

# THE PARADE



December 1, 2006 Volume 43 Number 7

West Springfield High School 6100 Rolling Road Springfield, Virginia 22152

## Spartans march to great success Band wins state title for third straight year

By Stephanie Maxwell  
News Editor

After hours of practice in the grueling sun, and all the jazz that goes along with it, the WS Marching Spartans have accomplished what most teams only dream of.

The Marching Spartans have yet again won the USSBA State Competition. For the past three years they have held this title of State Champion and for the last two years they have also held the title of "All-State" Champion.

"It is pretty exciting [to win] because we have come a long way," said senior Michele Alexander. "The hard work pays off."

This feeling of accomplishment is well

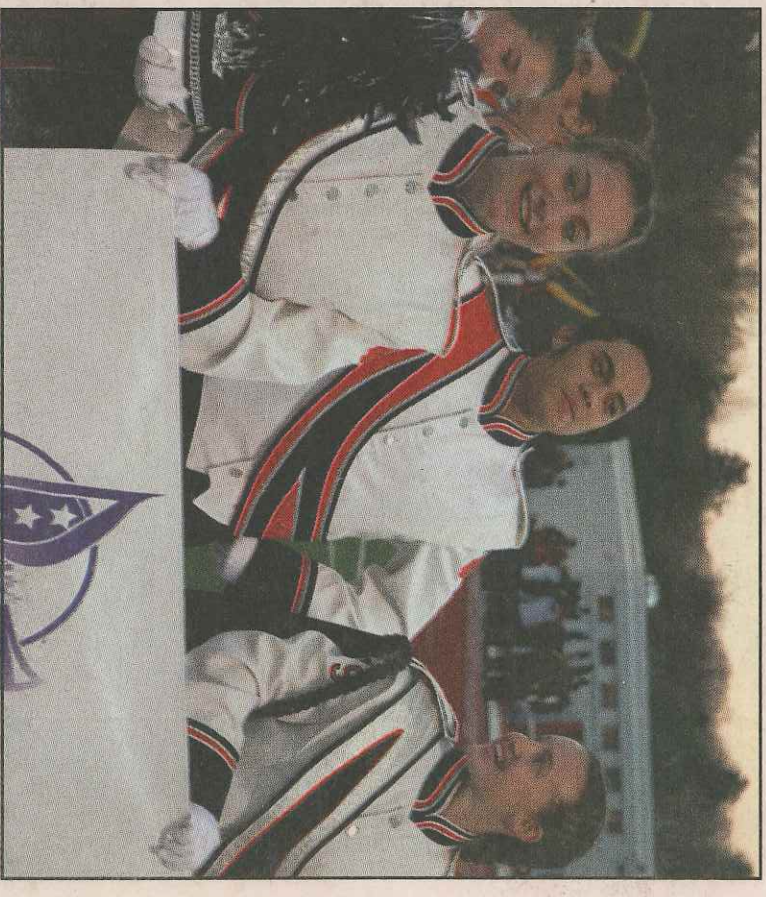
earned. The Marching Spartans spent their entire summer at camps as well as hitting the pavement here at WS for daily practice. Since this group of musicians won these awards the band has moved from class 5 A to 5 Open.

Class 5 Open is more competitive, but the Marching Spartans are not worried. "We're gonna win anyways," said sophomore Color Guard member Kim Langlais. "I think it'll just be a lot harder [to win]."

Even though the marching band has been successful in competition it is about more than just winning.

"It's about being the best we can be," said four year WS Band Director Larry Einuis. "If we win, that's good too."

There are many reasons why the Marching Spartans have seen such great



Courtesy of Larry Einuis

Seniors Bonnie Pedder, Jared Dumale and Marianne Lindsay proudly hold up a banner after the Marching Spartans' victory at the USSBA State Competition.

success. Besides the immense talent that fills the band, there is also a great deal of discipline and desire for self accomplishment. This is unique to the WS band.

"This band is a lot more disciplined," said senior Kat Davies, a new addition to the team.

See BAND on Page 4.

## Energy pills, drinks prohibited in FCPS

By Christy Regelski  
Oracle Editor

FCPS has added energy drinks and energy pills to the list of substances prohibited from school property and activities. The ban of these caffeinated supplements is directed mainly toward athletes, who use them to "boost" their performance. This recent ban includes drinks such as Red Bull, Monster Energy, and Sparks, and pills like Stack 2 Yellow Hornets and Ephedrine.

"[They are] proven performance enhancers and when [officials] start a list of these things, it tends to get longer, not shorter," said Director of Student Activities Tim O'Reilly.

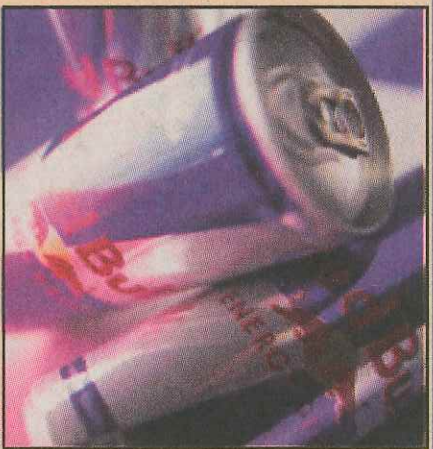
In addition to now being official violations of SR&R regulations, these "boosts" may also cause users damaging health issues.

"All those super caffeinated stimulants have been found to be addictive," said O'Reilly. "People can get addicted to caffeine in the fact that there can be a psychological need [for caffeine]."

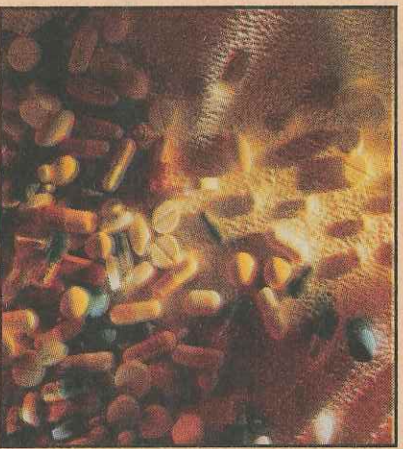
Caffeinated drinks and pills also have serious physiological health risks.

"[Energy stimulants] are associated with heart irregularities, disturbances in the central nervous system, GI [gastrointestinal] problems, and can also cause a stroke,"

See ENERGY on Page 6.



redbull



energy/pills

Energy pills like Ephedrine and drinks like Red Bull are now banned by FCPS.



6

Celebrating a unique Thanksgiving.



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Student artists exhibit their work.



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Experience 'Rocky Horror Picture Show'.

See RIVAS on Page 5.

## NO PARKING ALLOWED!! (at least not for parents)

I'll tell you, it is the best feeling in the world when you cruise into the senior parking lot at 7:27 knowing that a spot awaits you and that you'll make it, although barely, to class on time.

I will also tell you that a fire hotter than the depths of hell burns inside me when there is a line of cars blocking my way to my spot; no, the cars do not hold my fellow seniors, but parents who are too lazy to wait in line at the kiss and ride like the rest of the student population's parents.

Last time I checked, it was called the "parking lot" not the "drive through, stop in the middle of nowhere and drop your kid who is fumbling their backpack, bassoon, physics project, homemade dinosaur and other miscellaneous items while trying to give you a kiss good-bye lot."

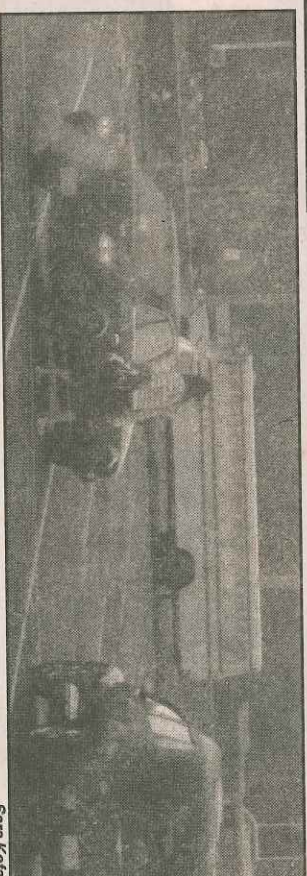
Then there are those parents who look so stressed, veins are popping out from places I didn't believe veins

actually existed. They drive like mad people almost killing half the senior population just so their kid can be dropped off so close to the school they might as well have driven into the building.

Parents need to understand that although it may cut five minutes off their waiting in line of cars, that they cause

a lot of mayhem for other people. Yes, we are seniors, but we are people too; if we are hit by a car, we will get hurt.

The parking lot is not the only place where this chaos takes place. The gate located on center road is a popular spot for students who are walking to easily enter the campus without having to go around a huge gate. The key word there is "students who are walking." Some parents feel that it is okay for them to just stop, not even pull over, in the middle



Another roadblock appears as a parent drops off their child in the middle of the senior parking lot. This has become a common inconvenience for WS seniors.

### Editorial

of the road right by the gate. Okay, if you want to drop your child there, fine, but at least move so other cars can go by too. It is not only terribly annoying, but it is dangerous too.

Parents also baby their kids way too much. I heard from a super secret source that there is this huge mobile vehicle that picks kids up from designated spots at a certain time every morning and takes them to school. I think it is called... a bus? Sure, if a student has a broken leg, a humongous project or Stamese twin, it is understandable they may need to be

driven to school. There are also those students who are pupil placed who need to be driven to school, that is understandable. But kids who are just too lazy to ride or walk to school, that is ridiculous.

True, everyone has places to be in the morning and no one wants to wait in a line of cars for a good portion of it. However, everyone has to make sacrifices and abide by the laws (like not stopping abruptly in the middle of the road for no reason.) The moral of this editorial is this; yes, we are seniors, but we are people too; if we are hit by a car, we will get hurt.

## The dark side of tanning Sun damage harms youthful skin, creates dangerous and detrimental long-term effects

By Ariane Irvine  
Senior Staff Writer

Skin cancer, wrinkles and age spots – all so that you can look as brown as a perfectly roasted turkey.

It's almost impossible to believe that teenagers will continue to tan, especially since the side effects are common knowledge. And yet, they still do. That's probably part of the reason why melanoma – the most dangerous type of skin cancer – has over one million new diagnosed cases every year.

