal layperson, may appear "nerdy" or "gooberish," but it is actually remarkably fun, and time-consuming. I declined going to the beach to involve myself in reading *Harry Potter* and the *Order of Phoenix* last summer. That was one of the greatest weekends of my life.

To fully relish in this pleasure, either sit in a comfy chair by a fire with a warm cup of

cocoa if it is cold or if the day is warm bring a light blanket and a pillow outside and lie under the sky. Continue this until the book is finished, which may take up to 24 hours.

Sunday is reserved for finishing the book. Homework is a strict-no-no in order to comply by this weekend plan. Please do homework eventually, because it would be very stupid not to do it. However, I suggest doing what I do, which is join the journalism staff and do it all in there or if worse comes to worse, develop a severe headache from reading and stay home and have an extended weekend, compliments of Liz's Weekend Plan.

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# Spreading news: WS soccer scores high

By Christie Kim

Senior Staff Writer

The boys soccer team has once again proven that they mean business this year. At the beginning of April, the varsity boys soccer team was ranked as the number one team in the area by *The Washington Post*. Their undefeated record earned them this title among the other many competitive teams.

This name of recognition has provided a boost in confidence and motivation for the players and coaches. They are also aware that it is possible they could lose their rank to another team if they don't keep pushing hard and playing well.

"It's difficult [to be number one] because everyone is looking to beat you, and they get more energy in playing the game," said senior Mike Davis.

Being the top ranked team is something no one wants to give up to anyone else, so the team continues to work hard in order

**"It's difficult because everyone is looking to beat you, and they get more energy in playing the game."**  
—Mike Davis, senior

to keep their position for the remainder of the season.

There is a lot of pressure, especially in having this type of recognition hanging over the players' heads all the time, because at any point in time it could have a negative effect on the team as a whole. But they have remained humble and realize that they must keep improving in order to maintain their rank.

"It's exciting but there's a lot of pressure from other teams and the coaches," said junior Brian Tweed.

The season is looking very hopeful with their winning record as they aim for becoming the state champions this year. If anyone could receive such an honor

and still remain modest and hard working it is, without a doubt, the boys soccer team.

Despite the difficulty of having such a prestigious title tacked to their jerseys, they have held their heads high with pride but refuse to let that factor affect their performance on the field. This isn't the first time the WS's boys soccer team has shown they are capable of going all the way. In 2002, WS captured the state title. If they continue to keep up their hard work, they will make more of a name for the soccer team in future years.

"[Being number one] is an honor, but I'm not pressured to play like we're number one," said senior Brian Allen. "We'll take it one game at a time."

## Softball steps up to bat

By Jen West

News Assistant

After much uncertainty, the WS softball team has risen to the occasion. Comparing last year's team of mostly upperclassmen as to this year's team of six freshmen, there was doubt of how well the team would do.

"I think we proved ourselves against Hayfield," said captain senior Becky Bond. "We've been hitting a lot better [than last year]."

The freshmen have proven that they belong on the team.

"The freshmen stepped up a lot," said senior captain Sarah Bahrami.

After senior captain Emily Miller sprained her ankle, freshman Devon Buckley filled in for her while Miller was out for the first half of the season.

"I was nervous but it wasn't that bad," said Buckley. "Becky is a good pitcher [and it took off some of the pressure.]"

Although in WS halls there is an invisible line drawn between upper and underclassmen, on the softball field the girls are just friends playing together as a team.

"I think we're getting a lot closer," said Bahrami. "We've been winning, so we like each other."

Although things are progressing this season, there are still high expectations from the team captains.

"I expect to have a winning season," said Bond. The season is far from over but the girls have got a good start. The team captains encourage the players as best they can.

