

# RAPID FIRE

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West Springfield High School 6100 Rolling Road Springfield, Virginia 22152

## Theatre performs 'Pride and Prejudice'

*Unique set brings twist to classic*

**By Ariane Irvine**

*Senior Staff Writer*

The uptight Mr. Darcy and the headstrong Elizabeth Bennet make up one of the most classic couples in English literature.

They're also the main characters in the new version of "Pride and Prejudice" and the WS theater department's latest project.

"I heard through the grapevine that Jon Jory had done a new adaptation, and that it was nicely done and well written for the stage," said Mary Jo Levesque, the WS theater teacher.

Levesque based her choice on the fact that no other high schools in this area have performed it yet and on the

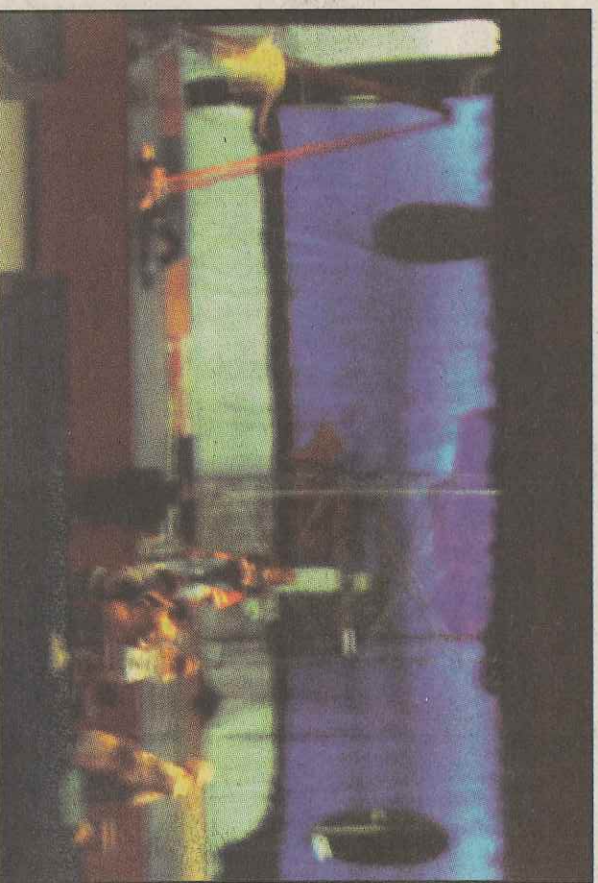
play's academic value.

"It's a classic that teachers like to use," she said, "so I felt it might be beneficial to the students."

The play is based on the novel written by Jane Austen in 1813 about Elizabeth Bennet's triumphs over deception, misunderstandings and her own reservations in order to find love.

"I liked reading the play more than watching the movie," said Chris Berens, who plays Mr. Darcy, "and I think it's going to be really good. It's coming together, and Chris Carter is doing a good job directing."

The cast began rehearsals during the first week of January, and performances will be held February 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.



Sara Kofalt

Theatre students practice while working on the set about two weeks before the performances of "Pride and Prejudice" begin at WS.

"It's a really good play. It's a little old fashioned, so it moves slowly, but it has funny dialogue," said Christine Carter, student director.

Another thing Levesque liked about the play was that it had a lot of roles for

girls.

"It had a lot of female parts," she said. "There are so many plays with a lot of male parts. That's the same reason why I chose [Thorougly Modern] Milly."

## Shakespeare students set the stage

**By Libby Bursley**

*Oracle Editor*

The bard has arrived.

The WS contest for the National Shakespeare Competition, sponsored by the English Speakers Union, was held on January 17. The only requirements were that competitors memorize a Shakespearean sonnet and monologue. Hollis Wolter has sponsored this event since she began to teach at the school. It is held annually but in recent years has not attracted large numbers of participants.

"On average we got about five people. People think that they have to be dramatic to do it," said Wolter. "But this year Mrs. Beall did a remarkable job at encouraging her students to participate."

Wolter and Martha Beall worked closely together to try and drum up more interest in the competition. "There was a record number of competitors," said Beall. "We were thrilled with the level of interest."

Beall thought offering a workshop would benefit the students. Any students interested in

See SHAKESPEARE on Page 5.

## Local church receives major upgrade Church members rejoice as new church opens

**By Jordy Serwin**

*Oracle Editor*

The Saint Raymond Roman Catholic Church congregation began over ten years ago. Until this Christmas, however, its membership, which includes a sprinkling of WS students, had no formal church building to call its own.

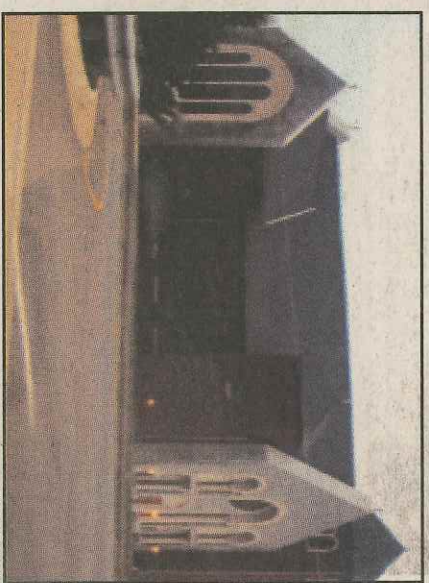
Prior to the new building's opening, priests held masses in temporary locations.

"We used to have to go to a fire house [for church]" said sophomore Joey Wheeler. The new church opened on December 17<sup>th</sup>, just in time for members to attend Christmas masses.

The building itself models after the cross-shaped design of traditional catholic churches. It accommodates 800 people and includes a neighboring rectory which houses four priests. This represents a big step up from the less-than-perfect conditions the congregation knew previously. The seating configuration within the new church allows people to sit either on the sides or in the middle, another feature that wasn't possible at the previous sites the congregation used, including the fire house on Backlick Road and Angeles Academy near Springfield Mall.

Though different than the conditions to which they are accustomed to attend church, WS students welcome the new changes.

"The old [building] had discolored carpet and the new one is all tile," said freshman Cort Rushton.



Molly Cushing

Students who worship at Saint Raymond's went from worshipping in a fire hall to a brand new church.

Aside from the new building's overall freshness, students noticed other improvements. Marble statues and other elegant adornments are prevalent throughout.

"My favorite parts of the new church are the stain glass windows," said freshman Megan Winslow.

The windows Winslow refers to were originally installed in 1928 in the Irish Catholic Church of the Transfiguration of Our Lord in West Philadelphia. The windows were purchased after the church that housed them closed in 2000.

Perhaps the most important element of the new building speaks more to its true purpose rather than its aesthetic improvements.

"You can get more out of the masses," said Rushton.



4 Young girl born with immediate WS connections.



6 Students maintain variety of jobs.



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# Excuses, excuses

## WS policy does not excuse "me days"

It's a common occurrence to see one or more empty desks in a classroom when students are absent. Reasons for these absences vary from fevers to funerals, but there are also the times when high school students simply need to take a break.

The school states that excusable absences include the following: "Illness, death in the family, medical or dental appointment, observance of religious holidays, suspensions, approved pre-arranged absences, and other reasons accepted by the grade level administrator." Family vacations and sports activities are not "excused" but many assume that they are acceptable reasons to take a leave of absence.

The school does not include "If the student is exhausted or stressed and does not feel like coming to school" in its list of excusable absences, but every teenager in America would argue that that is a valid excuse.

Usually every few weeks homework, tests, sports practices, and other school activities begin to pile up and it is necessary to "take a day off." This day off is used to catch up on homework, on sleep, and maybe a favorite TV show. It is very necessary for students to

## FCPS does not get day off for former presidential procession

By Kelly Sipple

News Editor

I was elated when I heard my best friend's dad had the day off to mourn the death of the 38<sup>th</sup> president, Gerald R. Ford. I thought it was logical that we, the hard-working students of FCPS, would also have the day off.

I watched the TV and checked the FCPS website numerous times, just waiting for the news of an additional day of winter break. I was disappointed when all I saw was a newscaster announcing that other counties would not have school and a white screen with no updates for FCPS.

It's pretty safe to say that this was one of the shortest possible winter breaks we've ever had. There was hardly enough time to open presents and visit with family, let alone catch up on sleep and do all the homework that was assigned. That is why I thought they would at least be kind enough to give

us one more day off. Unfortunately, I was mistaken.

With our proximity to DC, where the funeral procession ended, it makes sense for us to have school off. Instead, we had to attend school while schools in New York, Delaware, and North Carolina were not in session, even though there was no way they could do much more than watch segments of the funeral on C-SPAN during MTV commercials.

Granted, while the majority of the students at WS would have rejoiced over a day off instead of mourning, some students actually would have cared about the history which unfolded 15 miles from our houses and the significance of the day. Following the death of Ronald Reagan, my father took me to DC to see his coffin in the rotunda of the Capitol. I was able to go because it was during the summer. This time around, however, my father did not believe I should miss school to spend hours waiting in a line to see a dead

highly unlikely. Inadequate sleep has its consequences too. Lack of sleep and rest decreases testosterone, impairs insulin function, increases cortisol, and decreases growth hormones.

Also, according to the National Sleep Foundation kids do not "catch up" on their sleep during the weekend, so as said before, a day off from school every once in a while is more than necessary for teenagers to de-stress.

It was also proven in a study done by Professor Mary Carskadon of Brown University that "the

## Editorial



Sarah Alvarez

Senior Shankar Jaitly arrived to school during break because she was sick. Being sick is a reason to be excused but "catching up" on your sleep is not.

presence of the sleep-promoting hormone melatonin in teenagers' saliva is higher later at night and remains higher later in the morning."

Everyone, go show this article to your parents the next time they will not allow you to stay home from school because they know you are not sick. Do not be afraid to miss a day of school because of all the work that will have to be made up; your physical and mental health is much more important.

Fairfax County students were not given the day off to mourn the death of President Gerald R. Ford. Ford was the 38<sup>th</sup> President of the United States, serving from 1974-1977.

president, even if it had great historical importance.

Gerald R. Ford was the 38<sup>th</sup> President of the United States. He served our country and deserved to be honored. The only way to properly do so was to have a day off school so we could have followed his funeral. Instead of being so upright during a winter season in

which we are clearly not getting snow days, it would have been nice to have a day off to respectfully remember a former president.

[Ford] served our country and deserved to be honored.