Tanning is just the skin's way of sending out an SOS. It's your skin telling you to go back inside and give it a break from the sun before you get sunburned, or to at least put on some sunscreen. Tans are *not* meant as a way to make you look good, and they don't. They make you look like a person who would risk their life to blindly try to follow fashion.

Besides, it's much easier to follow fashion when you're pale. No tan lines to worry about.

Also, you'll never have to worry about covering up sunburns, or having one in an inconvenient place that hurts whenever someone breathes on it wrong. Imagine, for example, being on vacation and having to wear the same dress for four days because it's the only thing you brought with you that didn't rub up against massive sunburns across your back, shoulders, legs, and neck. *Very* fashionable, no?

Aside from that, the side effects you'll see from tanning in twenty years aren't very fashionable at all. The UV rays that turn you that nice roasted meat color can cause your skin to prematurely lose its elasticity and cause wrinkles, or age it and make it look and feel leathery. They can cause damage to your immune system. They cause cataracts. They cause cancer. Is it worth sweating out in the sun just for results that will be gone in half a year, and then leave you with nothing at best, and horrible problems at worst?

Obviously, stupidity didn't go out of style with lead-based face powder.



Beth Stinson

Many students are well on their way to looking like a leather woman, pictured above. Frequent tanning can lead to premature aging, sunburns, and skin cancer.

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# Racial slurs fester tension inside boys' locker room

By Jake Servin  
Etc. Editor

The locker room once only offended the nose.

Now, the boys' locker room air is thick with racial intolerance, almost (but not quite) masking the wafting clouds of body odor.

Every time I change into and out of my moldy gym clothes, I have to listen to my classmates taunt one another about whose ethnic background is laziest or sneakiest or most heavily armed. It's obnoxious and repetitive and starting to get to me.

Focusing on tying my running shoes is very difficult with all the shouting going on about "dirty Mexicans" and their effect on the overall stink of the room. People from Mexico aren't naturally dirtier than people from any other country. There is a lot of dirt in

Mexico, for sure, but there is also a lot of dirt in China and Iowa and Kyrgyzstan. I have yet to hear anyone called a "dirty Kyrgyz," at least in the locker room.

Most of those subjected to the insults aren't actually from the countries to which they are attributed; it doesn't make much sense to be called any kind of Mexican if your father is from Chile and your mother from Des Moines.

Some embrace the stereotypes and call themselves by any of a number of lovely terms likely gleaned from "Mind of Mencía." Supposed comedian Carlos Mencía, who targets Mexican people in many of his sketches, is himself of German and Honduran descent. He is also not funny.

There is nothing wrong with poking fun at people who allow and encourage jokes about rice and sombreros and the



Sara Kohair

Two freshmen boys exit the Auxiliary Gym on the way to the boys' locker room in order to change out of their P.E. Uniforms and get ready for the bell to B Lunch. The problem comes when unwilling participants are interrupted in the middle of their deodorizing ritual and singled out because of the country from which their ancestors came. I know I have thick, dark hair and a

I've been friends with Caitlin since freshmen year and I can tell you she was one of those freshmen that never used their locker and wore a backpack twice the size of their body. She would run in between classes to get there before the tardy bell. Being pushed around by people twice your size is not the way to start off the year.

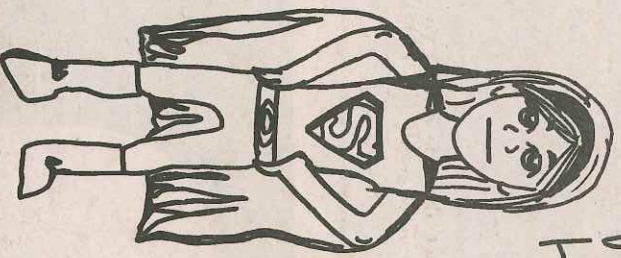
Step by agonizing step you trudge aimlessly, preventing many disadvantaged scholars from reaching their desired destinations.

You Slow Walkers were the bane of my existence, especially on the way to class after B lunch. You people know who you are, too, and this makes it all the worse. You walk so slow you might as well be walking backwards. Why? Because you need to savor the time you spend holding hands, yelling, pushing, and being comatose. Step by agonizing step you trudge aimlessly, preventing many disadvantaged scholars from reaching their desired destinations.

You Slow Walkers need to stop this right now. You cause problems for everyone around you. God forbid there should ever be some kind of medical emergency that requires expedient attention. The person who needs that attention would surely die. Because of you, Slow Walkers.

What would be the trouble in walking faster? Hmm? Nothing. You would burn more calories; you would not be late for class, and you would have more time to do homework that you should have done the night before.

Super Walker  
Master  
of the  
HALLWAY



Caitlin Kenney

Beth reveals her alter ego, Super Walker, the master of the hallways! She can stop hallway clogging and mass formations before they even begin. She's an intergalactic hero straight out of the comics.

## The Caitlin and Beth Show: On Slow Walkers

By Beth Stinson &  
Caitlin Kenney  
Viewpoint Editors

Beth here, with the story of my life. Today I find myself shoveling another heaving grievance onto my pile of "Life Ruiners." I hate it when people walk slowly in front of me.

This is a common occurrence among our peers. This flaw usually falls under the category of general obliviousness that is so easily identified among teenagers. I sometimes get passes not to go to the lavatory, but to enjoy the freedom of ambling freely about the hallways. Freely.

Sadly I spend most of my hallway time trapped behind the clueless masses of Slow Walkers. They form a sort of human wall of pain and sorrow behind which I am trapped. Sometimes I can avoid this by darting between the narrow gaps of Slow Walkers. If you have ever been in a New York taxi, you know how this usually works. GO REALLY FAST...now STOP! Try to break through...STOP! I can feel my blood pressure rising at this point.

# Spanish proves its necessity outside classroom doorways

By Lindsay Bruhn  
Senior Staff Writer

Hola, ¿como estas? That is the extent of my Spanish skills after three years in the Spanish program at WS. I am not blaming my teachers, or the school. My failure to pick anything up rests entirely on my belief that learning another language would not be worth the trouble it would take to learn it. I am sorely mistaken.

About a week ago at Asylum, my place of employment, a young man entered the store and I greeted him the way I greet everyone. When I asked him if he had any questions about anything he stated at me blankly.

He then asked me a question in Spanish. I was immediately lost.

"Lo siento," I said, trying to let him know that I couldn't understand him. That was a big mistake.

Upon hearing the Spanish word, he became so excited and went into a rant of unrecognizable Spanish words.

The eager customer picked up a coat and said "trabajo." I thought that meant I work...maybe he wasn't saying that at all.

Three years of high school Spanish and I am no wiser for it. I wasted my opportunity to learn a skill that is truly helpful in this country, where there are more and more people who

speak Spanish and not English.

We are given the chance to communicate with our fellow man and most of us waste it. Being one of them, I urge all of you underclassmen to engage in your foreign language classes.

Other countries are bilingual and some even trilingual, but most Americans can barely speak English. Be confident in the fact that you are able to learn. We need to be able to communicate effectively.

I wish desperately that I could have helped that man. My store lost business due to my inability to glean the information provided to me in Spanish 1-3. Shame on me! Don't make the same mistake.



Collin Embrey

Students in this Spanish class diligently work on the conjugations of verbs and applying Spanish into their everyday lives.

## STUDENTS ROCK THE VOTE

### WS seniors vote for the first time in November '06 elections

By Cam Rushton  
Sports Editor

Three weeks ago, a handful of WS seniors hit the polls to experience firsthand what it was like to vote in a national election. For some, voting was a thrill because it was a new experience and they were some of the youngest individuals to vote in the U.S. For others, though, the election experience was a little different.

"I did not register in time, so I could not vote on election day," said senior Ryan Yohe. "I felt bad, though, so I volunteered the day before and the day of the election."

With the hectic lives of seniors, throwing voting into the mix causes

even more chaos, especially since it is a lengthy process. Of the select number of seniors eligible to vote on November 7<sup>th</sup>, though, the majority made it to the polls and voted.

**"I knew who I wanted to vote for, so I was not nervous."**

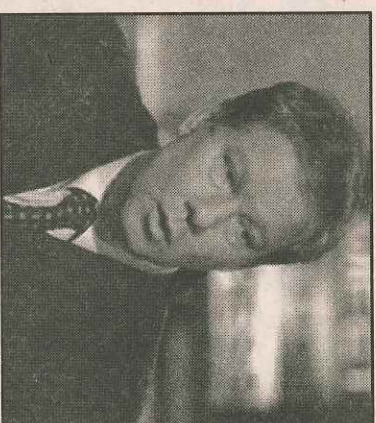
— Peter Adelman,  
Senior

"[Voting] was all right," said senior Peter Adelman, "but it was kind of like any other election."

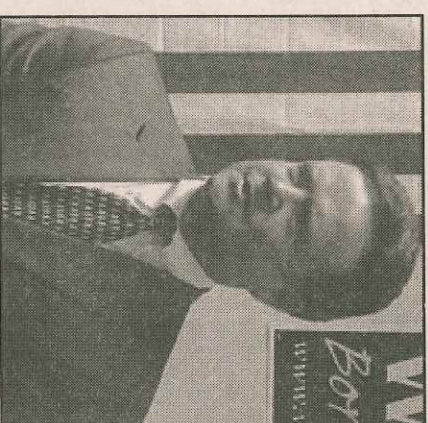
The results of the actual election were somewhat similar to those of the school's mock election, in which all the seniors voted in their government classes. Democrat Jim Webb was victorious over incumbent George Allen, and Republican Tom Davis III won over Democrat Andrew Hurst. In the school election, the seniors voted Webb over Allen, but Hurst was favored slightly over Davis.

"I knew who I wanted to vote for, so I was not nervous," said Adelman. There was one factor that made him nervous, though.

"Pat Hans [former assistant principal] was there, standing about two people in front of me in line," said Adelman.

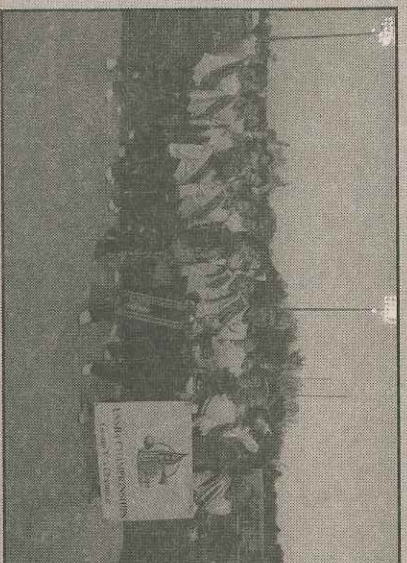


Congressman Tom Davis



Jim Webb for Senate

Davis and Webb, the winners of the 2006 elections, benefitted from seniors' political participation and votes.