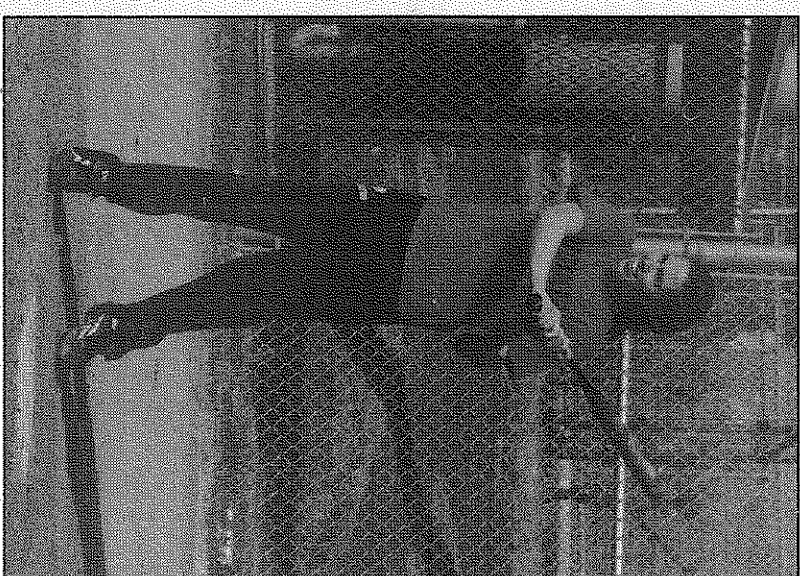
"They're all so positive and tell you what to do [if you're unsure]," said freshman Tiffany White. "[Because of that] we're all stepping up and coming together."

With twelve girls and half of them freshmen, the rest of the team consists of two sophomores, two juniors, and the three senior captains. The girls don't separate into different groups within the team.

"The whole team gets along," said Buckley. "There aren't any cliques; we mesh together [into one team]."

The girls bond together through team dinners, sleepovers, watching other games and goofing off at practice. Practice is where the team roles come out like who's the prankster or who's the serious one. With a positive attitude, the softball team hopes to go far in the season but they also just want to have fun.

"I'll just be happy to go to regionals," said Bahrami. "[Being] top four in the region [would be a great accomplishment]."



Susan Sommerfeld  
Senior Becky Bond participates in batting practice.

## You got served

By Hilary Heincer

Senior Staff Writer

Although the boys' tennis team hasn't changed much from last year, they haven't started off the season the way they wished to.

Having played Hayfield, West Potomac, and Amandale, the boys are disappointed with their failure to win any of their matches this season. Hopes are high that the team will improve, yet it remains to be seen if they can focus on improving.

"We'll hopefully improve throughout the season," said senior captain Bobby Klutz.

Coach Craig Hamilton believes that it will take an effort to win but that the team is capable of such an effort.

"The team can win! If we really commit ourselves to improving," said Hamilton. Their problem stems mostly from not being able to finish matches and compete the entire time.

"We've got to close them out," said Hamilton. "We compete well against each other but not other teams."

These problems are ones that can only improve with time and practice. This practice comes mainly in matches, but during regular practice from 2:30 pm to around 5 pm the team focuses on strokes and overall fitness.

Individually, senior Jung Kim has exhibited early success. He has won the first three singles matches he has played this season.