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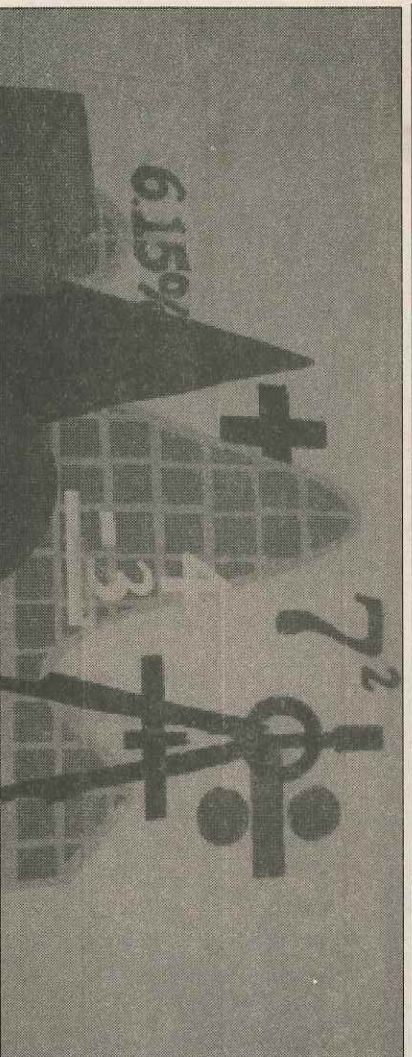
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Sara Kofair

## Make Math Matter makes debut in core classes

By Krista Pedersen  
Scoop Editor

One more sign has appeared amid the cluttered walls of our classrooms and hallways. Inconspicuous blue laminated sheets bearing the symbol "M<sup>3</sup>" and the words "Make Math Matter" now hang throughout the school.

## Parking problems persist on Rolling

By Nicole Simpson  
Entertainment Editor

It's not rare that sleeping takes a backseat to schoolwork. Procrastination catches up with us, assignments we swore we never knew about suddenly pop up on Blackboard the night before and books we were too tired or lazy to read quickly transform into late-night Sparknote sessions. But for once, our own teenage laziness isn't the keeper of sleep; it's the morning bell alone.

We've all been there, juniors, sitting in our cars 40 minutes before the actual bell rings.

Dodging Huntsman traffic, racing down Hillside and squeezing into an "almost" spot are daily occurrences, but could they be avoided? Sophomores are slowly but surely getting their licenses and going to be driving to school and just like in years past, the parking situation is only going to get worse.

For starters, let's help each other out.

Do not leave a slightly-smaller-than-car space in front of us assist your fellow commuters by not staring and laughing in our rearview mirror as the new driver

The same day that the underclassmen took the PSAT and went home early, a small group of teachers from different subjects sat down for a discussion. Students' test scores are down from years past.

The teachers agreed to implement cross-curriculum practices in an effort to

integrate math into the classes of other subjects.

Hence, M<sup>3</sup>. I don't think this is necessary.

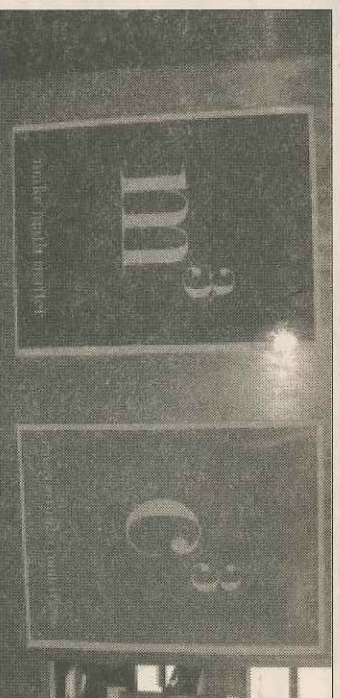
A majority of the students will not major in math, and should have the option to focus more on other subjects that they plan to pursue later in life.

If you are planning to become a historian or journalist or poet, you won't need much

more math above the basic arithmetic level.

"Make Math Matter" is a new system that began on PSAT day that encourages teaching across curriculum.

Sara Kofair



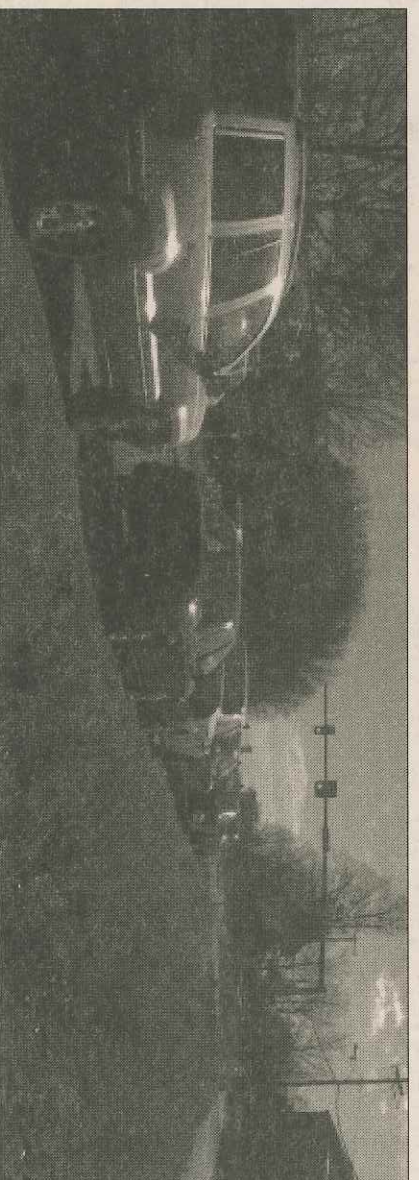
maintain a B+ average in Honors Algebra II.

I'm not bashing math because I'm bad at it, I just don't appreciate it being favored over other subjects.

For example, students who excel in math and science have the option to go to Thomas Jefferson HS. There is no special school in Fairfax County for other subjects.

That is the equivalent of saying that if you want to specialize in history or English, you will have to wait until college to start. That is just unfair.

I'll admit that I am not, nor have I ever been a math lover. However, I've been able to



Parallel Parking on Rolling Road is difficult because there are no marked spaces and young drivers rarely think to leave enough space so others can fit their cars in.

Sara Kofair

tries to park in a parallel spot that's already too tiny for their mom's mini van.

Kudos to the one who's learned that it doesn't take long to just drive up to the first space and allow others to orderly, and panic-free slide in behind them.

Some have learned to cheat the system and park at friends' houses in the morning to avoid Rolling parking all together, but this isn't always the best resolution.

For instance, my carpool and I thought this would be a perfect plan instead of waking up 30 minutes earlier to find a space, but within the first week of school, we already had received an angry note from a neighbor

allowing us that "police do patrol" and that we weren't allowed to park in front of our friends house.

We could find a more ideal solution to this daily parking dilemma. The junior and sophomore classes could organize a group to clear Rolling Road of tree limbs and leaves that make parking in the morning miserable.

Students could donate money to help themselves, and other morning drivers, and even organize fund raisers to buy spray paint to make organized spots.

Instead of dealing with the unnecessary morning stress, why not do something about it?

## Policy to students: Hats off!

By Jenny Taylor  
Sports Editor

The stringent hat policy, one of the most controversial FCPS regulations, is consistently broken.

As we remove our beanies and baseball caps, teachers and baseball caps, teachers love to remind us how head coverings are not to be worn during school hours.

While they continue explaining how hats are incredibly distracting, we

A student isn't going to flunk a quiz because they were preoccupied with a classmate's cap.

struggle to fix our now awkward hat hair. It's not that we enjoy ignoring our teachers.

The fact is we've heard the "distracting" excuse more times than one can count and it still doesn't make sense. Students are allowed to

dress in costumes during Halloween and Homecoming, yet a plain cap is deemed inappropriate.

The outfits that teams wear to school on game days, such as the infamous boys cross country shorts, are clearly more sidetracking than hats.

The terms

"substantial disruption" and "material and passes, juniors Steven Vu and Osmar Almaraz keep their warm winter hats on their heads while inside the FCPS building.

Even after the five minute bell comes to describe inappropriate attire in the FCPS building.

Students could easily show gang alliance without wearing head coverings.

A student isn't going to flunk a calculus quiz because they were preoccupied with a classmate's cap.

One is more likely to be distracted by brightly colored shirts or flashy jewelry.

Bandanas, skull caps and hoods have been vigorously discouraged in Fairfax County, because of their affiliation with

gang violence. Students could easily show gang alliance without wearing head coverings.

Sporting gang colors is a popular alternative and ultimately defeats the intention of the hat policy.

The argument that hats are interfering with the learning environment and promoting violence is outdated and illogical.



Sarah Alvarez

## Missing manners in classroom policy

By Ariane Irvine  
Senior Staff Writer

Okay, I admit it. I like to eat my lunch during fourth period just as much as the next person. I think, however, there are some ground rules people need to follow.

One of the biggest problems with people eating their lunch in class is when they bring in something that, after just an hour smells like dead bodies.

Really – the only reason I can see to eat tuna fish during fourth period is if you really wanted to make enemies out of everyone who had to have sixth period there.

Another problem with eating in class is that it is distracting. Crinkling a wrapper during a lecture or chewing loudly during a test irritates everyone else in the class – including the teacher. This teacher might eventually just go ahead and say that no one

can eat in their class, which would make sure that everyone else in your class hates you.

Think about it – if you are stuck in a room with these people for two hours a day for the next six months, you might want to consider keeping them happy.

Finally, when you bring food to eat during class, you should always remember to share.

If you don't feel like sharing your food, then maybe it is not a good idea to eat your entire lunch in front of a group of fellow students that have to wait another hour and a half from fourth period before they finally get their lunch. Eating in front of them and not offering them any is more than rude—it almost borders on cruel.

If you really want to eat during class, go out and buy two or three dozen doughnuts. That way, no one would mind if you chewed loudly.

# The legacy continues

By Zohra Alnoor

Senior Staff Writer

Three generations of the Roop family walked the halls of WS for the past two decades, and there has just been a new addition.

Kalina Rapoza was born to math teacher Shannon Rapoza and her husband Kaala Rapoza on November 26 in Fairfax Hospital at 6:08 P.M.

"[Shannon's] husband picked out the name. He's Hawaiian and [her] name is also," said junior Brett Roop, who is now a proud uncle at age seventeen, even though he thinks that being an uncle is usually associated with an older age.

"[Brett] adores [Kalina]. He drives over [to Shannon's house] just to see the baby. When she was in the hospital, he'd drive there even if we weren't going to see her," said math teacher, mother and new grandmother, Beth Roop.

Kalina, now eight weeks old, is admired by both her paternal and maternal family.

"It's been two days since I've seen her and I miss her already," said Beth.

Even students in Beth's class are beginning to see differences in their teacher and her classroom.

"Mrs. Roop has a calendar and it's a picture of her and her granddaughter in all of the months. She also has a picture of her and the baby on her desktop, so we always see it," said freshman Tracey Johnson, a student in Roop's Algebra one class.

The entire Roop family and relatives can't help but be happy in a time like this. Particularly the baby's mother.

"She's just so precious. She's our little sunshine."

—Beth Roop

Rapoza is taking maternity leave until after spring break, to nurse and care for her new daughter.