Larry Einnis

The marching band celebrates as they file off the field after winning the USSBA State Championship.

### Marching Spartans clinch State Championship for third time

BAND from Page 1.

"People take it more seriously and have a higher level of commitment [than when I first started]," said Einnis. "This is entirely the reason for our success." Even through all the commitments and sacrifices, students feel it is still worth it.

"It's really cool at the end when you win everything," said senior Drum Major Marianne Lindsay.

"We all came together as a group [which made us victorious]."

It's not, however, only the students who show great obligations to the team. The band found great support from their parents as well as the staff and faculty.

"I am very proud of the students and parents," said Einnis. "It's a huge effort and it takes students, parents, and faculty to make it work."

# ROAD TRIP

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# Junior wins internship with WAMU radio

RIVAS from Page 1.

with] my parents. They picked people who had a bad background.”

The students each pick a story they want to develop and put on the radio. They meet twice a week to work with mentor radio journalists, interview various people and produce their stories in the studio. The stories are around three minutes long and are scheduled to air around March.

In his story, Rivas can use his own songs to serve as a musical background. Initially, Rivas was mainly concerned with learning to perfect his music in the WAMU studio.

“At first, I wasn’t really into how it was about journalism,” Rivas said. “Why I really wanted to go in there is because I want to do music. I want to rap. [The Youth Voices coordinator] majored in broadcast and editing and he can make your voice really clear.”

But he soon became intrigued with the idea of telling a unique story.

“[Later], I thought the journalism thing might be cool,” said Rivas. “My

story right now is about the psychology of why people join gangs.”

During his interview, Rivas showed how his music made him a good storyteller.

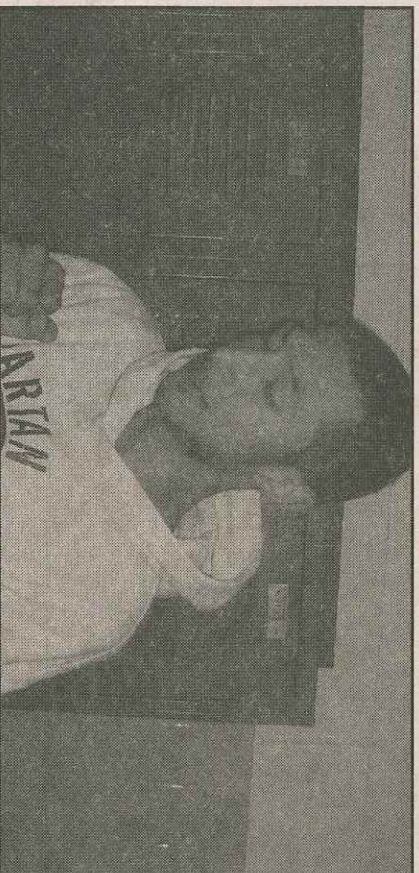
“They asked him, ‘How do you see that your music could help you in your internship?’” said Woodson. “He said, ‘Rap music is like telling little stories and this will help me to define those stories in my own voice.’”

Woodson hopes this experience will be Eddie’s launch pad for future success in the entertainment industry.

“This is where I see his path: I see him taking this internship and utilizing what he creates and sending [his story clip] to MTV 3 and to Latino radio stations and using his golden voice to set a path for his music career,” said Woodson.

Rivas hopes his story will have an enlightening effect on listeners.

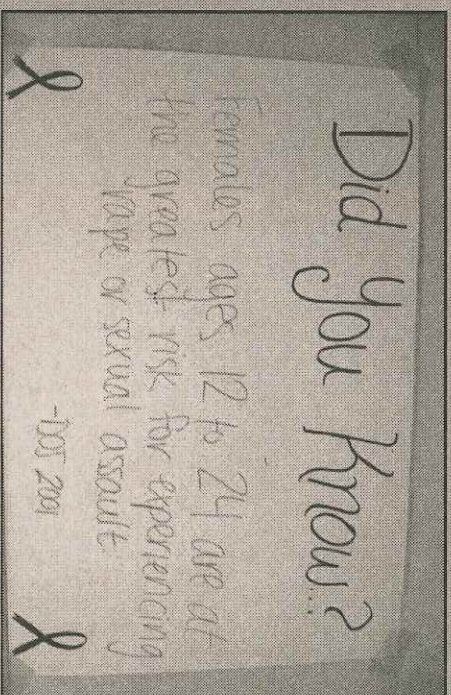
“I want adults to understand what we go through,” Rivas said. “I want them to know why we act like we do. At the point when we’re caught up in high school, you can’t settle down in the best years of your life, you know.”



Sarah Wloclazer


Junior Eddie Rivas was selected for the Youth Voices Program.


## News Bites




Bethel Habbe


WS’ first stop the violence week, sponsored by the Peer Helping program made signs like these to raise awareness of domestic violence.


 Congratulations to seniors Kaska Adoteye, Kathryn Barber, Christine Carter, Peter Chekin, Levi Dudge, Tony Hall, Clay Hudson, Daniel Leong, Joshua Lipman, Adrese Moore, Dennis Mosley, Erica Mueller, Keith Parkinson, Cassandra Saint-Preux, Miles Sisson, Kelsie Snyder, Teresa Sulik, Derek Tripp, Scott Waddell, and Elizabeth Waring for receiving recognition from the National Merit Scholarship Corporation.


 “Stop the violence week,” from November 13<sup>th</sup> -17<sup>th</sup>, was a success. Thank you Peer Helping for making it go well with you posters, pins, and bracelets.


 Interims come out on December 15<sup>th</sup>. That is just enough time to raise your grades before the quarter ends on January 24<sup>th</sup>!

 Congratulations to the 200 upperclassmen selected to join The National Honor Society this year.

 Seniors, do not forget that the Career Center has a list of all scholarship opportunities and their deadlines are rapidly approaching. You can see these at <http://www.fcps.edu/westspringfields/career/scholar.htm>

 A new scholarship is being set up in Kathy Jarvis’ memory that will give money for college to a worthy Latin student.

 Only 21 days until Winter Break and only 197 days until summer vacation.

 Compiled by Stephanie Maxwell



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**47401**

# Family celebrates in 'Amish' paradise

By Kaitie Harrison

Journalism 1

Flash flood warnings, torrential downpours and no electricity. Although this doesn't sound like the typical Thanksgiving, this was the experience sophomore Hillary Jett had last week.

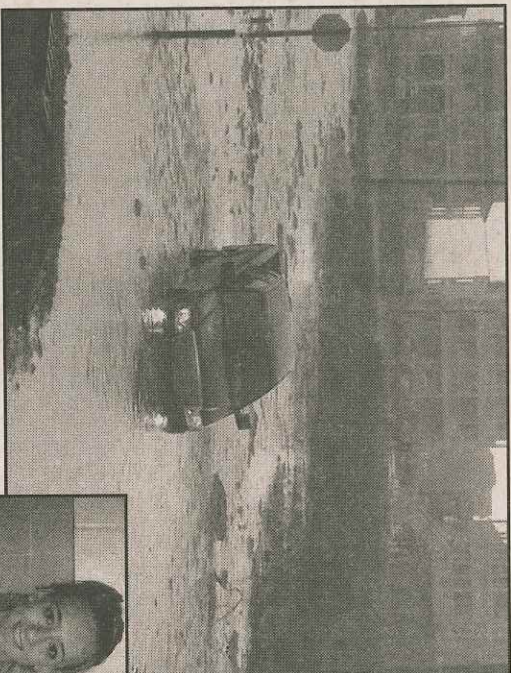
"People were being evacuated from their houses because the ocean was breaking right at their doorsteps and the storm was so bad," said Jett, who spent the holiday at the Outer Banks.

The day before Thanksgiving, a powerful storm moved up the East Coast, stalling out over Nags Head, N.C. The low-lying area quickly flooded, with some parts of the barrier islands receiving 10 inches of rain.

With no electricity, the Jett family celebrated Thanksgiving in "Amish" style. They quickly had to muster up a quick way to make their feast.

"We had no power, so my dad and uncle had to find a new way to cook a turkey. We had a grill in the carport of our beach house, so they baked the turkey on there," said Jett.

The Jetts also had to improvise in preparing their



Associated Press

The Outer Banks received up to 10 inches of rain on Thanksgiving, forcing some to drive through flood waters (above) and others, like sophomore Hillary Jett (right), to celebrate in a non-traditional fashion.



Collin Embrey

Thanksgiving side dishes. "My cousin and I walked a mile inland and bought two apple and pumpkin pies and cooked the potatoes with the turkey on the grill," said Jett.

While the Jetts were dealing with too much water and not enough electricity, other Thanksgiving celebrators, like junior Kai Eckenrode, commemorated the day in a more traditional fashion. Both girls, though, focused on being thankful over the holiday.

"Thanksgiving should be celebrated every day in this world and every day you should be grateful for what you have," said Eckenrode.

The Jett family made do with what they had and carried on with their Thanksgiving festivities, despite the bad weather.

"It was definitely an Amish Thanksgiving, but I couldn't be more grateful," said Jett.

## Use of energy supplements hard to swallow

ENERGY from Page 1.

said Athletic Trainer Deana Schneider. "Many of the manufacturers actually state on their products that [their use] is not recommended for children."

WS's main combat against the use of these stimulants has been informing student athletes of the dangers of using them and suppressing the idea that they are needed to play well.

"We basically try to educate [athletes] on why they shouldn't take [supplements] and why they don't need to take them," said Schneider.

In terms of athletics, the punishment

for the use or possession of banned energy drinks or pills is in accordance with the athletic pledge each athlete is required to sign at the beginning of the season.