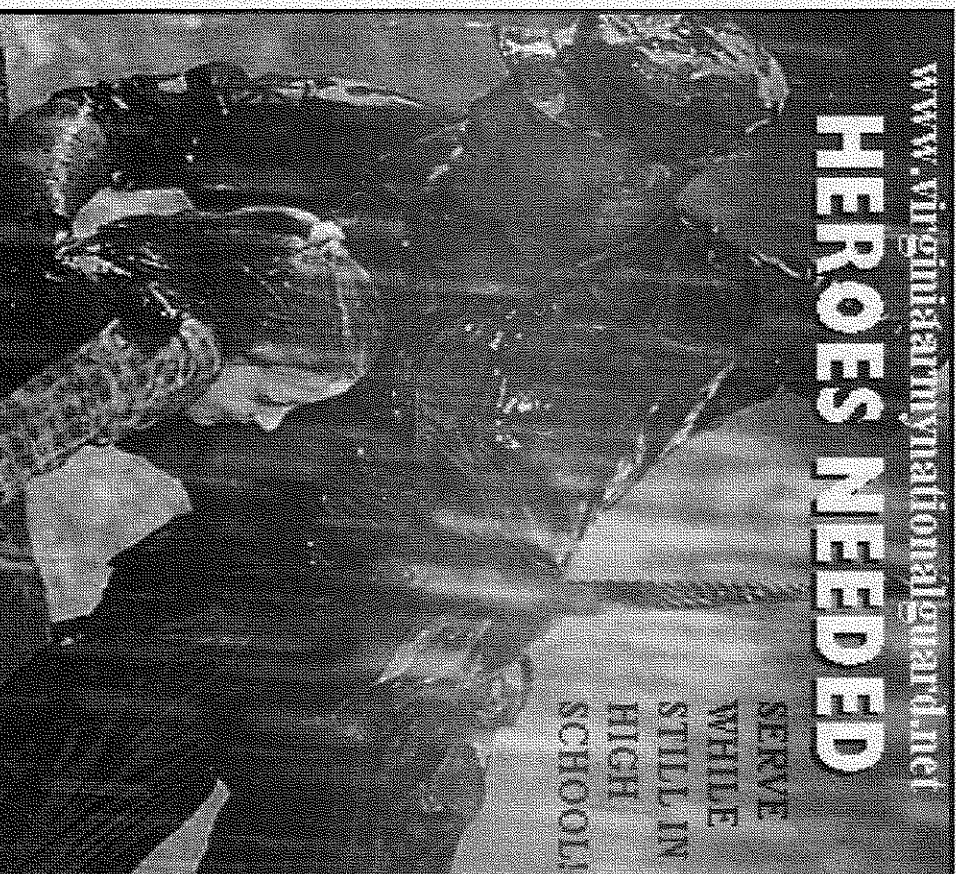
"I hope to be six and six," said Kim.

Next season, the team size will have to be reduced as the girls' season will be moved to join the boys' in the spring. Therefore, it is imperative that the students

hoping to make the team will work hard to improve their game.

This year, the team is rather young, consisting of only two seniors, Jung Kim and Bobby Klutz. With only two seniors graduating the team can spend this season to become strong as a team and improve on individual skills to do well next year.

"Winning is important," said Hamilton, "but sometimes the hard work it takes to get there is more important."



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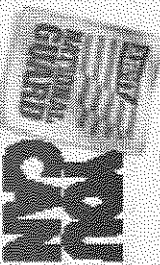
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Jenna Wissehnah  
Sophomore Will Cope wacks the ball.

# Talented receivers head draft

By Tim O'Keefe  
Sports Assistant

The April NFL draft, is football's largest spectacle in the off season. Collegiate players from across the country wait eagerly to see if an NFL franchise will select them.

The Redskins sit with the fifth overall pick in the entire draft with last season's disappointing 5-11 season under Steve Spurrier. Joe Gibbs brings a new regime to the Redskins, and some feel that the Redskins should pick a defensive prospect first.

"The Redskins should take a safety like Sean Taylor," said senior Desmond Brazziel. "They have to take him. I'm a defensive guy."

From draft analyst Mel Kiper Jr.'s bold hair and opinions, to Chris Berman's unique humor, ESPN has modernized the NFL draft. In 1980, NFL commissioner Pete Rozelle wanted the draft to become a TV spectacle, which is when ESPN took the reigns. In 2003, 2.9% of cable viewers watched the seven hour first day of the draft. That is almost double the amount of viewers to college football bowl games that only last about three hours.