"She's loving the good life," said Beth. "She's a natural, it's like she's [been a mother] all her life. She changed Brett's diapers, all of my girls took care of him."

The Roops show their happiness for Kalina in many forms. Four weeks they held a celebration for her.

"We had a one month birthday party where we all sang to her, we're nuts about her," said Beth.



Beth Roop

New arrival Kalina Rapoza takes one of many naps. She is welcomed by her relatives; three of which walk the halls of WS on a daily basis.

With so many friends that love the Roops, and a caring extended family, Kalina has entered a very affectionate environment.

"She's just so precious," said Beth. "She's our little sunshine."

## WS dancers perform in Paris

By Becky Cryer

Forum Editor

Winter break is a great time to catch up on sleep and laze around the house, unless you are fortunate enough to get the opportunity of a lifetime and fly to Europe for a week.

Senior Sara Kofalt and sophomore Claire Percoco spent the last seven days of their winter break in Paris dancing for hundreds of people.

Both girls are on the WS dance team, and last summer they auditioned at a dance camp to be on the all-star team. Each year the Universal Dance Association puts together a nationwide team of dancers to perform in a different country. Out of everyone who auditioned, Kofalt and Percoco made the cut.

"We found out if we made it

in October, so we had two months to prepare," said Percoco.

They each received a brochure with the cost and details of the trip, along with a DVD of routines to learn. Just two months later, Kofalt and Percoco left on a plane with 94 other winners.

"The flight was really long and awful; it wasn't a good experience," said Percoco when describing the seven hour flight and layover.

Although their trip had structure and purpose, they did plenty of sight-seeing and shopping.

"It was more laid back than I thought, but at the same time we were still protected," said Kofalt.

They saw Notre Dame, the Opera House, the Eiffel Tower, and famous artwork such as the *Mona Lisa*, which Kofalt says is "overrated."

"The last couple of days we

performed in two parades," said Kofalt.

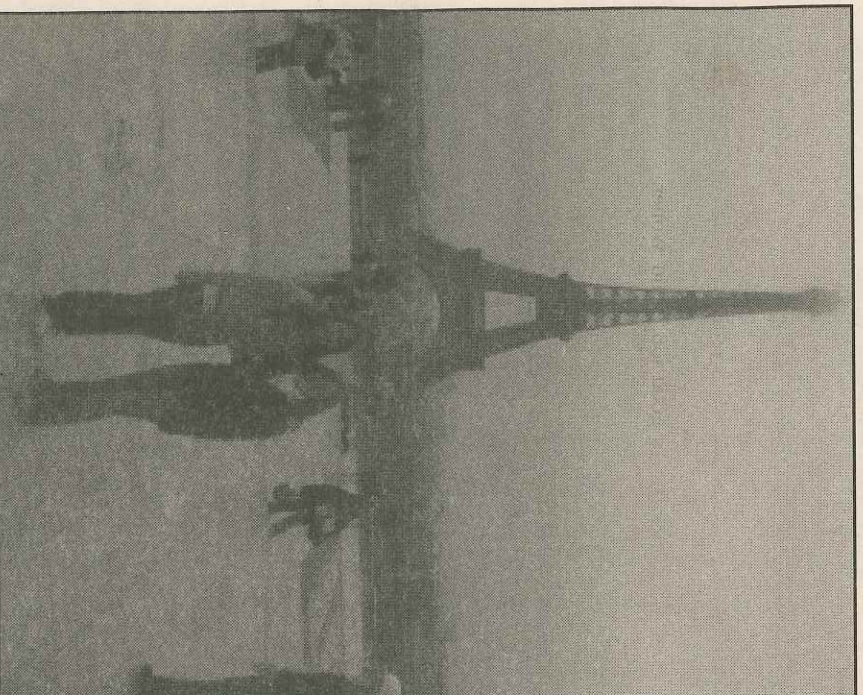
The first performance was on New Years Eve in a small town called 'Chantilly'. Both girls agreed that the best part of the trip was the performance that day.

"I felt kind of like a celebrity," said Kofalt. That day, a mother and daughter approached Kofalt and asked to take a picture with her.

Percoco enjoyed the Chantilly performance because the small town was packed with people who were all "more lively" than the second performance.

It was the experience of a lifetime and both girls really enjoyed their time there.

"I liked it because I got to go out and do something really exciting," said Kofalt. "It was just different than anything I've ever done before."



Nicole Zion

Sophomore Claire Percoco and Senior Sara Kofalt pose in front of the Eiffel Tower, one of the many tourist attractions they saw in between dance performances.

## EHS works to spruce up hall

By Sunnie Ko

Senior Staff Writer

The English hallway is about to be filled with more than literature and timed writings.

This past month, The English Honor Society attempted to promote a Literature Mural Contest but it ended up with little success.

"We don't have very many people signed up," said English Honor Society officer senior Alison Campbell.

Fortunately, the EHS is extending the deadline on the "Literature Mural Contest" into February.

The contest is being held with hopes to make the English hallway vibrant and more appealing.

"We're trying to spice it up," said English Honor Society sponsor Kerry

Keith. "We want it to look more interesting."

The mural contest is calling for any type of artwork that depicts literature.

"We're looking for something that shows what literature is," said Keith. "Anything that can do that is perfectly fine."

Other types of murals have been seen throughout the school, such as in the art hallway, auxiliary gym hallway, above the stairwells, and in several different areas around WS.

The artwork submitted needs to be put on a regular 8 1/2 by 11. It will then be converted into a transparency and put up on the hallway for painting.

Aside from the glory that comes with having a piece of artwork on the school, the winner will also receive a Starbucks gift card.



Sara Kofalt

The English Honor Society is holding a "Literature Mural Contest", in order to brighten up the English hallways with decorative pictures that pertain to literature in some way. "We're trying to spice it up," said EHS sponsor Kerry Keith. "We want it to look more interesting."

## Gypsy jazzman Jorgensen to jam at WS

By Josh Lipman  
Oracle Editor

Usually when major musical acts come to the D.C. area they play venues like the Verizon Center or the 9:30 Club, but on February 7 guitarist John Jorgensen will perform in the WS auditorium.

The WS guitar program and its boosters paid to bring Jorgensen and the John Jorgensen Quintet to WS. In addition to his public performance, he will hold a private clinic for WS guitarists. While other established guitarists have held sessions for the program, including former Steely Dan guitarist Jeff “Skunk” Baxter, this is the first time one will hold a concert at WS.

“It’s really amazing to have such a great guitar player come here,” said senior guitar program vice president Kevin Pons. “I’ve seen him in magazines and I would never dream of being in his presence.”

Jorgensen, a former member of the Hellcasters and the Desert Rose Band, plays gypsy jazz. The style was invented by Frenchman Django Reinhardt in the 1930s and ‘40s.

“There’s an improvisational factor to it,” said senior Leonardo Canlas. “The ideal sounding gypsy jazz has a rustic tone.”

Guitar teacher Keith Owens is unsure what to expect in ticket sales, but his goal is to break even. Any extra money the concert makes will go toward the spring trip.

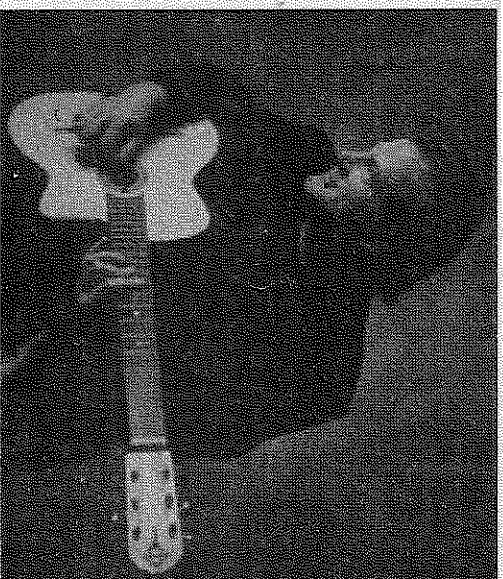
“I don’t know if we’ll ever have another guitarist at the school, definitely not next year,” said Owens.

Owens vaguely knows Jorgensen, which is why he was able to get him to come to WS. Some guitar students also met Jorgensen after one of his shows.

“I saw him my freshman year at Jammin’ Java,” said guitar program president Paul Cohn. “We got to hang out with afterward and got autographs.”

Owens has assembled a gypsy jazz combo to play for Jorgensen during the private session. Seniors

Canlas, Cohn, Esther Erbe, Eric Highfill and Pons make up the group. Cohn and Pons play guitar while Canlas plays violin. Erbe plays upright bass and Highfill plays drums. They also aim to compete at the Chantilly Jazz Invitational in March. The combo meets every Thursday to prepare for Jorgensen and the Chantilly competition.



UNC Asheville

The WS guitar department welcomes guitarist John Jorgensen who is playing February 7 at WS.

“I’m trying to get more used to it and trying to get some of the patterns commonly found in gypsy jazz,” said Canlas. “I don’t want to make the WS music department look bad.”

Since all of the members are seniors, Owens will have to rebuild the entire combo next year.

“We’re hoping every year students will step up and learn [gypsy jazz],” said Cohn.

## Students act up in Shakespeare competition

SHAKESPEARE from Page 1.

competing were invited after school to practice their lines. This year, seven students competed.

“The workshop was a perfect idea. The students were able to get some stage time, and it gave them an opportunity to present in front of an audience,” said Wolter.

Comfort on stage and success in performing for others are an essential part of the competition. Wolter, Beall and Madeleine DeJee, the judges for the competition, considered this when picking senior Dan Westbrook as the winner, and senior Sean Molstad as

runner-up.

“Dan really connected with the audience,” said senior Ishita Ahmed, who also participated in the event. “You could tell that he understood the words and meaning of what he was saying. He really fit into

the role of his characters.”

Westbrook’s theatre background helped him prepare for his recitations.

He picked his monologue from A *Midsummer’s Night Dream*, which he first learned in freshman year.

“I do a lot of theater stuff so that was good. I memorized both my sonnet and monologue the night before,” said Westbrook.

Molstad has also participated in school theatre productions before.

“Sean has a good grasp of Shakespeare. He was at ease with the words and language which put him ahead of the curve,” said Wolter.

Westbrook will now advance to the Shakespeare Competition for National Capital Region at The Shakespeare Theatre, held on March 5. Schools from across the region will be coming together, providing a new challenge for Westbrook. If he places first at that level, over the weekend of April 23 he will go to the National Shakespeare Competition at the Lincoln Center in New York City.

“It’s pretty cool. I don’t remember winning anything before so that’s nice,” said Westbrook.

The three judges were impressed with the level of commitment the students showed.

“They were really prepared. It is kind of scary being on stage but they all did a good job,” said Wolter.

Even though they were not picked to advance, the other competitors are proud of what they accomplished, since acting was a new experience for a few of them.