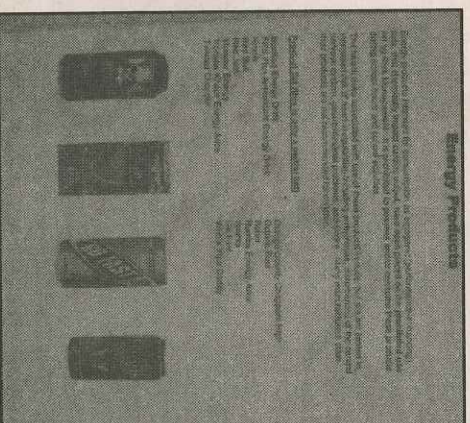
At a minimum, an athlete who violates these substance regulations will lose their right to participate in twenty percent of regular season games, which could carry over into different sports or seasons. If the maximum penalty were enforced, a student could be suspended for up to 30 calendar days.

"Prevention has to come from where the coaches are," said O'Reilly. "They

can tell where there is a variety of performance. There is an initial reaction [to the supplement] before [an athlete] starts bottoming out."

Though he believes it is not prevalent in his sport, Varsity baseball coach John James still takes time at the beginning of the team's season to address substance use.

"One of the things I do is I speak with the players and I discourage the use of anything but a proper diet, a good work ethic and rest," said James. "I think if a kid is getting enough sleep, then they have plenty of energy."



Christy Regeleski

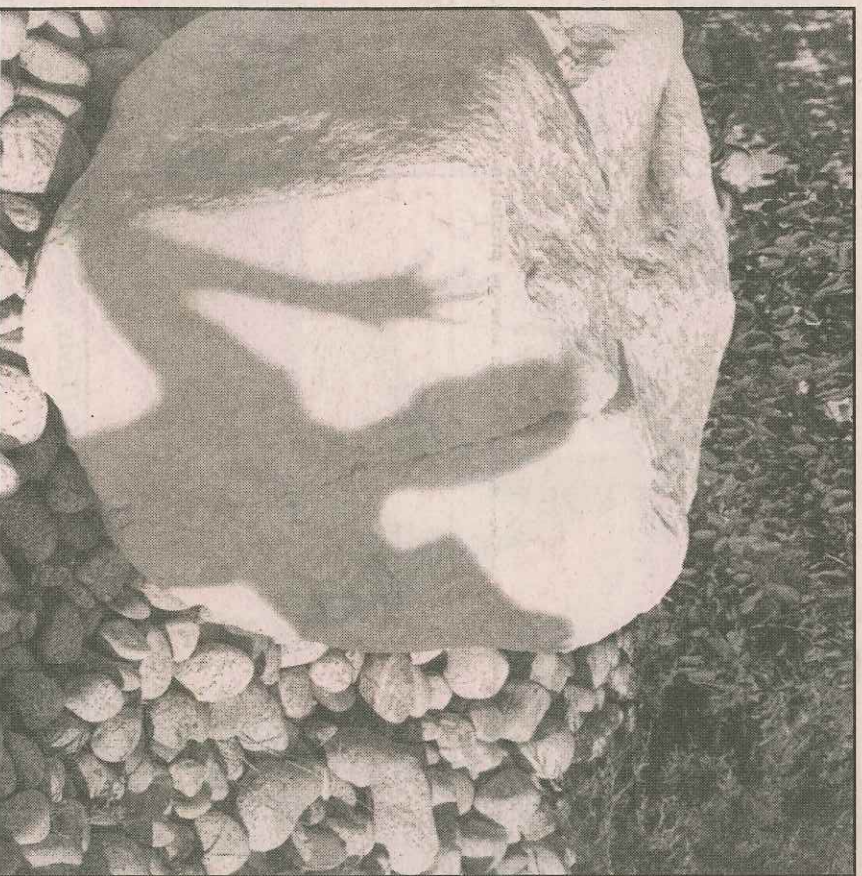
This sign is posted on the Athletic Training room to let athletes know which energy products are prohibited.

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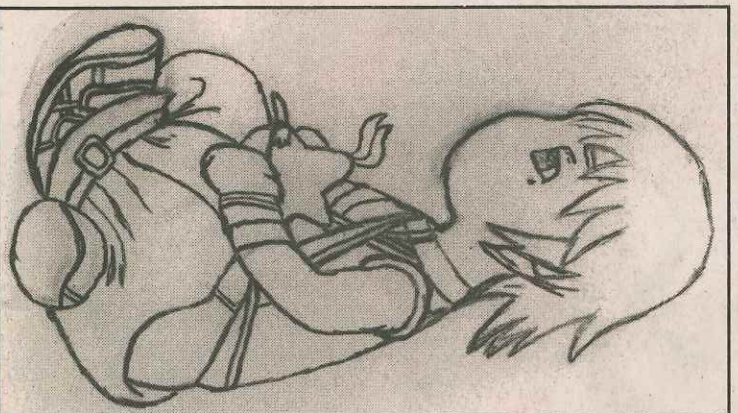
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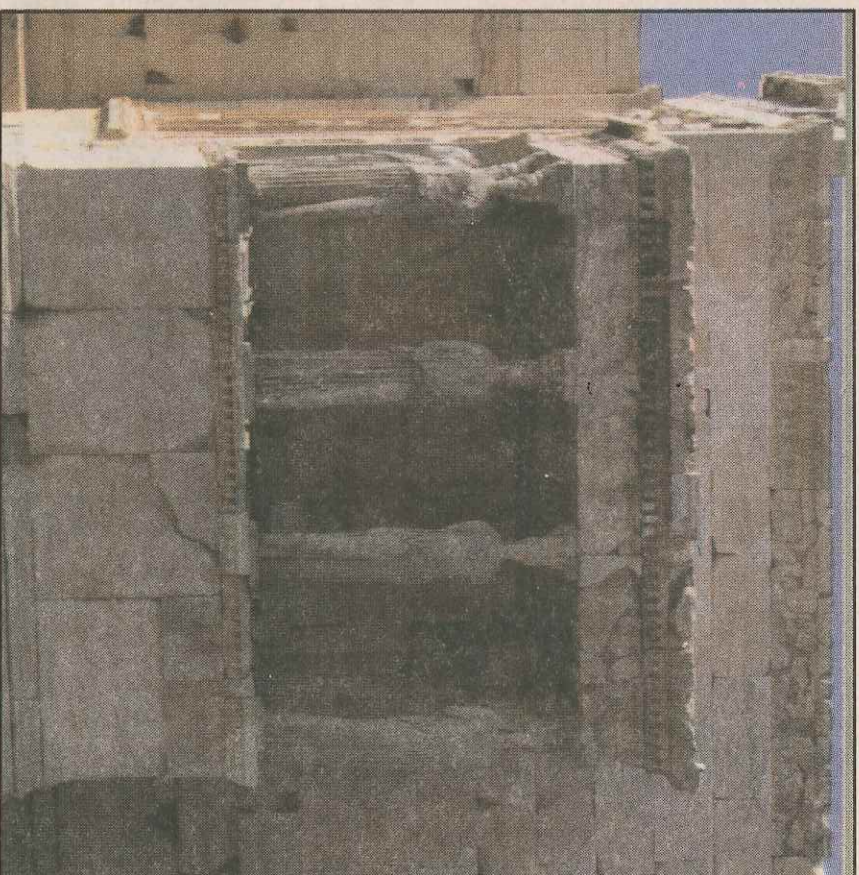
**T**is the season to be creative. The Oracle's Forum Section has decided to devote three whole pages this issue to honor the Spartan creative spirit. Enjoy experiencing the "artsy" side of your fellow Spartans—and remember: We'd love to publish your artwork, your poetry, your photos or your prose. Please drop your work off in Room 215. You have a "Forum" in *The Oracle!*



Alanna Sheppard, junior



David Nelson, senior



Elisabeth Havinga, sophomore

Blue

No one here but you, your true friends, too  
 Called to arms to defend you  
 An army of none stands by your side  
 -They- chose to not protect you

Alone. Exposed. Blue.  
 This is where you learn the truth  
 They looked up, backed up, Afraid  
 To be looked down on

To be their original, individual selves

-They- "had" no choice but to follow  
 For on that road, to the apex of popular  
 You crouched, coiled like a panther

Pounced  
 On any mistake, big or small  
 Tearing peers down; leaving empty shells in your  
 wake

Boy, those claws and teeth were sharp  
 From where -They- stood  
 Backing you up  
 Seemed Safest

But  
 There came someone, New  
 Afraid, -They- fled you  
 True to New

So here you stand in understanding  
 Wide-eyed and vulnerable  
 "How Does It Feel, Alone  
 Blue?"  
 ~Anon E. Muss