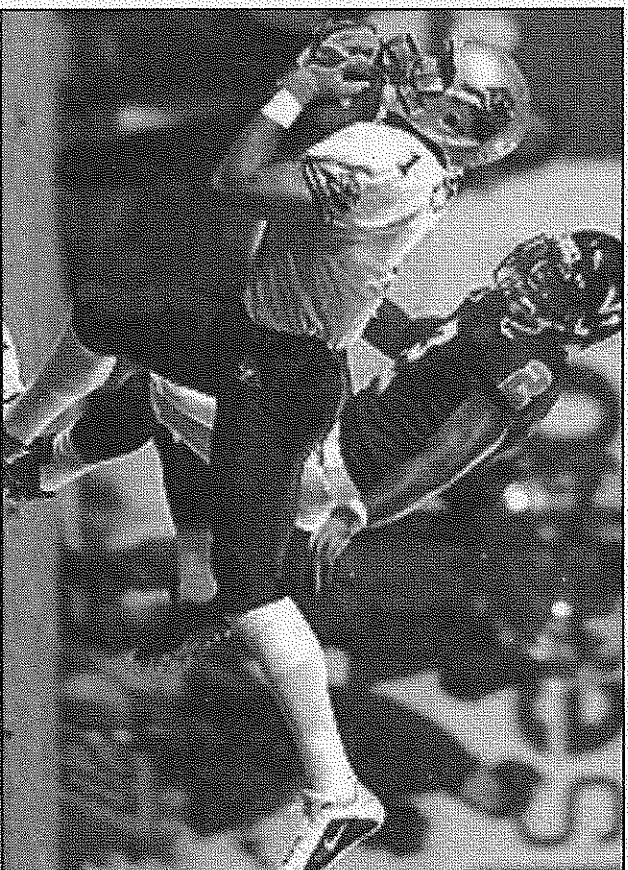
"It's scary, the draft is such a phenomenon," said senior NFL vice president Jim Steeg in a USA Today article. "Some cooperate executives just sit there [New York] for hours, and you want to say 'get a life.'"

This year's draft is probably going to be categorized as one of the greatest receiver drafts ever. The list includes Larry Fitzgerald (Pittsburgh), Roy Williams (Texas), Reggie Williams (Washington), Rashawn Woods (Oklahoma State), Michael Clayton (LSU), Michael Jenkins (Ohio State), and Lee Everts (Wisconsin). All of these seven are expected to be taken in the first round.

"If you need a receiver, this is the year for it," said Carolina Panthers' coach John Fox on jsonline.com. "It's a pretty special group."

The Redskins at the fifth spot have lots of options. They could take Sean Taylor (Miami) or Kenechi Udezue (USC). The Skins could also passably take tight end Kellen Winslow (Miami). At the fifth spot in the draft the player taken is expected to make an immediate impact.

Former Ohio State running back Maurice Clarett's decision to go to the NFL has already caused lots of conflict.



Larry Fitzgerald dives for an acrobatic catch. Fitzgerald is expected to be the first receiver taken in the draft. He won the Biletnikoff and Walter Camp awards at Pitt.

Clarett, a collegiate freshman, they can't do the same in the NFL," said

challenged the NFL's eligibility rule of

having to be two years past your high

school graduating class. Clarett won the

case in court, although the NFL has

appealed the case. The decision could

open the floodgates to high school athletes

who to go strait to the pros, just like the

NBA.

"If athletes can go from high school to

the pros in the NBA, there is no reason

more mature enough to play at that level."

## WS coaches give their time to players

By Emily Sommerfeldt  
News Editor

If it happens to be raining when the school day ends, hearing an expression of joy coming from an athlete isn't a rare occurrence, especially when the wet weather could possibly lead to a cancelled practice.

"[With] the spring weather, you always have to have a Plan A, B, C..." said soccer coach Kelli Mastrodonato.

The number of responsibilities that coaches have piled on their shoulders each season is plentiful and dealing with the weather is just one of them.

"The hard parts [of coaching] are making cuts, getting kids to fit into roles and situations, disciplining kids, and depending on the sport, finding playing time," said tennis coach Craig Hamilton.

Tryouts at the beginning of each season are the introduction of one of the worst parts of being a coach — making cuts — but it's something that must be done.