“It was nerve-racking, but I extended my boundaries,” said Ahmed. “Anyone should do it if they get the chance. The rewards are great even if you don’t win.”

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# The need to knit is back in school

By Becky Cryer and Kristin McGregor  
*Oracle Staff Writers*

We knit, so sue us. We're not 65, merely 17, we're bored students with a mission.

For a hobby that is stereo-typically for grannies, some have found it surprising to see such a trend form in high school. We like to think of ourselves as the ones who revived this old pastime.

One day in between deadlines we needed to kill some time so we both brought in our knitting. A bond was formed. Through *Oracle* we formed our own "Journalism Knitting Club" which has spread to the yearbook classes as well. We have about a dozen participants.

Because it is such an unusual hobby for people **It is something that does not require our full attention - unless we miss a stitch - but rather a way of taking our minds off of the stress of life.**

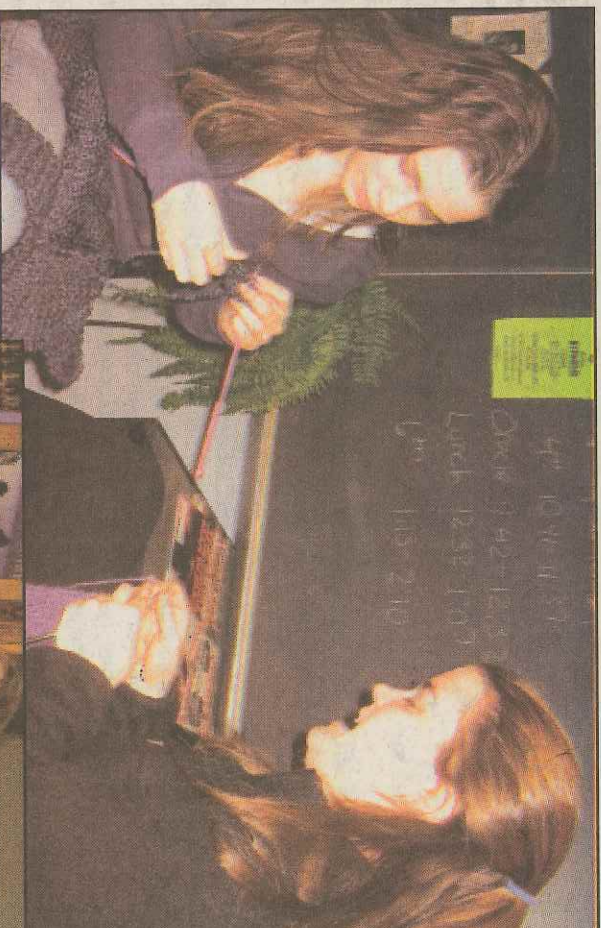
our age, our needles and yarn has drawn a lot of attention.

What started off as a fun way to pass the time has now transformed into a knitting epidemic. Slowly, more and more people came out of the closet and confessed their love for knitting and others began their passionate love affair.

With not much time to spare outside of school, knitting has also become a means of making money. By charging for labor and supplies and spending our free time knitting, we have insured ourselves another tank of gas or money to waste in college.

You may think of knitting as the same stitch over and over and over again, which it is, but it is actually quite therapeutic. It is something that does not require our full attention - unless we miss a stitch - but rather a way of taking our minds off of the stress of life.

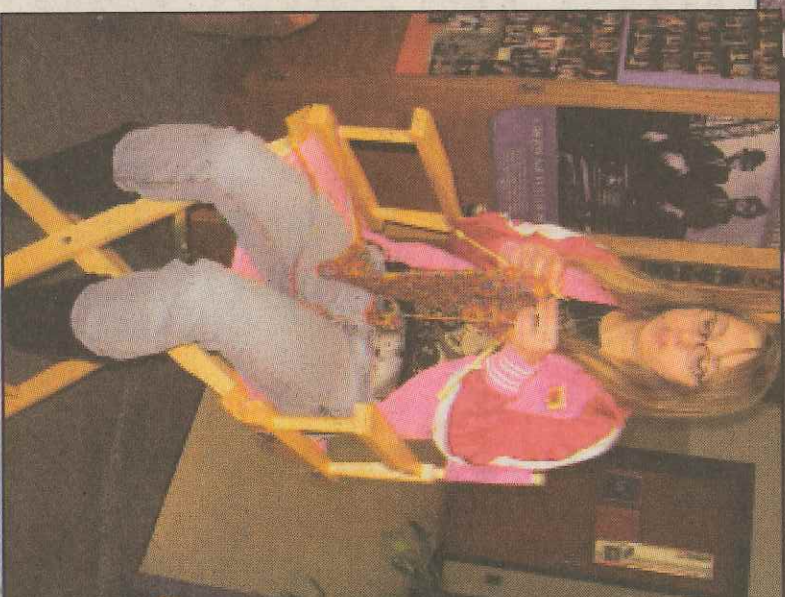
Knitting doesn't have to be the traditional scarf, blanket or baby sweater. We have made iPod covers, cell phone holders and cute handbags out of yarn. And the yarn doesn't have to be the ordinary stiff material. We've used a



During *Oracle*, junior Becky Cryer and senior Kristin McGregor knit their scarves. Both girls randomly brought in their knitting one day which started a trend. Junior Beth Stinson, right, took up knitting soon afterward. Stinson learned through a video clip from the Internet.

combination of thick, gittery, fuzzy and even multi-colored yarn. You can knit different patterns for different textures or use bigger needles to increase the size of the stitches.

Knitting isn't for everybody. If you don't have patience or time to spare, this probably wouldn't be a stress-relieving activity for you. But for us it works. As long as we don't miss a stitch. Or a deadline.



Christina Sohn

The simple fibers need mooch off units while o for minimum we babysit, work behind each have ou for earning From climbi ting scarves of how some become a pa

# Jessica Chang KO'S Senior instructs Tae Kwon Do for free

By Christina Sohn  
*Managing Editor*

Senior Jessica Chang's speaking voice during school is soft and carefully controlled. But when she spars in tae kwon do, her inner spirit is released through her practice of *kihap*, or the art of mesmerizing through the cry or yell.

"Koreans believe that if you do movement, kicks, boxing [with] yelling, it's all the more powerful," she said.

*Kihap* communicates with partners, surprises opponents and synchronizes the body and the mind. It is most important, however, that the yell is derived from below the lungs and within the depths of the belly, where true energy is supposed to be.

With a third-degree black belt, Chang believes that she has the experience and power to defend herself against anyone, even a grown man.

"It doesn't take strength," she said. "It takes the brain, strategy."

Now, Chang works at the US Tae kwon do Academy, which her family owns and her father is the master. She teaches children from ages four to 11 how to defend themselves using *kihap*, muscles, sharpness and intelligence.

Chang started tae kwon do when she was five years old and she would commute each weekend to her family's academy in Maryland. After stopping after about a year to pursue ballet and soccer, she decided to take up the sport again

when her family opened up another Academy in Burke when she was 12 years old. She obtained her black belt two years later.

After competing in four National Junior Olympics of Tae Kwon Do competitions and winning eight medals, Chang stopped competing when she was 16 years old because of her junior year workload and a knee injury on which she will have surgery this summer.

Chang is currently part of the family business. She works four to five hours a day, from Monday to Saturday, for no money.

"[I feel an] obligation to help out my family," said Chang. "If I don't do it, there's so many downsides to it - I get lazy. It's a better way to use my time. And it's with my family, so it's like family time, too."

Although Chang does not earn an immediate salary, she does receive some material benefits. Her parents buy almost anything she wants when she goes shopping. And in the beginning of this school year, she was surprised with a new baby blue Lexus.

"The car - that made me want to work more," said Chang. Learning and teaching tae kwon do has also rewarded Chang by solidifying her self-confidence.

"When I first started teaching I was shy and quiet," said Chang. "Now I'm loud [when teaching]. I'm not afraid to go in front of everyone. I think that helped me with getting up in front of the class

"[I feel an] obligation to help out my family. If I don't do it, there's so many downsides - I get lazy. It's a better way to use my time. And it's with my family, so it's like family time, too."  
- Jessica Chang, senior

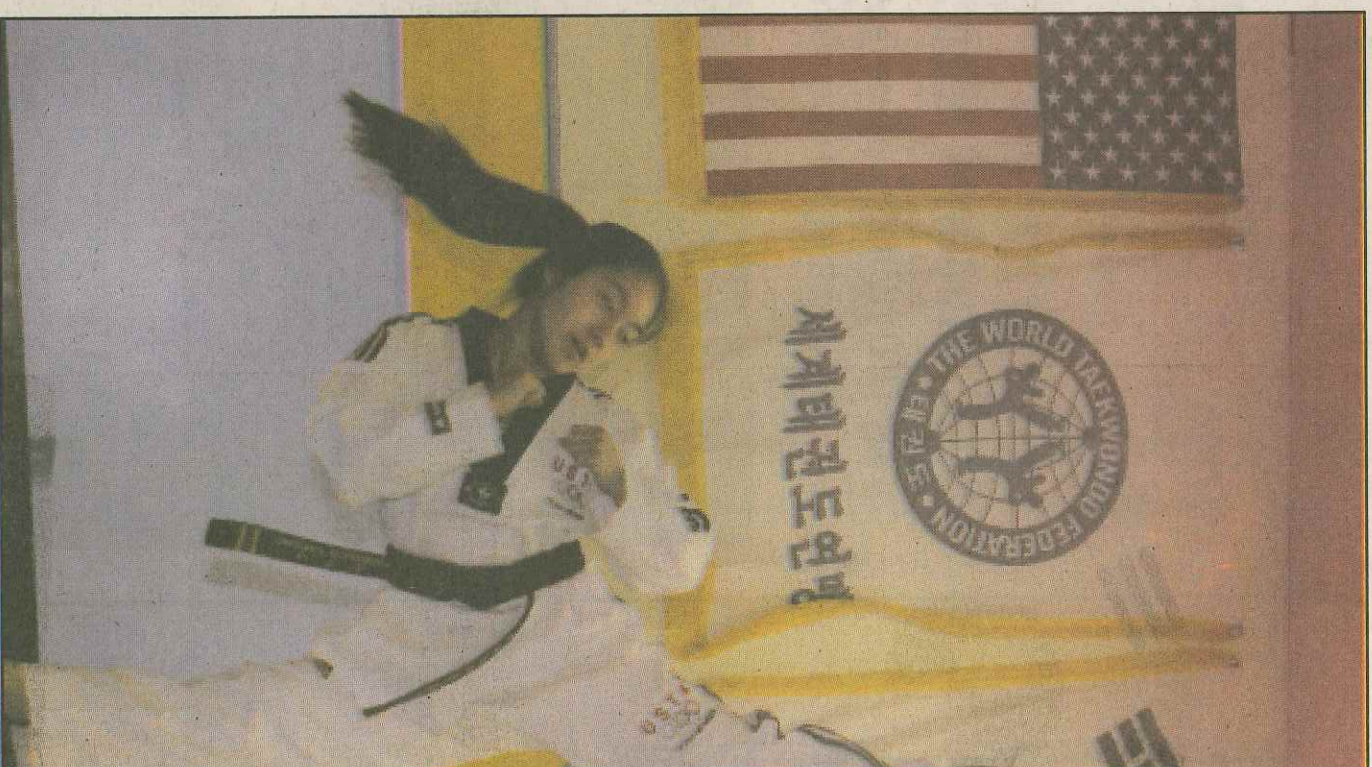
[in school] and talking. I'm more social, more open."