*Erin Davis, sophomore*



*Elisabeth Havinga, sophomore*



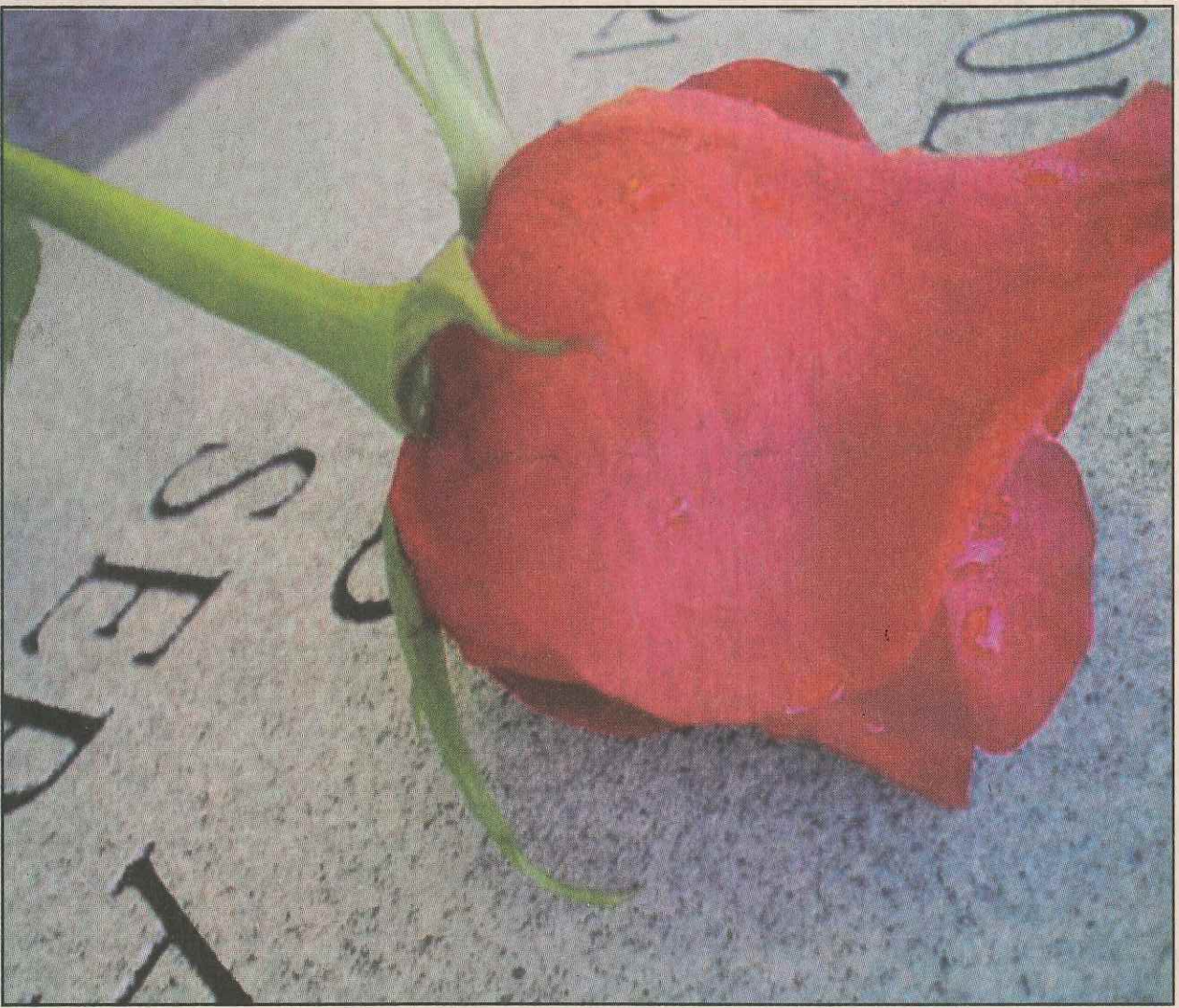
What we love  
 You guarded it with your last breath  
 You defended it till you could no more  
 You kept it pure for it was all you cared for  
 You still remember it in tears even if it is lost  
 Love

God kept us together till that time had come  
 God watched our souls never to stray away  
 God saved our souls to seal our memory  
 God defended us till he need not more  
 Faith

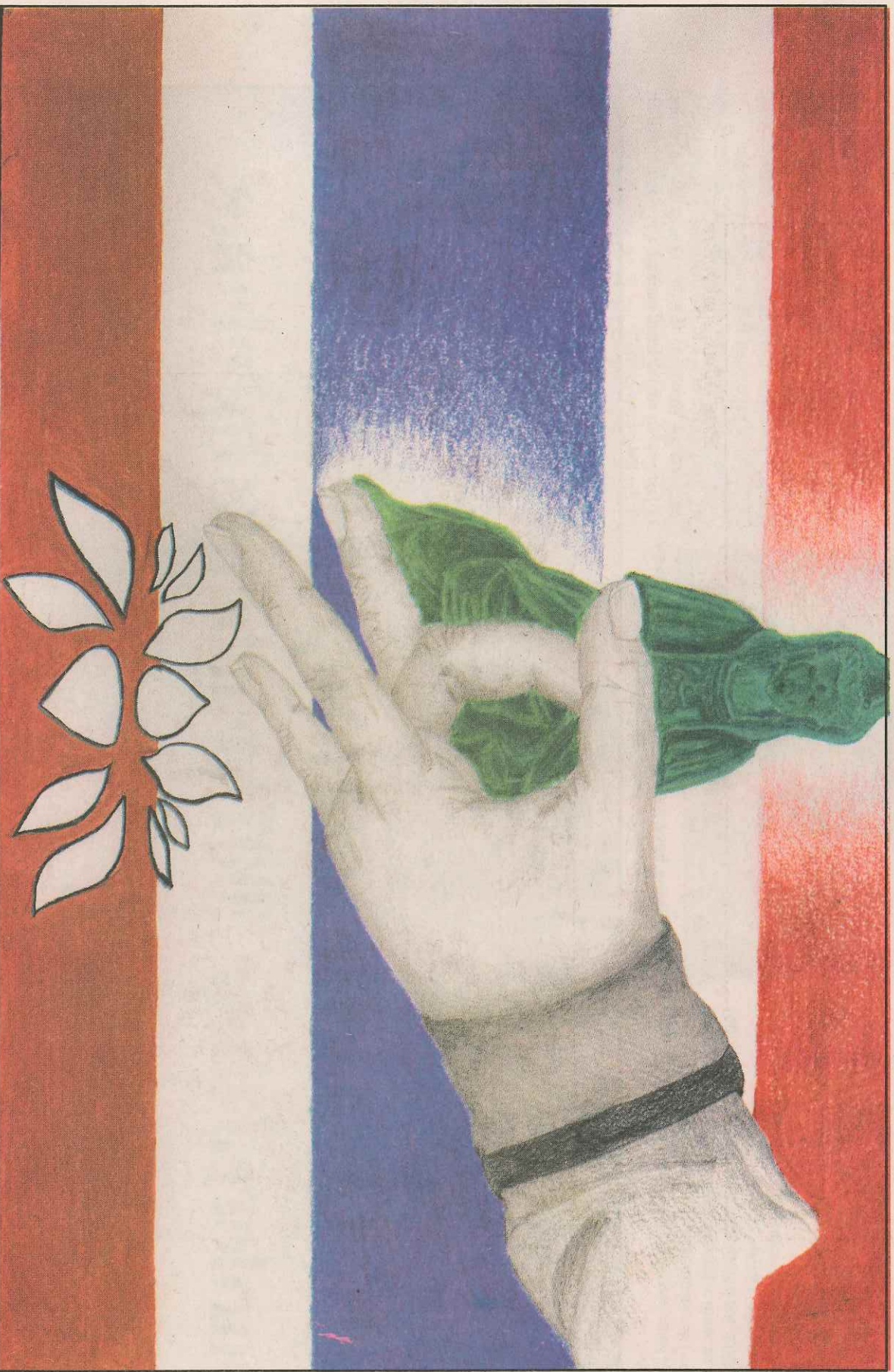
I never could recall life before you  
 I could not even faintly imagine  
 I was put in despair in the end  
 I remembered even when lost  
 Devotion

We lived our lives to the end  
 We looked ahead to heaven  
 We prayed upon our souls  
 We saw the gates open again  
 Determination

Jeremiah Strunk, sophomore



Zohra Alnoor, senior



Virginia Thai, sophomore

# He's not skating on thin ice

*Salkind has been a fan of hockey his whole life; now he has the chance to score for the Spartans*



Colin Embrey

Freshman Patrick Salkind has been playing ice hockey since he was five years old.

By Becky Cryer  
Forum Editor

In order to be the best, one has to have discipline, devotion, dedication and determination. These four D's are required for one who is passionate enough about their interests. Freshman Patrick Salkind plans to apply that fiery passion to the Spartan ice hockey team. Salkind went to his first hockey game when he was three months old, and as he grew up, the interest became stronger. "I started playing hockey when I was five years old," said Salkind.

Now he plays goalie for the Virginia Statesmen travel team in Reston, and this year he can officially be a part of the WS hockey team. However, this will not be his first time playing for WS.

"I've been practicing with the team since sixth grade," said Salkind. For the last three years he was able to play with

the team, but because he was not in high school he could not participate in any games.

As if practicing seven hours a week isn't enough, on weekends he devotes his time to the Virginia Statesmen by traveling as far away as New York and Boston. Every weekend his team either takes a bus or flies to their games which are at least three hours away.

"I like the pressure," said Salkind, making clear that he has no intentions of quitting this hobby. "I just like to make a good play when it counts."

Although he is currently on two hockey teams, he has future plans that will help him improve even more on his game.

"Next year I plan on going to a prep school and that way I can play for Division I hockey," said Salkind.

He has a lot of prep schools in mind, but his first choice is Kimball Union

This won't be [his] first

time playing for the Spartans, because he's been practicing with the team since sixth grade. "I just like to make a good play when it counts."

— Patrick Salkind,  
freshman

Academy located in New Hampshire.

Salkind has been interested in hockey his whole life and even though it is such a commitment, he has every intention of continuing this hobby.

"It's a lot of fun," said Salkind. "I've just been hooked on it."

# Students give the skinny on skinny jeans

By Zohra Alnoor  
Senior Staff Writer

Giga Pets, Spongebob Squarepants, and Uggs were all huge fads in different periods of our generations lives. Fad's are the reason why every adolescent child goes out to the mall to shop. Whether it be for shoes, accessories or the topic of today's: jeans.

Skinny jeans to be exact. They are the new craze for the fall. When the jean was introduced online last spring, some people got it, but most people were scared of it. Since then, sales of skinny jeans have increased 80% since last summer, according to *USA Today*.

The modern skinny jean was inspired by the 80's punk rock jean which would be worn with Converse sneakers and stripes, polka dots, and other unique designs. Today, the style of the jean has changed from grunge to graceful.

"I wear my skinny jeans with heels and tunic tops," said senior Paige Voniak.

From peep-toe pumps to platform loafers, the skinny jean can be worn with numbers of different shoes and help make the buyers legs look slim and slender.

Skinny jeans can help a woman's body in more ways than one.



Colin Embrey

Skinny jeans have been reintroduced by well-known stores like American Eagle and Hollister.

"If you don't have a big butt, they give you one because their so tight," said Voniak. "My friends thought they made my butt look good also and they liked it cause it was cute and goes with everything."

Even though skinny jeans are a fashion favorite these days, not everyone can pull the look off.

"Everyone can wear a boot-cut jean. There's one for every body shape. I don't think that's necessarily true of a skinny jean. Very, very curvy just doesn't look great," said *Lucky* magazine's fashion director Hope Greenberg in *USA Today*.

Hips and tight jeans don't go together. But there are ways to pull off the skinny jeans look, even if a woman is curvier than usual.

"A long sweater and tunics are good. Tight pants and a tight shirt look silly. You should keep it balanced and proportional," said junior Emily Davis.

Whether you're a tiny toothpick or your silhouette is slightly more curvaceous, you can pull off the 'skinny' look with the right top, shoes and accessories. Teachers have been following the trend too.

"I love them [skinny jeans] because the 80s were my era. Not the 60s, I'm not that old," said marketing teacher Vera Woodson. "I wore them at the beginning of last year to set the trend because I'm popular and all of the kids went crazy."