"We're realistic with them," said Bill Gibson, girls' basketball coach. "We let them know where they stand and why they didn't make it."

Especially with the teams with a high number of athletes trying out have to cut more than 30 students.

"The new decision is wrong," said

Brazziel. "These guys are not ready or

more mature enough to play at that level."

soccer coach Randy May.

Once the teams are assembled and practices begin,

every coach has an entirely new set of tasks added to

their "To Do" list. Each athlete comes in at a different

level of experience and it's the coach's job to meet the

goal of getting everyone on the same page.

"Coaching is the same aspect as teaching," said

Hamilton. "You want to see kids improve."

Improvement can be anything from earning playing

time in a game or learning to work as a team and while

winning usually coincides with improvement, it isn't

always everything. Success isn't always measured in the

number of games won. Instead, it can be measured in

how well the team is playing together, their growth as a

team, and the bonding that is taking place.

"A lot of times as an athlete, you want to try to give

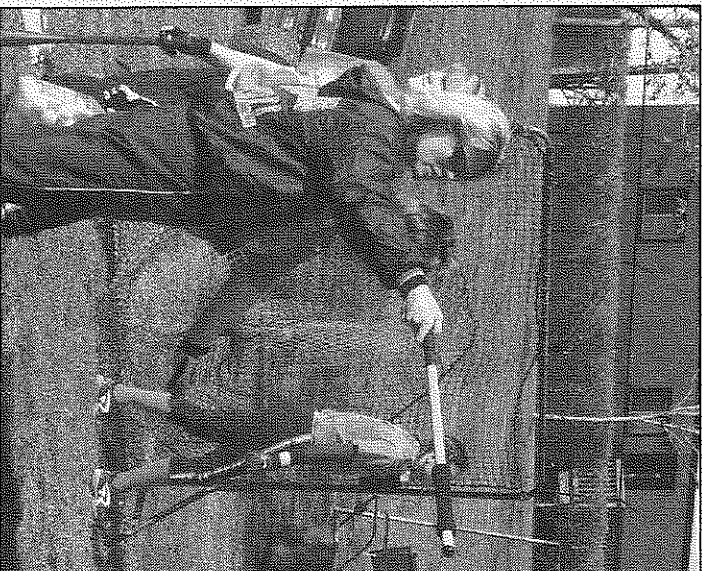
the time back that was given to you," said Hamilton.

Coaching provides this option; serving the students and

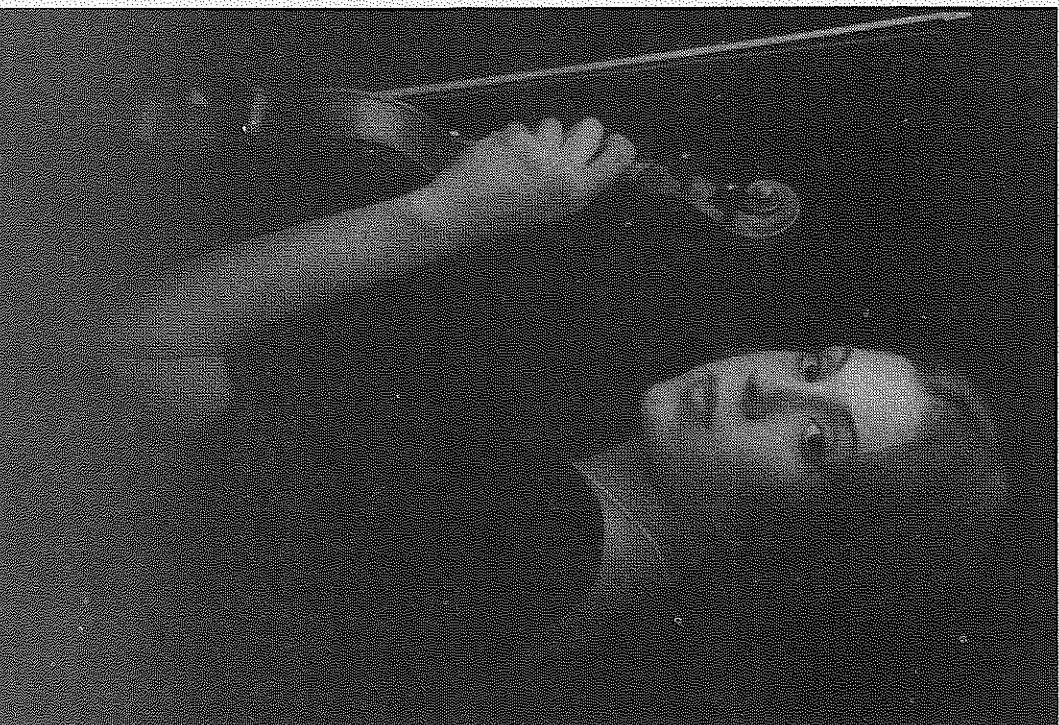
making them the best they can be is in the job description.