The great amount of time spent working can sometimes put a strain on her school and social life. Although she does have some breaks during her teaching sessions in which she can do homework, she is taking four APs classes this year so it is not uncommon for her to stay up late to finish homework.

"I'm here 24/7 so I only have weekends to do what I want to do," she said. "On weekdays, I go to sleep] usually around 1:00 or 2:00 [a.m.]. I'm tired during school, but I adapted to it so I'm OK now."

In the future, she wants to continue to participate in and teach Tae Kwon Do.

"I want to do it when I'm in college," said Chang. "Or if they don't have it, I want to make [a Tae Kwon Do club]."



Senior Jessica Chang illustrates a correct form of kicking. Chang was at the Tae Kwon Do facility.

# Me kings class

It is that teenage-ney. Some of us of our parental thers slave away wage. Whether serve others or the counter we own motivation a pretty penny. ng walls to knit- here are stories of our own have rt of the working lass.

## Junior climbs rocky ladder of minimum wage

By Beth Stinson  
Viewpoint Editor

Every Thursday and weekend, junior Paul Rowley gets paid to climb a rock wall. As one of three regular rock wall instructors at Burke Racquet and Swim, Rowley is given the lofty responsibility of supervising the climbing of approximately two people.

"There's Dylan who's eight and Eric who's five," said Rowley. "They're the only two that ever come in."

Although the BRS rock wall does not get much business, Rowley is required to provide its patrons with quality instruction and training.

"All I do is put their harnesses on and clip them to the wall," Rowley said. "But one time there was a whole family that came. There were eight people that day, which was the most people I've ever had."

And when his students come to climb the rock wall, Rowley is not required to belay, or use the rope to keep the climber from falling, because everything is managed by sophisticated hydraulics.

The opportunity to work as an instructor came to his attention via his sister, who was a birthday party hostess at BRS.

"[The job] looked like fun. I like rocks and I like climbing, so it worked out pretty well," said Rowley.

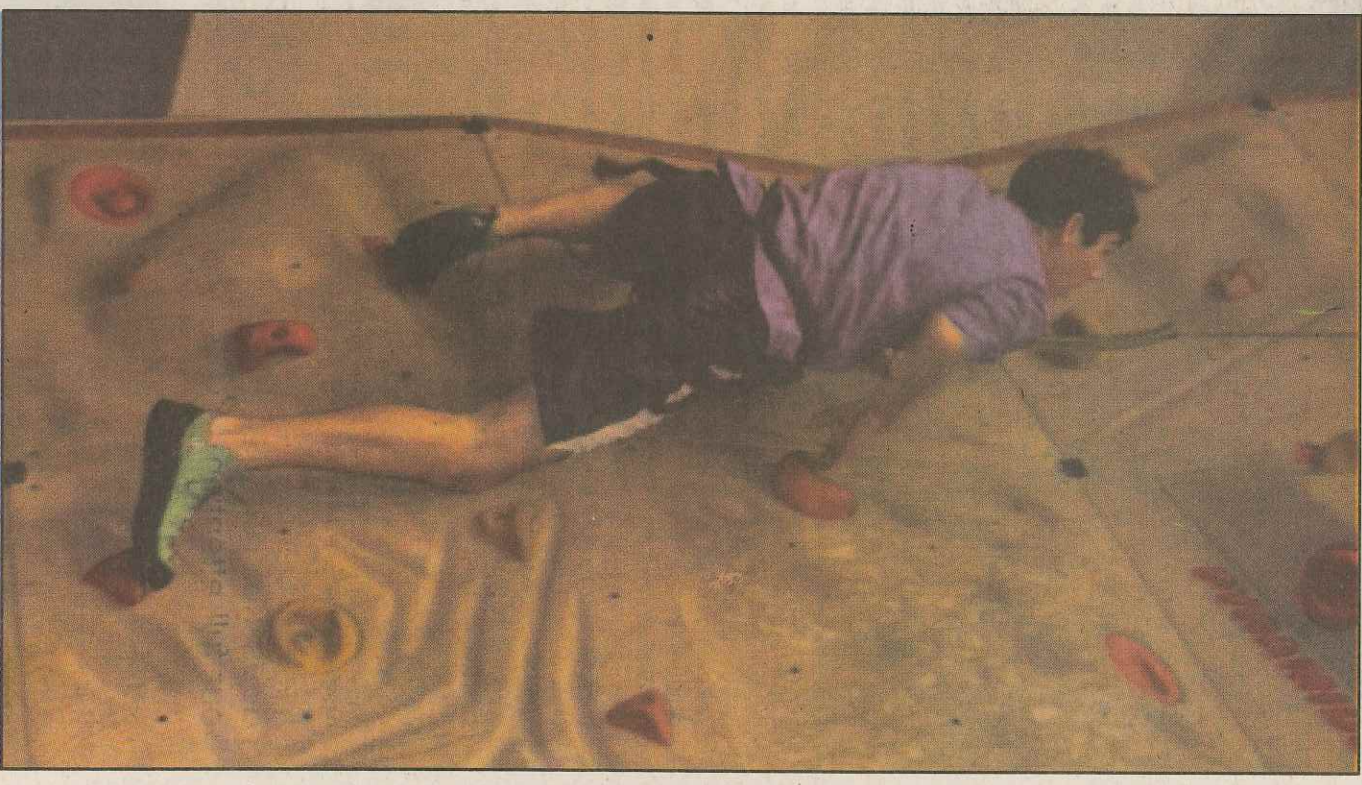
His employers recognize his hard work and dedication, and take good care of him. He gets paid seven dollars per hour, enjoys free range of the fitness territory, including the pool, tennis courts and racquetball courts. This all comes with his free membership to the gym and various holiday bonuses. In addition, his hours are flexible and the management is friendly.

"I look tennis there, and my little sister is on their swim team," said junior Kim Wenz. "It's friendly there, and the people at the front desk are nice and very congenial."

Happy with his job and his employers, Rowley continues to spend his work day listening to music and scaling the artificial mountain range.

And for anyone who is looking for Rowley's comfortable work environment and laid-back job requirements, you're out of luck, because Burke Racquet and Swim already has a Rock Wall Instructor, and he is not quitting anytime soon.

"I have a great job," said Rowley. "It's a great way to make money and I really like it."



Barbara Steacy  
Junior Paul Rowley works at Burke Racquet Club as a Rock Climbing Instructor.

## Junior puts the care in daycare

By Caitlin Kenney  
Viewpoint Editor

Two-year-old Jared knows his stuff. When asked what a dog says, he replies with a bark. For a frog, he croaks. When asked what Jared says, he replies, "peace out!"

Jared is only one of the children under the care of junior Katie Gorham at Little Acorn Patch, a children's learning center off Rolling Road. Since second grade Gorham has dreamed about becoming a teacher.

"My elementary school teacher inspired me to teach. I want to be known as the 'cool' teacher that everyone wants to have a class with," said Gorham.

Each day Gorham spends her last block in the elective Early Childhood Care learning the ropes of working with young children. ECC class prepares their students for a life in education. Gorham takes the structure of what she learns and applies it to her outside job at Little Acorn Patch. She considers herself lucky to have an enjoyable job that can help her towards a teaching career.

"The challenging part of class is coming up with creative activities that keep the kids engaged," said Gorham.

Control is a required tool in a classroom of toddlers. It makes the difference between total chaos with kids "playfully" punching each other and a cooperative learning environment. There is much more than finger painting that goes into



Molly Cushing  
Katie Gorham assists David in building block towers during her child development class.

these day care programs. "Changing the diapers can be quite a task especially the toddlers that are in the process of potty-training," said Gorham. "A mess equals a whole change of clothes."

Gorham not only deals with the traumas of a dirty diaper, but has to adapt to other situations that occur around the playground. Going with the flow and expecting the unexpected are all requirements for a job well done.

"[At Little Acorn Patch], I greet the parents and interact with the kids," said Gorham. "It's nice to hear on my days off that they miss me."

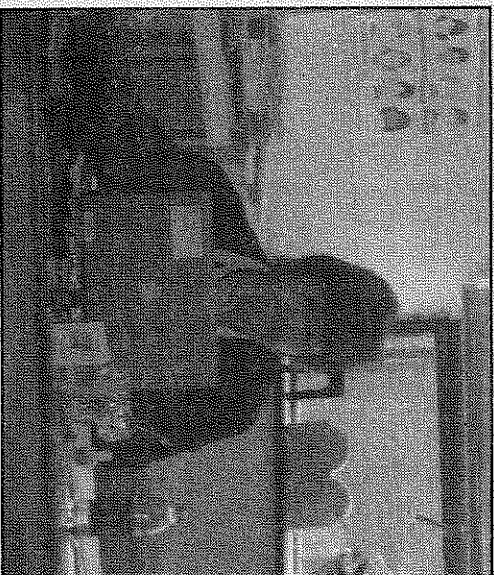


Katie Gorham  
Junior Katie Gorham poses with Garret, Tusca, Dylan and Saif from Little Acorn Patch, the children's learning center where she works.



Anthony Chang  
Kids part-time in her parents' Tae

# New teachers survive the first semester



*Sara Kohari*  
New Latin teacher Jeanne Burns sits at her computer at the beginning of class to take attendance.

The new teachers at WS are still making their acquaintance with the school, its surroundings, students. Not all teachers start off yearning to teach, and not all start off with a strong desire to teach high school students. For several rookie teachers WS has offered a learning experience and chance to expand their own education.

Latin teacher Jeanne Burns is not a new face to the WS community, but she is new to the permanent staff. Two years ago she became a substitute teacher in order to elevate scheduling changes.

She was also one of Kathy Jarvis' reliable long term substitutes trying to establish, "continuity [and] being able to provide consistency," said Burns.

She has not always taught Latin, but has grown to love the program.

"It's a prize program and WS is a great place to be," said Burns.

Burns speaks with pride and is happy to be here at WS with her own section of Latin 1,2,3,4 and AP. "I think it's a great school. I'm fortunate to be here," said Burns.