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# Carrabba's: Italy at it's finest

By Stephanie Aguilar  
Features Editor

As Italian music flowed through Carrabba's Italian Grill and paintings that depicted the home land of spaghetti adorned the walls, it was clear that the boot-shaped country had taken roots in Woodbridge, VA.

The homey restaurant owned by Outback Steakhouse, about 25 minutes away from WS, welcomes all its guests with smiling hostesses and the fresh smell of genuine Italian grill. The aroma comes from the large open kitchen that is labeled "La Cucina" along with the rest of the name-tagged parts of the Carrabba's Italian Grill, to give the guests a bit of Italian culture.

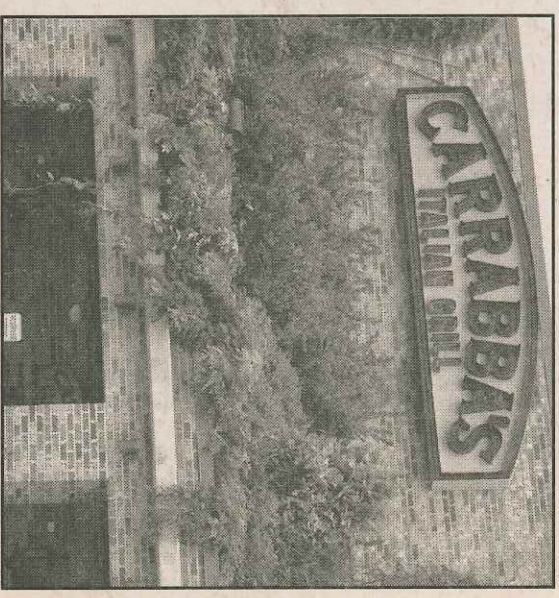
Behind the kitchen counters, about a dozen cooks with the traditional white hats, put their skill and zing into the fresh pasta and puffly white bread. There are old-fashioned ovens built into the wall that produces

a delicious pizza every fifteen minutes or so, all occurring in the view of admiring fans.

As the food comes served by a top notch waiter, taste buds begin to water as the smell gets nearer. The perfectly arranged dish is appealing to both the eye and the tummy. Occasionally, the waiter comes up to the guests with a smile and asks for any orders. The whole vibe the waiter sends is one greatly received by the guests.

Pasta, meatballs, seafood, authentic parmesan, and fettuccini are all part of the grilled foods on the menu and portray Italian main courses. Once the food is savored by the guests, they can't help but ask for a take-home-dish to later enjoy it at home, although without the original taste.

With both the amazing service and food, Carrabba's Italian Grill appeals to anyone who is willing to set foot in a culture-overturned restaurant and enter Italy at it's finest.



htrnsusa.edu

Carrabba's, owned by Outback, is expanding quickly throughout the area. They now have locations in Woodbridge and Reston, where their Italian cuisine is always enjoyed.

## A night at 'Rocky Horror' is not a drag

By Katie Costello  
Oracle Editor

"I'm a sweet transvestite from transsexual Transylvania."

Only one movie would have these lyrics—"The Rocky Horror Picture Show," the one movie where dressing in drag is considered the norm.

Not only is the movie itself an experience, but the whole night is unlike the typical movie evening at Kingsstone or Hoffman. It begins at midnight at University Mall with a line of enthusiastic individuals dressed in leather, fishnets and clothing of the opposite gender waiting anxiously to get in.

"The Rocky Horror Picture Show" is about two conservative newlyweds, Brad and Janet, who find themselves stranded on a deserted road, with

nowhere to go except a gloomy mansion. They go there for help in fixing their broken down car and get much more than they ever expected.

The mansion is owned by Dr. Frankenfurter, a transsexual transvestite alien who happens to be in the middle of some very interesting experiments. His clever wit and submissive servants help him to get Brad and Janet to shed their traditionalist ways and enter his world of sexual promiscuity and experimentation, as one odd yet hilarious situation after another ensues.

The film is an interactive one, making everyone a participant. Viewers are given the option of buying "goody bags" filled with everything from toast to rubber gloves. These items are to be thrown during key points in the movie. For example when one of the

characters, Frank, makes a toast at the dinner table, you must throw your toast at the movie viewers behind you. Those that have not seen the movie are dubbed "virgins" and must be broken in by doing something humiliating and sexual in front of the audience. Actors dressed as characters from the movie reenact scenes in sync with what is happening on the screen.

Although first time attendees may be initially thrown off by the dirty song lyrics and flamboyant cross-dressers, they will soon be caught up in the whirlwind of sexual humor, joining "Rocky Horror" veterans in shouting filthy phrases throughout the entire movie that are usually accompanied by raunchy dance moves. They will learn when to throw the confetti, when to jump to the left and when to thrust their hips.

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**Shilla's not half-baked**  
*Bakery offers a variety of Korean desserts*

Shilla Bakery

By Sunnie Ko  
Senior Staff Writer

I've gone after Thanksgiving, after Sunday brunches, after 100 day birthday celebrations, and just for a light snack and every time is delicious.

Shilla Bakery, located at 7039 Little River Turnpike in Annandale is a small Korean bakery that sells a large variety of traditional Korean baked goods as well as some unique drinks.

Bubble tea is one of the bakery's specialty drinks. You can choose from a large selection of flavors including the popular green tea, or branch out and try something a little less "tea" like: raspberry, strawberry, mango and banana are just a few of the choices.

From there, small tapioca balls are placed in the bottom (those are the bubbles) and a large straw is offered in order to get the full flavor experience.

I've been to many Korean bakeries (being Korean and all) and their baked goods are just as good if not better than some of the ones I've tasted. My favorite is an inexpensive pastry called Mochi. The pastry is made of rice, sugar and red bean. These simple ingredients are combined in a way to make a mouth-watering and delightful treat. The cost

of only a dollar is even more appealing.

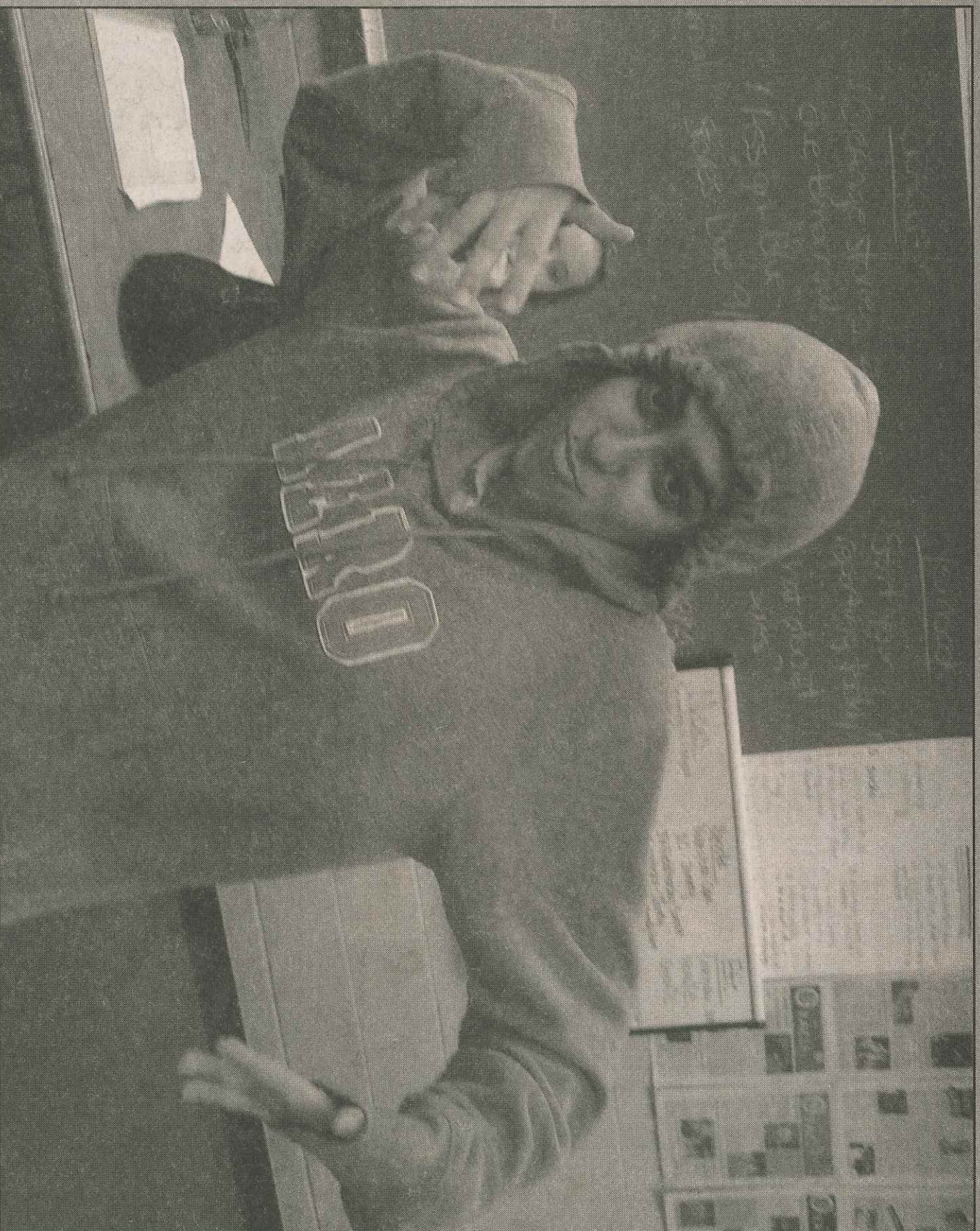
The bakery itself has a very modern twist on traditional Korean decor. It is filled with plenty of colors but still has the traditional Korean paintings bearing the walls. It is a relaxing environment; comfy arm chairs are offered instead of regular restaurant seats, and the people who go are usually reading a paper or working on their laptops. I would compare Shilla Bakery to a less caffeinated, less crowded and less chaotic Starbucks.

Another specialty I have enjoyed many times is a Korean dessert known as Poppingsoo. It is basically flavored ice with a few interesting but great tasting ingredients such as red bean paste, and a variety of fruits. This desert is just as tasty as an ice cream sundae but with a fraction of the fat and calories. Shilla Bakery is very well known for this delicious desert.