"Coaches do not get caught up in tunnel-vision," said

Hamilton. "We look at the big picture."



Susan Sommerfeldt coaches at WS push their players to improve such as assistant softball coach Suzie Williamson.



# MOTOPHOTO & PORTRAIT STUDIO

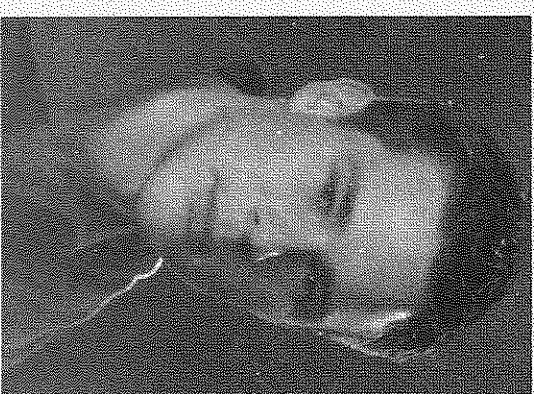
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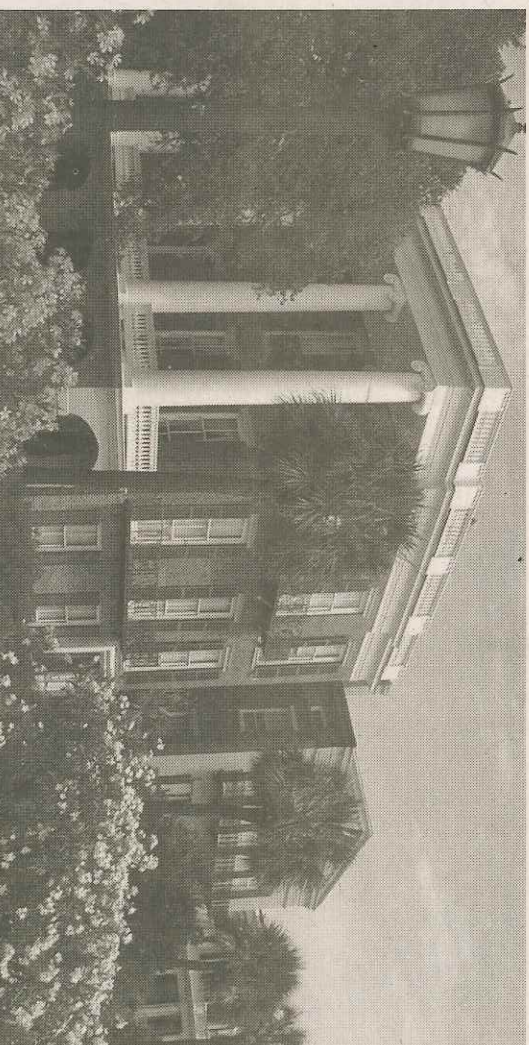
## Air conditioning quells even the heat of love

By Betsy Miller  
Senior Staff Writer

Sometimes it's funny how things work out. This time last year I would have told you that I was definitely attending a college in South Carolina. I wanted to be close to my former boyfriend, and of course, future husband, who attends a culinary school in Charleston.