Rookie teacher, Eric Cohen teaches Active Physics and Physics I and is entirely new to teaching. He did intend on being a teacher and found himself straying from his Master's degree in economics that he received from George Washington University. Originally from New Jersey, he stayed around the Washington area and took physics classes in order to become a physics teacher.

"It is the thing I wanted to teach more than anything else," said Cohen. Area job fairs led him to WS, which was his top choice. Becoming a teacher has been a learning experience for Cohen as well.

"It's like any new job, you can only be taught so much and then you learn on your feet," said Cohen.

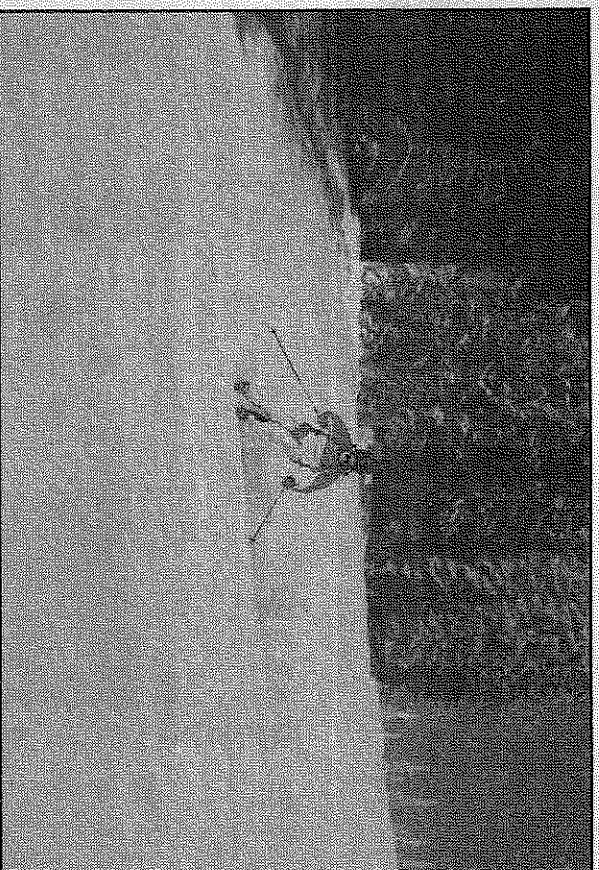
# Freshman aspires to become a professional skier

**By Sam Landers**  
*Sports Editor*

Skiing in Canada is not something that students do regularly. Sloane Stathis, however, spends most of her school breaks at Sun Peaks Resort in British Columbia skiing.

"It's different from skiing here [in the U.S.] because the mountains are bigger [in Canada] and there are more challenges," said Stathis.

Stathis has been skiing since she was three years old. Seeing as her parents are also fond of skiing, she has been around the sport her entire life. Stathis and her family used to live in Germany where her father was the president of a ski club. Over the years she has gotten more serious about skiing. She is currently on a GS race team for a skiing program run by former Olympic skier, Nancy Greene.



*Julienne Stathis*  
Stathis skis down the slopes while on a trip with her family to train for her future skiing career.

Although she is on a team, when Stathis goes up north to practice skiing, she does not have a personal trainer or a coach, all she has is herself and her passion to get better.

"I try to focus on improving every time," said Stathis, "I do my own thing."

In most situations, it's good to have family support and that's exactly what Stathis has. Not only do her parents support her 110 percent, but they also pay for costly skiing expenses.

Following in Stathis' footsteps, her younger sister is also getting involved in skiing. Clearly with Stathis, her parents, and her 10-year-old sister partaking in this sport, skiing is a family event.

Even though, Stathis is young and has a lot of work ahead of her, she still aspires to be a professional skier.

"I don't know if it would ever happen, but I'm working on it," said Stathis

# To wear or not to wear? The favored styles of WS on the opposite sex

**By Zohra Alnoor**

*Senior Staff Writer*

Typical teenage clothing styles have undergone change for centuries.

From petticoats for females in the early 1800's to tights for males in the fifth century, fashion has evolved.

An urban, chic style has hit the fashion world and girls and guys alike have embraced the new look. From unique graphic tees to Victorian inspired dresses are setting a trend.

"I like anything from Urban Outfitters. I love all the layering and all the mixing up of the colors," said junior Emily Davis.

Urban Outfitters as well as online stores such as Urban Industry specialize in this type of clothing. Davis prefers this type of clothing for guys as well as herself.

"Because [that is the style of] clothes that I wear and I love them," said Davis.

Another style which students love and is popular among both genders is the classic 'prep' look. A standard outfit might consist of a collared shirt, a normal pair of jeans, clogs and to top it all off a pearl necklace or a hemp bracelet.

Popular stores that sell such clothing include Hollister, American Eagle, Abercrombie and Fitch and RUEHL.

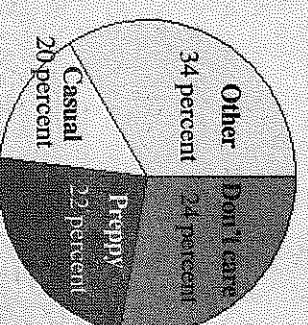
"Preppy looks more sophisticated, than a guy that dresses like 50 Cent," said senior Alicia Castillo when asked style she prefers for guys.

The 'prep' look is a classic and will always stay a classic whether you're in Virginia or California. But some students don't care about the 'prep' look, the rocker look or the urban chic look. Many here in WS don't care how the opposite gender dresses.

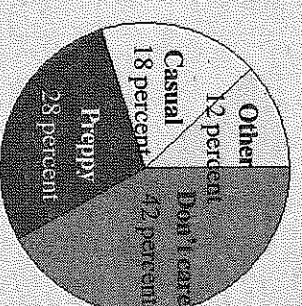
"I don't care. I don't like to stereotype. It depends on the personality, not the clothes they wear," said senior Wes Bryan.

Some students aren't picky but others have a certain look in mind. Whether they're dressed up or grunged down, different tastes attract different people.

A certain style students dislike would be the 'bunny' look. A good explanation of this look would be the 'straight out of bed' approach to fashion. No, not cool Batman pajamas or sleepwear from Victoria's Secret. The explanation would be dirty clothes with food stains over it, dirty socks from days ago and a unique nauseating odor fuming off of the fashion victim.



Girl Preferences for Boys



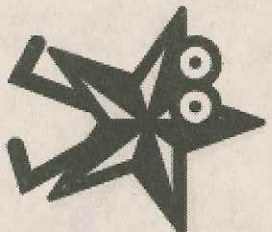
Boy Preferences for Girls

Junior Jessica Thomas isn't too selective about her type of guys but she does have a point of advice which she would like guys and girls alike to follow whether their at home, work or school.

"You should always at least look presentable."



# Students mingle among the stars



By Monica Evans  
Viewpoint Assistant

Most kids have only seen celebrities on the big screen. They can only imagine actually meeting them. There are several students, however, who can check "meeting a celeb" off their list.

In a recent trip to Cabo, Mexico, junior Patrick "Packy" Ciardullo met a bunch of celebrities. On one particular occasion, Ciardullo met Adam Sandler. This meeting took place on New Years Eve and, though it was short, left Ciardullo much to talk about. Sandler, along with fellow actors Kevin James and Peter Dante, was walking along the beach on his way to the hotel that Ciardullo and Sandler were staying at.

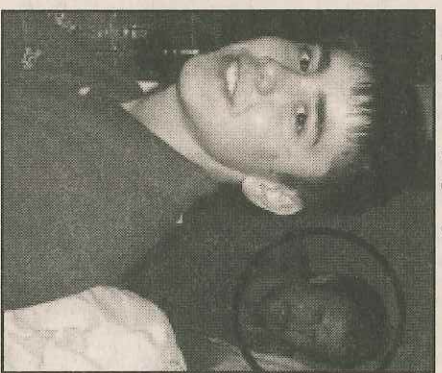
Ciardullo was standing at the entrance to the beach when the actors walked by. Ciardullo said "Hey" and Sandler proceeded to answer by saying "Hey. How's your trip going?" Ciardullo said he was having a great time and Sandler continued the chat by wishing Ciardullo a happy New Year. Ciardullo also wished Sandler a happy New Year, and the group of celebrities continued on their way. "I was excited when I saw [the actors], it was shocking," said

Ciardullo.

Not only did Ciardullo meet Sandler, James, and Dante but he also saw David Arquette and Courtney Cox. Though he didn't actually meet them, he did get a photo with them in the background.

"None of [my friends] believed me when I told them," said Ciardullo, "but [when they saw the picture], they thought it was pretty cool."

Sophomore Alex Sieracki has also met a celebrity—Michael Phelps, an Olympic gold medalist.



Junior Packy Ciardullo managed to capture a picture of himself with actor David Arquette at a restaurant in Cabo, Mexico.

Phelps, who attended the 2004 Summer Olympics, made history by becoming the first American to win eight medals—six gold and two bronze—in one Olympiad.

As if meeting Phelps was not enough, Sieracki also met Olympians Peter Vanderkaay, Klet Kleer and the University of Michigan swim team. This combination of athletes was put together for this swim camp because the University of Michigan swim coach, Bob Bowman, is also the Olympic swim coach.

"Instead of practice, we got to take pictures with them [the collegiate and Olympic swimmers]...I got them to sign my University of Michigan swim cap," said Sieracki.

Although Sieracki may not have been completely blown away by the encounter because she just wanted to swim, she was not unaware of who she met. She told her parents and they wanted to frame the cap. Sieracki also told her friends who were intrigued by her encounter with the famous swimmers.

"It was really special to meet them because swimmers really look up to Michael Phelps and the rest of the Olympic swim team," said Sieracki.

## Stupidity 'Exposed' on MTV

By Erika Gleason  
News Editor

Just when I thought MTV couldn't come up with a show more unintelligent than "Next", they created "Exposed".

There is nothing realistic about this show. Its premise is that a pair of best friends team up together to find a suitable date between two contestants. One best friend hides in a van and listens in on the conversation, which is then fed through a lie detector to see if the daters are telling the truth.

I wish this could actually happen in real life. It would be really nice to have my best friend waiting in a van and talking to me through a tiny, "state-of-the-art" earpiece, saying things like "he's lying again! His favorite food really isn't macaroni and cheese!"

The thirty-minute show is broken down into two parts. The premier started out with a guy dating two girls and then the next segment, vice versa. I found myself wondering how much the people could really



As the dater is talking to his dates, asking them personal questions, his best friend tells him through an earpiece, whether or not the girls he is about to choose between are being honest.