Shilla Bakery is a great spin on your ever day coffee shop and bakery. They offer tons of unique and mouth-pleasing foods at a reasonable price.

Next time you are in the mood for something to snack on, take a trip to Shilla Bakery, it is worth the ride.

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# Cheerleaders win District title, finish sixth at State competition

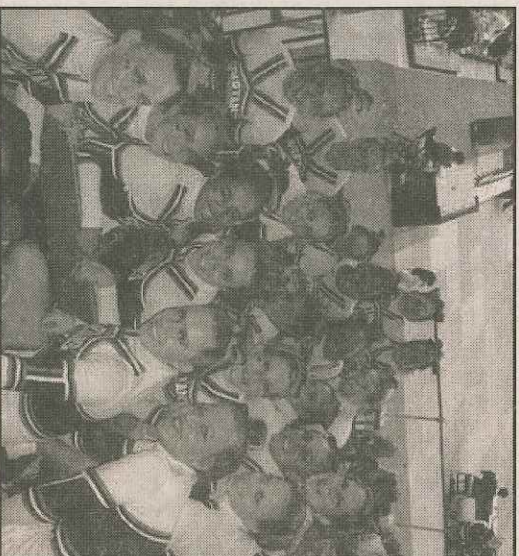
By Zohra Alnoor

Senior Staff Writer

Round-off back-hand spring fulls, heel stretch press downs, and standing tucks are just as hard to maneuver as they are to sound out.

These were just some of the moves that the WS Varsity cheerleaders performed at States on Saturday, November 11, at Virginia Commonwealth University. The varsity cheerleaders competed against 16 other cheer squads. Five teams out of the 16 would make it to the second round. The WS girls won sixth place overall at the State competitions, beating out 290 other teams in Virginia.

"Considering we are a second-round team, it was really disappointing that we didn't make it to second round because we couldn't show the judges how good we really are. We always bring it 10 times more second round and to know we were so close was pretty much a slap in the face," said sophomore Ellie Greene.



Spartansports

The WS cheerleaders finished 6th at the state competition. The squad considers their season a success even though they did not finish first.

## Cross Country enjoys successful season

*Boys win District championship, girls finish with third place*

By Aaron Snow

Senior Staff Writer

At the conclusion of another cross country season, success greeted both the boys and girls teams as they crossed the finish line.

The girls and boys both earned a trip to the state meet to represent WS and compete against Virginia's best high school runners. Out of 16 total teams, the boys finished sixth and the girls finished fifth.

"I think we did well at states," said senior Leo Walker. "We did better than the past three years."

In the District and Regional meets, the Spartan runners had equally strong showings. At Regionals the boy's finished third and the girls narrowly missed a regional championship finishing second, just behind Lake Braddock. At Districts the girls finished third and the boys captured the Patriot District Crown.

"We had a lot of success throughout the year," said senior Alex Martis. "We had some young blood really step up and do well."

Individually, the season highlight was Mike Spooner's domination over other runners statewide. Spooner won the District, Regional, and State tournaments to cap off a remarkable high school cross country career.

Spooner's teammates however, were not to be outdone. Along with Spooner, Alex Martis made the All-Region team, and the Spartans had four runners, senior Leo Walker, junior Loring Ross, Spooner, and Martis finish in the top six at the District Tournament. On the girl's side, freshman Alex Watt and freshman Paige Kvaltunas made the All-Regional team, and had three girls, junior Rose Barber, Watt, and Kvaltunas finish in the top ten at Districts.

The Spartan runners are now looking forward to the Winter and Spring seasons as an opportunity to do even better.



Spartansports

The Varsity cheerleaders celebrate their first place finish at the Patriot District Championship.

Though the varsity girls did not make it to the second round, they still worked hard to get to where they are now and beat many teams to get there.

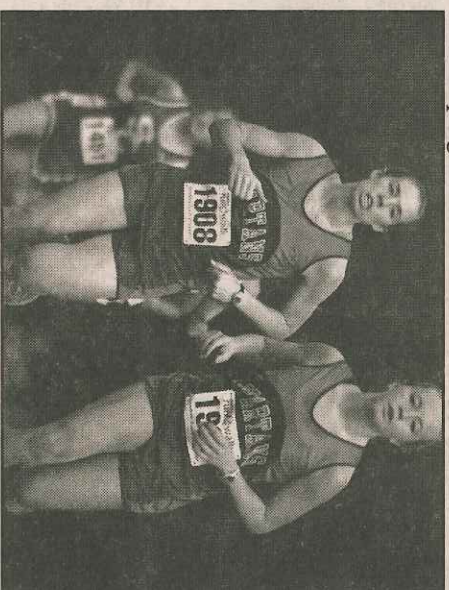
After the team won second place in district semifinals, first place in district finals, second place in regional semifinals and finally third place in regional finals, the varsity girls were more than excited to make it to states.

"We learned the routine in mid-August and have been practicing six times a week for at least two hours a day," said junior Sara Meinhofer. "It's extremely tiring, but in the end all the time and effort really pays off."

After months of practice and hard work, the varsity girls made it to States. Compared to last year, when they only made it to regional finals, they improved their potential amazingly.

"I'm really happy to be in sixth [place]," said Greene. "It means that we are the best out of all the other teams that didn't make it to second round and it means that we weren't far behind the other squads."

"This is going to be the best team we have had in a while," said Walker, "we have great depth, and a great distance program."



Spartansports



Spartansports

Boys and Girls Cross Country ran away from the competition all season long.

## Spartan Spotlight: Andy Adell, senior, Golf and Track

By Carlin Sherrill

Weekend Editor

1. *In the fall you play on the golf team and in the winter and spring you participate on the track team as a high jumper. How long have you been on the golf team at WS and how long have you been playing golf as a hobby?*

"I have been playing golf since sophomore year on the golf team at WS. But I have been playing as a hobby since I was about twelve years old."



Spartansports

Andy Adell plays golf in the fall and is a high jumper on the track team in the winter and spring.

2. *Why did you decide to do track?*

"One of my friends dared me to join the team because they didn't think I could make it through the whole season. He thought I wasn't tough enough to do track. But I ended up liking it."

3. *What made you choose to do the high jump instead of the usual running?*

"Since I used to play basketball, I figured that I would be pretty good at jumping. I am tall and lanky and [jumping] is what tall and lanky kids do."

4. *What awards have you received in golf and track?*

"I haven't received any awards for golf because I mainly work on jumping. But for jumping I have been all-district, all-region and I have gone to states. This year I am hoping to win all-state. I also have five "Most Valuable Field Player" awards and eight district medals."

5. *Are you planning on continuing with sports in college?*

"I want to do track in college next year, but I am undecided on where I am going. I am looking at Virginia schools who offer track. I was being looked at by JMU's track team, but because of Title 9 they cut the team."

6. *What do you do during the off-season to maintain physical fitness for track and golf?*

"For golf I just play around with the guys occasionally. For track, however, I lift weights and run to get ready for the seasons."

7. *How do you manage your schoolwork and sports, considering you play sports every season?*

"I have to manage my time and make sure I get everything done. I do just enough to get by and still get good grades."

8. *What advice do you have for future track and golf athletes?*

"For future track jumpers: aim high and don't miss. I would tell golfers on the team to be better than I was because I need to work on my skills."

# Football does not reign WS sports

## Students enjoy a variety of athletics; not just football

By Bethel Habte  
News Editor

Cotton candy, painted orange and blue faces, and cheers of the crowd in bleachers as they feel the rush of WS' football team scoring a touchdown. It is hard for spectators to resist a Friday night football game, leaving other fall sports in the dust as far as attendance numbers go.

Many people go simply because of the number and the variety of people that attend.

"People go to see other people. That's really the only reason people go to football games; to socialize," said junior Pria Chang.

But senior Amanda Pyon thinks the appeal of football runs deeper than that. "Football's the most popular because it's been around the longest," she said. The volleyball captain is not discouraged by her sport's lower attendance numbers.

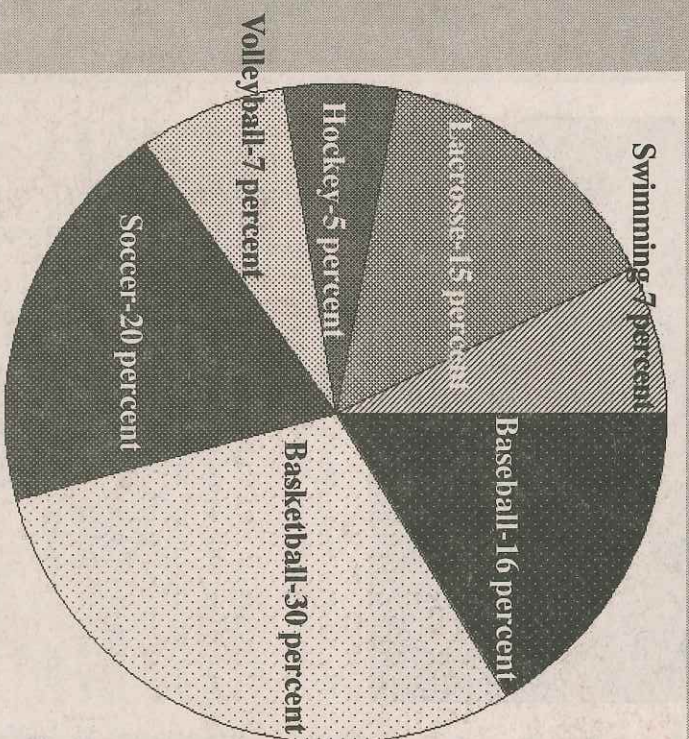
"Volleyball's only been around for five years so I think the turnout is pretty good. Every year I've been in the program it [the number of people at games] has grown," she said.

A poll of 164 students was taken to determine what other sports games to which students like to go besides football. Basketball came in second, followed by soccer in third place.

Freshman Taylor Hicks sees a pattern.

"Contact sports get more attention," she said. "A lot of other sports don't

### WHAT IS YOUR FAVORITE SPORT?



Out of 164 students — Compiled by Jimmy Bradshaw

"I don't think football gets all the attention. I don't feel special."

—Jimmy Wise, senior  
Varsity football player

"Football's the most popular because it's been around the longest."