*♥ Sex in the Fields ♥  
Exploring the intricacies of love, the sexes and relationships in high school.*

Well, it turns out that I went shopping for the China pattern just a little too soon. Shortly after



Harris Shiffman

a landmark argument concerning the thermostat of the car on prom (noting that strapless dresses and tuxedo coats often clash temperature-wise), Mr. Right and I decided to go our separate ways. He is currently involved with a pastry chef named Brittany from his cutlery class. The two of them enjoy a mutual love of fine dining and spooning over various culinary creations.

My eating tastes were always a little unrefined for him, anyway. Like to go to restaurants where I can pronounce over half the foods on the menu. My point is, though, that I was one good prom night away from spending most of next year eating frog legs and being miserable—with the former love of my life.

Your life can change with

every breath you take. Every time you inhale or exhale you make a conscious decision whether to change your existence forever or to merely keep on existing. When my boyfriend and I broke up last year I felt like I couldn't breathe. My heart hurt

so badly I thought my lungs would explode, scattering millions of fragments of pain and frustration. But the world kept turning; people everywhere kept on living, dying and being born and I kept on breathing.

I won't be going to col-

lege anywhere near South Carolina. And I don't know how to make crème brûlée like Brittany. I don't even know if it was worth it to maintain a perfect 72 degrees on prom night. I only know that I can, and will, continue breathing.

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## “The OG?” WS lacks the finesse and fraternization

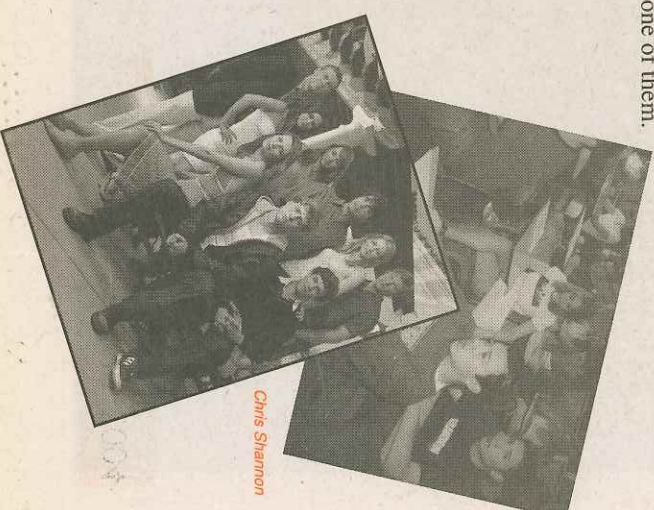
By Adam Rosen  
Sports Editor

First there was “Beverly Hills 90210” and now teenagers have turned their attention to “The OC.” Living in Orange County offers a variety of advantages. There is the beach, beautiful girls and houses that make ours look like rundown shacks. At WS instead of the beach, we have Springfield Mall. That’s right we have Springfield Mall, in your face Orange County.

From watching “The OC” you come to learn that these people have more problems than a dysfunctional family. For instance, Jimmy and Julie have a daughter, Marissa, who looks like she’s only 10 to 15 years younger than her parents.

By watching the show you learn Jimmy and Julie divorce because Jimmy becomes bankrupt. Then Julie gets together with a man who could be Marissa’s grandfather. After this relationship doesn’t work out, Julie starts seeing Luke. Luke is Marissa’s former boyfriend. Remember Julie is Marissa’s mom. MARISSA’S MOM! I don’t know how Marissa would react if she had to call Luke “papa” or “daddy.”

Now if there are people like this out there then, please, get some help. There are a couple of hot mom’s, but if a student was sleeping with one of them, that’d be ridiculous. But students choose to like this show, and I’m not going to lie I happen to be one of them.



Chris Shannon