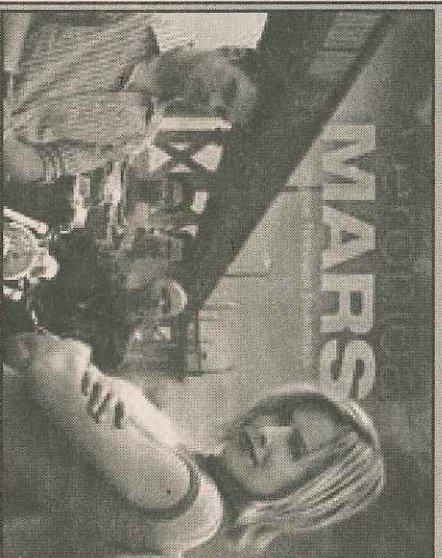
On "Exposed" the contestant's best friend sits in a van watching, and listening to his friends dates. get to know each other in such a short amount of time. Then I realized I really shouldn't try to overanalyze a show as goofy as this one.

The lies told by the contestants were even more ridiculous than the basis of the show. One bubbly blonde claimed to be a stand-up comedian (true) who won a \$10,000 dollars at a comedy festival in Aspen (false) and then donated her reward to Katrina relief (false). She also said that she once "sucked face" with Keanu Reeves. Well, that didn't happen either.

Just because this show is simplistic and pretty brainless does not mean in any way that it's not entertaining. I laughed out loud when one contestant lied about being a college student, because when asked what his major was, he replied "(long pause) uhh...law?" It really wasn't very convincing.

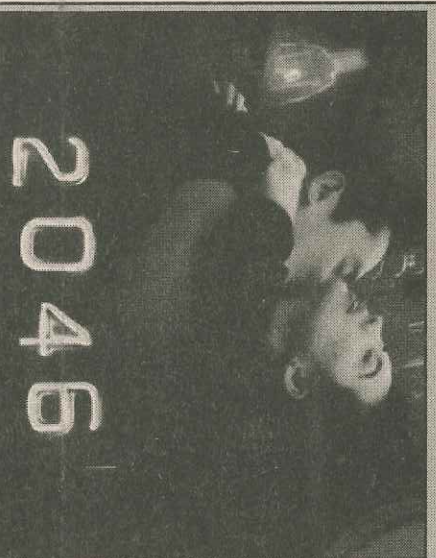
"Exposed", like "Next" and "Room Raiders", is just another one of MTV's guilty pleasure shows for teenagers. It gives you a good laugh for about ten minutes but in the end each show is exactly the same: groups of flirtatious, ridiculously competitive young adults vying for attention for a half-hour. This isn't a show I would sit down to watch on a regular basis, and if I did, I wouldn't admit it.

## Oracle Picks



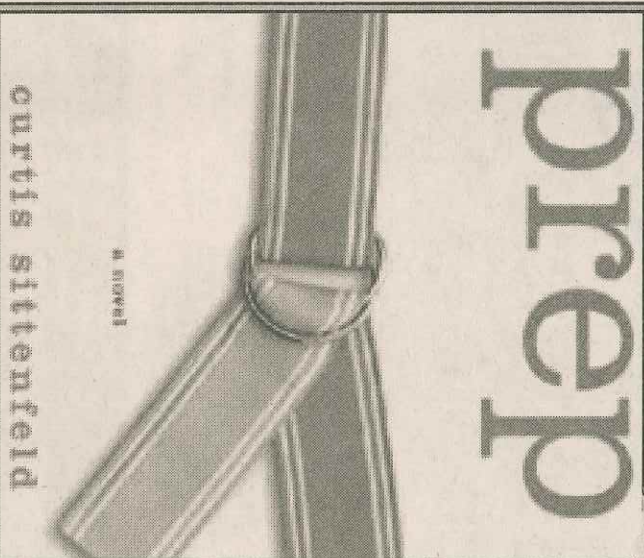
Artist/Direct

On the CW channel, where little gems of shows shine almost unnoticed, there is one particularly unique show that everyone should watch: "Veronica Mars." It revolves around Veronica (Kristin Bell), a teenager who is the go-to girl for anyone with a mystery in need of solving. As cases pile up, and sometimes connect to each other, Veronica deals with college life and a troubled past. The best thing about the show is the witty, acerbic dialogue and the warm, complex characters. Though you can start by watching the current season on TV now, you can also catch the first two excellent seasons on DVD to get the details on Veronica's high school experiences as a teenage murder detective.



Movies/Online

When glamour seems lost in Hollywood, it can be found in the Chinese movie "2046." It features some of the biggest Chinese movie stars: Ziyi Zhang ("Crouching Tiger, Hidden Dragon"), Gong Li ("Miami Vice") and Tony Leung. The main character is Leung's Chow Mo Wan, who is writing a novel set in the year 2046. The storyline and characters of the novel are based on the people Wan meets and his own past. "2046" switches back and forth between reality and the story in Wan's book. The movie may be confusing at times, but the evocative music, rich images, and glamour are worth soaking in.



Curtis Sittenfeld

Cyber/Read

Is Lee Fiora the female Holden Caulfield? Not exactly. But her experiences as a teenager at the high-status Ault School in Curtis Sittenfeld's *Prep* are told in a voice that sounds strikingly real. The book spans her four years of high school as she encounters snobs, jocks and lifelong friends. This imperfect narrator must deal with a world in which money matters and mistakes cannot always be mended. *Prep* is funny, insightful, and revelatory—a must-read.

—Compiled by Christina Sohn

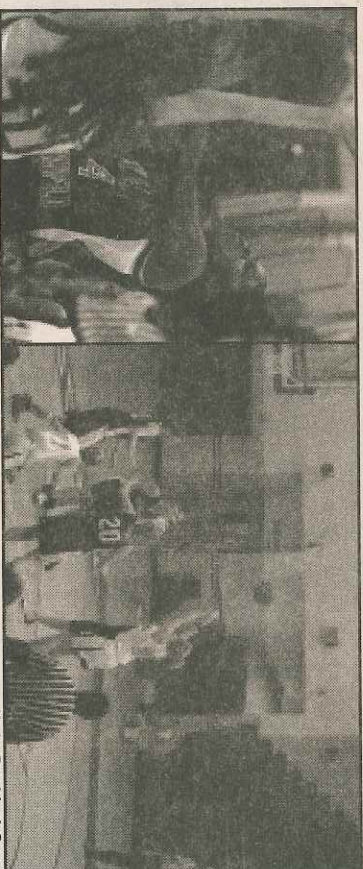
# Swapping scores in '07

By Sean Hogan  
Oracle Editor

The girls basketball standings in the Patriot District have been largely the same for the past 10 years.

WS has only moved out of the top spot twice in that time frame. One of those times was last season, though, and for the first time in recent memory, the Lady Spartans have two problems in the Patriot District: TC Williams and Lee.

TC beat WS twice in the regular season last year and again in the District Tournament. The Titans are led by outstanding sophomore Tierra Ruffin-Pratt. Ruffin-Pratt was named to the USA Today Freshman All-USA team last



Springfield Connection

Lake Braddock Sports

year and is constantly improving with experience. It is beginning to look like the end of the Lady Spartans' reign in the area, but not because of a lack of talent on their part. Ruffin-Pratt is simply that good. She could be the best player the region has seen since Kara Lawson started in orange and blue in the late 90s. WS beat TC by 29 points on January 16, but TC was without Ruffin-Pratt and one other starter during the game. Lee

hasn't been a problem for WS in the past, including an un-inspiring 14-11 season last year. But since Lee started 7-0 (including a seven point win over TC on January 2), they are more of a threat than ever before. Lee only allowed more than 40 points once and scored less than 50 points once in their seven game win streak, averaging 60 points per game. WS defeated Lee by three points on January 9.

Last year's level of competition was not exactly a Patriot District aberration. With two more years of facing Tierra Ruffin-Pratt and the TC Williams Titans, plus the Lee Lancers team filled with juniors and sophomores, the road is not going to get easier. The departure of seniors Amy Grooms, Trihana Harris, Sunnie Ko, Caroline Nicholson and Kiki Williams after this year will hurt the experience of the Lady Spartans, but young talent is still prominent in sophomore guard Sam Landers and junior guard Lauren Massie.

Since Bill Gibson took over coaching in 1986, the team has won 439 games while only losing 94. They haven't missed Regionals in those 20 years and were undefeated state champions in 1997 and 1999. The excellence of the girls' basketball program will be challenged in the future. Even in the worst-case scenario that they don't win districts, look for WS to knock off plenty of teams in the district or regional tournaments.

## WS hockey team skates on thin ice

By Aaron Snow  
Senior Staff Writer

The WS/Centreville High School Ice Hockey Team is enduring a rough beginning to the 2007 season.

The team got off to a 0-5 start, but the Spartans are hoping to improve to .500 with five wins in the second half of the regular season. Led by co-captains Will Stryker and Chris Berrens, the team faces an uphill climb to replace last year's talented seniors.

"It is tough losing Brad Surdham, Brian Young and Robby Phillips," said Stryker, "but we are really working hard on plays, and some of the underclassmen are stepping up."

Filling their shoes, however, is no easy task. Brad Surdham was one of the top goal scorers in the league with 52 career goals, second on the league all-time list.

Surdham also had a league record of eight goals in one game against Oakton last season.

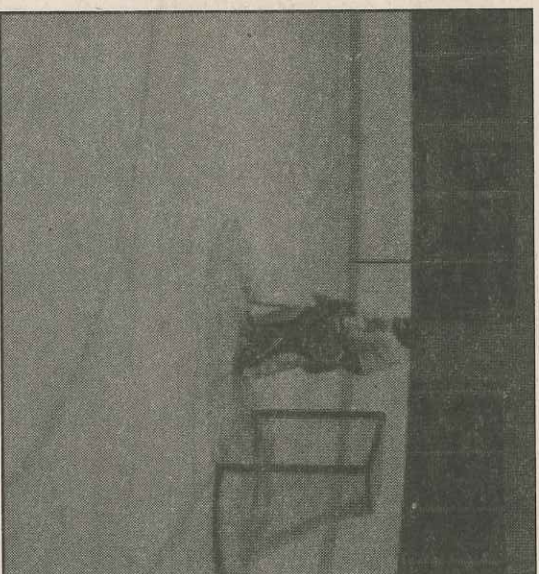
"Brad was amazing," said Stryker, "he had a really good shot, great puck handling skills, and speed. He was really well balanced."

Surdham's absence from the ice means that the underclassmen must fill the role usually reserved for their older, more experienced teammates. Sophomore Kevin Pike has been thrust into this position, and is now vital to his team's success. His performance is no longer overshadowed by older teammates and he has really had to improve his skills.

"I have been playing a lot more which has helped," said Pike.

Despite the ever dwindling prospect of repeating a season as strong as last year's 7-3 season, the Spartans have not given up hope. They will continue to fight and lay the groundwork for success in years to come.

Amy McGregor



Due to key senior losses from last year, the WS hockey team has struggled with a 0-5 start to the season.



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## WS alumni come back to help out with sports teams

By Jimmy Bradshaw  
Sophomore Staff Writer

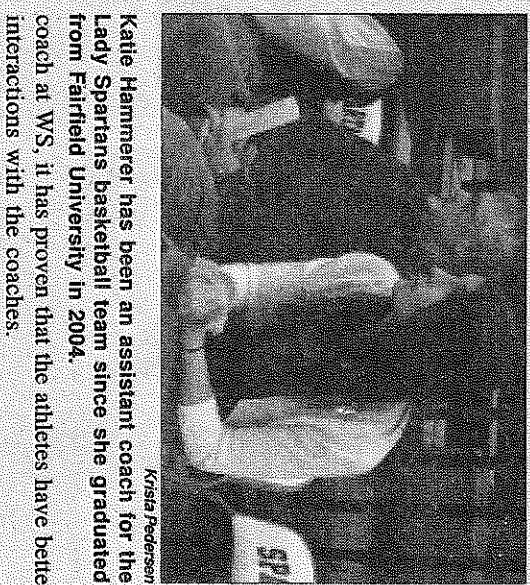
WS alumni Katie Hammerer and Matt Collier have decided that they haven't had enough of high school athletics while participating as athletes that they came back to coach at their alma mater.

Katie Hammerer, who graduated in '01, started at WS as a member of the Girls Basketball Team. She played as a center, was a member of the '99 state championship team, and as a senior lead the team to a 24-7 record. She was recognized with numerous awards as a high school player, including Honorable Mention All-Metropolitan, and was a member of the first team All-Northern Region Team. She continued with basketball, when she played at Fairfield University, before graduating in 2004. "When I graduated from college and returned home I knew I wanted to stay

involved with the game," said Hammerer. "Given the chance to coach along side a person [Bill Gibson] who knows so much about the game and has a proven record is a wonderful opportunity."

"It helps in that she understands our philosophy of basketball being a team sport," said girls basketball coach Bill Gibson. "With her having gone through everything she understands where the staff is coming from and relating that to the players." Gibson believes that Hammerer coming back to coach helps because she can now teach the girls first-hand, after already going through our system.

Another WS alum, Matt Collier, came back to help with the swim teams. Collier was a graduate of the class of '06 and decided to stay around home to continue his studies. One of the reasons that swim coach Karen Spooner is so happy about having Collier is because his age makes it easier to connect to the athletes, who are just a couple of years younger than him. "Matt Collier has been a tremendous help working with the team," said Spooner. "He gives the student-athletes someone who is closer to their age and a connection to what their future might be like in the near future."



Krista Pedersen  
Katie Hammerer has been an assistant coach for the Lady Spartans basketball team since she graduated from Fairfield University in 2004.

coach at WS, it has proven that the athletes have better interactions with the coaches.

"I know that when I was a player it was always nice to have someone on the sidelines who understood a little bit about the reasoning of why coaches do things they do," said Hammerer. "Another benefit of having a younger assistant coach is that sometimes there are certain issues that a player may feel more comfortable talking to them about."

## Students max out their muscles

By Sunnie Ko  
Senior Staff Writer

The same smell of sweat fills the room no matter what time of year it is, the same basic machinery is always there and the people there all share the common goal of living healthier lives.

Gyms are places for students and teachers alike to go to during the week and on the weekends. In the Springfield area alone, there are well over 20 gyms all of which offer certain unique fitness tools.

Lifetime Fitness Center in Fairfax provides not only the most high tech equipment, but also offers an indoor basketball court, indoor pool and café which caters nutritious foods ideal for someone working out.

South Run Recreational Center supplies the basic weightroom and pool

but also racquetball courts ideal for people looking for competition as well as fitness.

"Racquetball is great because its fast paced," said senior Sam Hart. "It's a good way to work out and have fun."

Some students go to gyms with specific goals in mind. Freshman Lauren

"[Playing Racquetball] is a good way to work out and have fun."

—Sam Hart

Fithian has a personal trainer to get her in shape in hopes to make the girls lacrosse team in the spring.

"My trainer Dave works with me on everything," said Fithian. "I rode bike a lot, did wall sits, sit-ups, push-ups, lifted weights and did bench press some

times," David Maloney, M.S. is an Exercise Physiologist who works in Tysons Corner Plaza at Masters Fitness.

Gyms are available to everyone but Fithian believes that having a personal trainer has its advantages.

"[Maloney] really The work out room at a Lifetime Fitness Center has a emphasized quality variety of different weights to work with, over quantity and he was able to figure had the same thing our school offers out what my individual strengths and for free."

If money is an issue, WS has an ample weight room that gives students the chance to be healthy and fit.

"I've belonged to some other gyms," said senior Rashad Abu-Shaktha. "I dropped out because they go just about everyday."



Lifetime Fitness Center

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Stevie's Story

# NEAR THE END

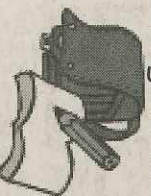
By Stevie Fiorino  
Etc. Editor

2007. WS seniors have finally reached their heaven. The longest and hardest part of the year is coming to an end. Once the second quarter is over, the rest of the year just flies by.

I was glad to say good-bye to 2006. Last year was not one of my best years. Junior year involved a lot of stress and boredom. Being able to close the door to stressful unhappy days and open a door to new and exciting adventures really lifts my spirits.

On January 1, I felt like a burden had been lifted off of my shoulders. I am

Hoagies World



# What to do after acceptance



By Sean Hogan  
Oracle Editor

December 13 was a nerve-racking day. For hours my mind wandered away from schoolwork, track and work. But then I went home, checked my computer and read three magical words: Early Decision Offer.

That happened more than a month ago. Thus, I am now the master of what to do after you've been accepted into your number one college.

1) Do absolutely nothing the first day A.A. (after acceptance).

Your mom will be so busy buying everything pertaining to the college you're going to (including toothbrushes, flags, shirts and even lawn gnomes) to notice how mysterious it is that you came down with an "illness" the day after you were accepted. When she leaves the house, it's your chance to scream, run around and destroy all objects worth less than 25 dollars.

2) Do absolutely nothing after the first day A.A.

Okay, maybe I'm exaggerating a little bit. Just keep your grades above sea level. Or C-level.

3) Join the Facebook Group.

Once you get your college e-mail address, a simple search will yield at least one "college" Class of 2011!!" group filled with potential roommates, sweethearts, enemies and further unknowns. Be careful, though, because college students as old as 22 could join the group as they are on the seven-year plan.

4) Keep trying in your AP classes.

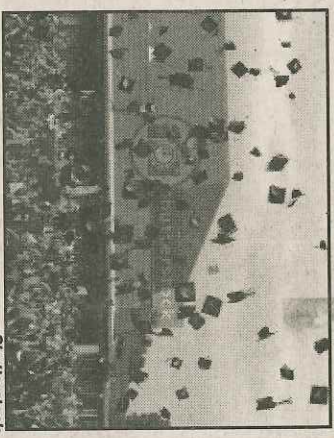
I'm actually being serious about this one. Think about it: would you rather take two or three AP classes now and get them done with for FREE or take five a year for the next four or five years at the price of \$20,000?

5) Get a head start on dorm stuff.

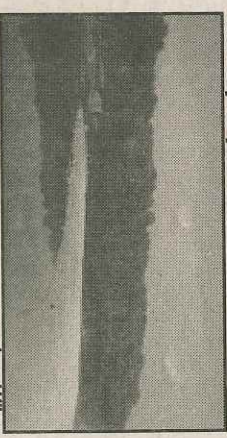
Window air conditioning units are probably on sale since it's January. Keep on the lookout for cheap posters and futons so you won't break the bank in August when you're already spending all your summer job money on books (okay, maybe that's a joke).

Well seniors, this is really it. Sooner than we think we will be waving good-bye to WS and for some of us, waving good-bye to Springfield. One more thing: don't screw up when your almost at the end. Stick it out for the rest of the year. It will all be worth it in the end.

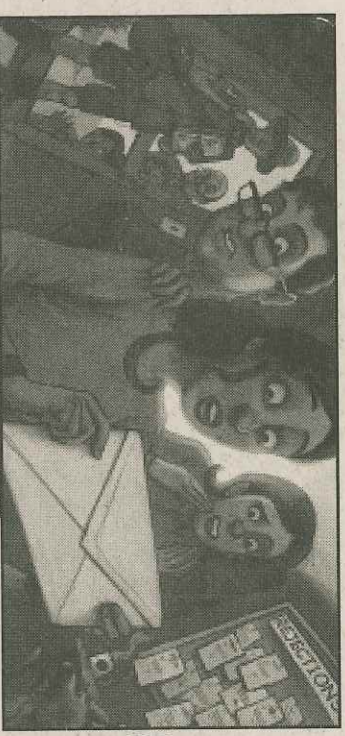
One of the many privileges of turning 18 is that you are now eligible to purchase products from infomercials.



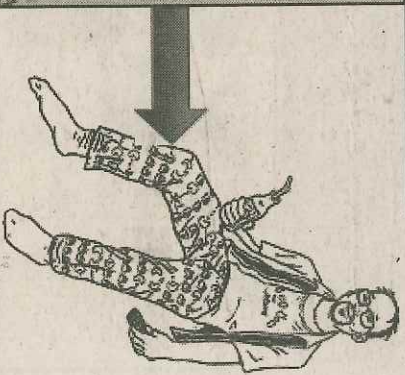
Shutterstock  
Every high school student dreams of the day when they get to throw their cap up in the air. For the class of 2007, that day is just around the corner.



LocalHills  
Lake Accotink, one of the many beautiful features of Springfield that some seniors will have to wave good-bye to.



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Office of the Dean  
Ms. Jasmine Lynn Koway  
Chapel Hill, NC  
Dear Ms. Koway:  
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School for the fall of 1998. The



The college cycle of application, waiting, waiting, and a decision is exciting when the final part is acceptance. Don't replace the initial elation of getting accepted into college with depression by flunking out of high school or staying in but with bad grades, both of which would lead to the conditional acceptance offer being revoked.

# JANUARY/FEBRUARY '07

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
24 End of second quarter	25 Teacher work day	26 Teacher work day / Boys Basketball @ Annandale 7:15 p.m.	27 Washington Capitals v. Carolina Hurricanes @ the Verizon Center at 7 p.m.	28 Brandon Butler and Rose @ the Black Cat Club in DC \$5 backstage, 9 p.m.	29 Open Mic night at Jammmin' Java 7 p.m. FREE!	30 Boys Basketball v. South County at 7:15 p.m.
31 Course selection orientation for rising sophomores	1 Course selection orientation for rising sophomores	2 Report cards distributed during 5th period	3 Gymnastics v. Fairfax, Chantilly @ Robinson at 7 p.m.	4 Superbowl XLI @ Dolphins Stadium Miami Gardens, FL at 6 p.m. aired on CBS	5 Junior career building unit starts the 5th ends the 14th	6 Personality's Tiny Tots @ 10 a.m. today and tomorrow
7 Course selection for rising juniors	8 Course selection for rising juniors					

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