—Amanda Pyon, senior

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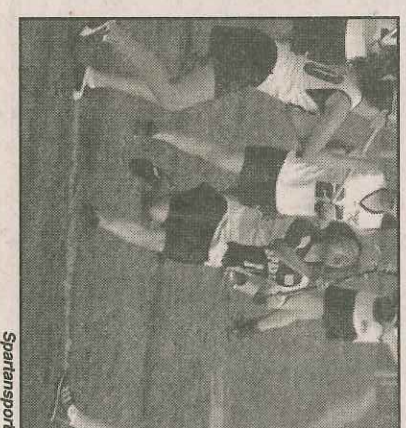
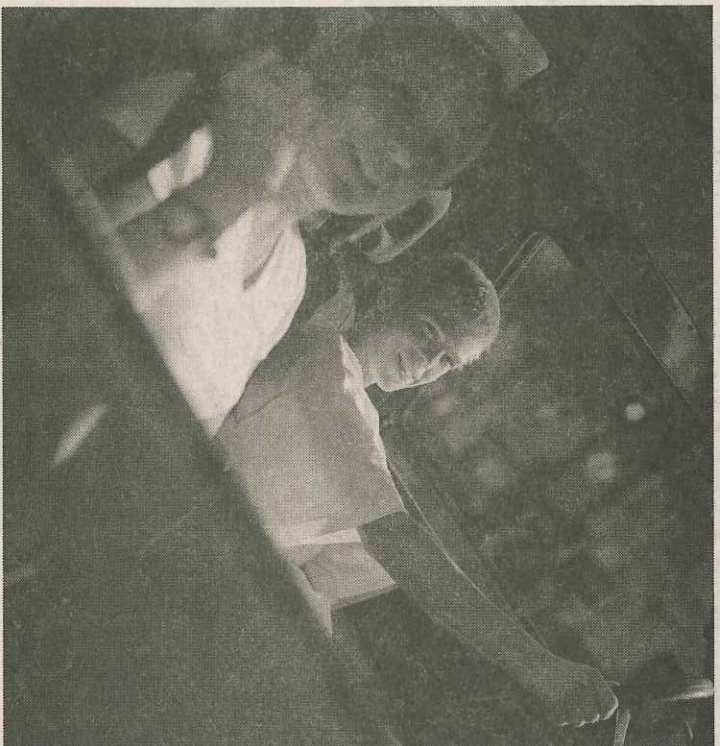
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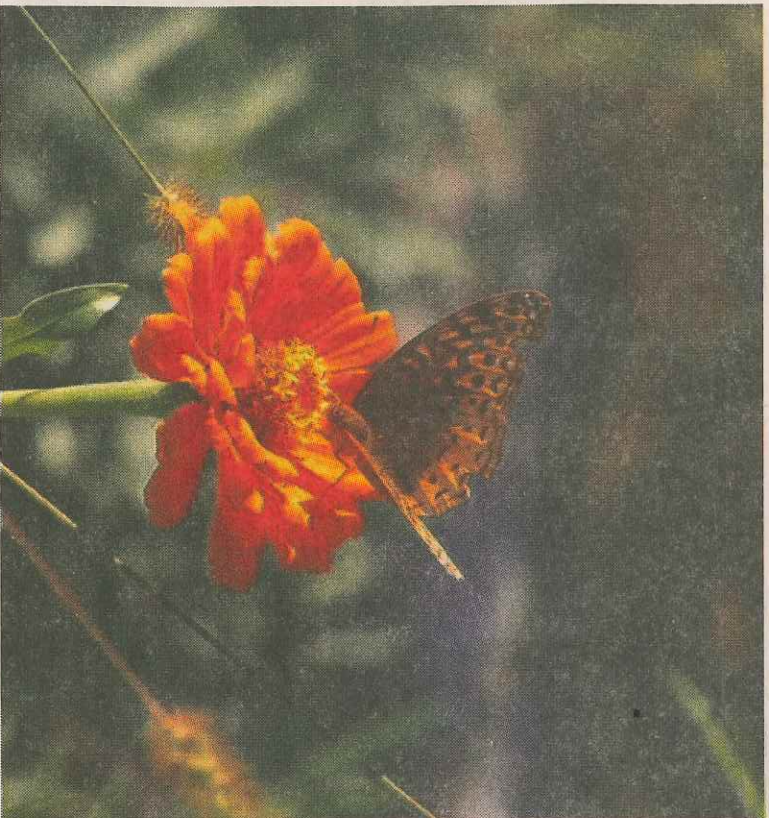
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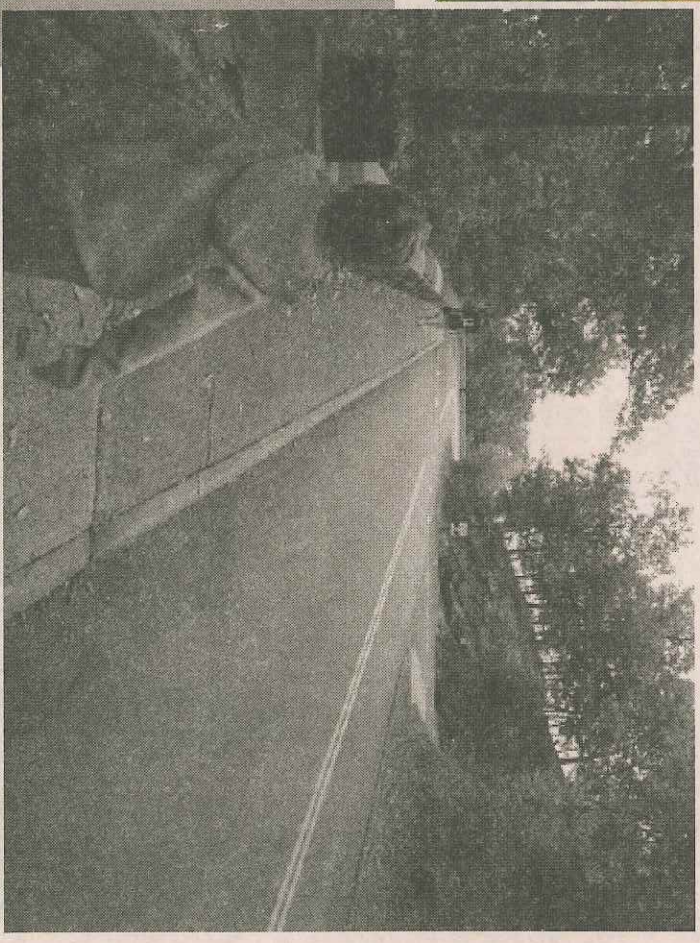


WS students support sports other than just football, like lacrosse.



“Be nice to people on your way up because you meet them on your way down.”

- Jimmy Durante



**“I am not a  
photographer.”**

“For everything there is a season,  
And a time for every matter under  
heaven:  
A time to be born, and a time to die;  
A time to kill, and a time to heal;  
A time to break down, and a time to  
build up;  
A time to weep, and a time to laugh;  
A time to mourn, and a time to dance;  
A time to seek, and a time to lose;  
A time to keep silence, and a time to  
speak;  
A time to love, and a time to hate...”  
Ecclesiastes 3:1-8



**-Beta Stinson**

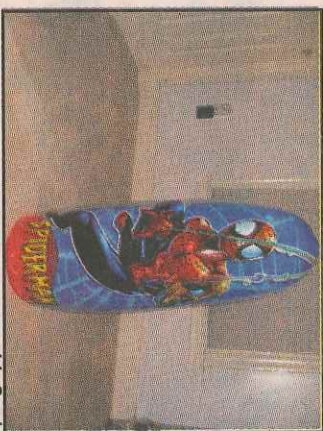
# Jake Disagrees Spider-man Bop Bag deflates expectations

By Jake Serwin  
Etc. Editor

A sack of polyvinyl chloride has crushed my spirit.

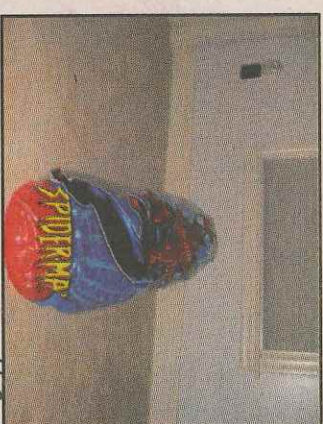
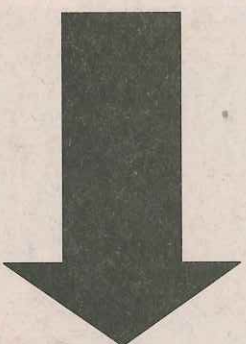
I recently purchased an inflatable Spider-man Bop Bag from CVS for about six dollars. My intention was to bring it home, blow it up, and smack it repeatedly to relieve my anger. It brought me only sadness.

As soon as I finished pumping it up, I felt a cool rush of air on the back of my hand. There was a faint hissing sound coming from the bag, like that of a very small cat conducting a tiny train.



Jake Serwin

Mere minutes after full inflation, the bop bag shrunk down to a pile of crumpled plastic and corporate branding.



Jake Serwin

BEFORE

AFTER

My inflatable stress-reliever was plagued by pockmarks and holes and lost pressure everywhere. I wept. After twenty minutes of duct-taping, re-inflation, and oh-so-many tears, the bop bag still needed to ask its doctor about Cialis.

Inflatable novelty goods have a history of disappointing my family. My brother's inflatable chair split open after one knife fight. Birthday balloons numbering in the thousands (we like balloons) have deflated before the candles were even lit.

When I realized the awful state of the bop bag's construction, I, practically a

**After twenty minutes of re-inflation, the bop bag still needed to ask its doctor about Cialis.**

Honestly, Kidz Kraze International, creators of the Spider-man Bop Bag, I don't understand the marketing thought

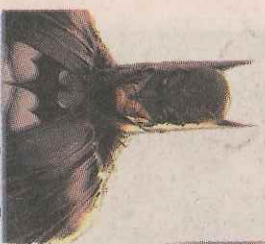
behind this. You take a potentially awesome product idea, put very little effort into the actual production of that product, and then sell it at drugstores nationwide. It's brilliant! Not.

I was frighteningly excited to own a punchable Spider-man. As soon as I got home, I took extra special care in removing it from the packaging, filling the base with water, and picking the right pump to fill it with the finest stale air. The quality of my new bop bag, I quickly learned, rested beyond my control. Kidz Kraze International held that power. And with great power should not come shoddy PVC.

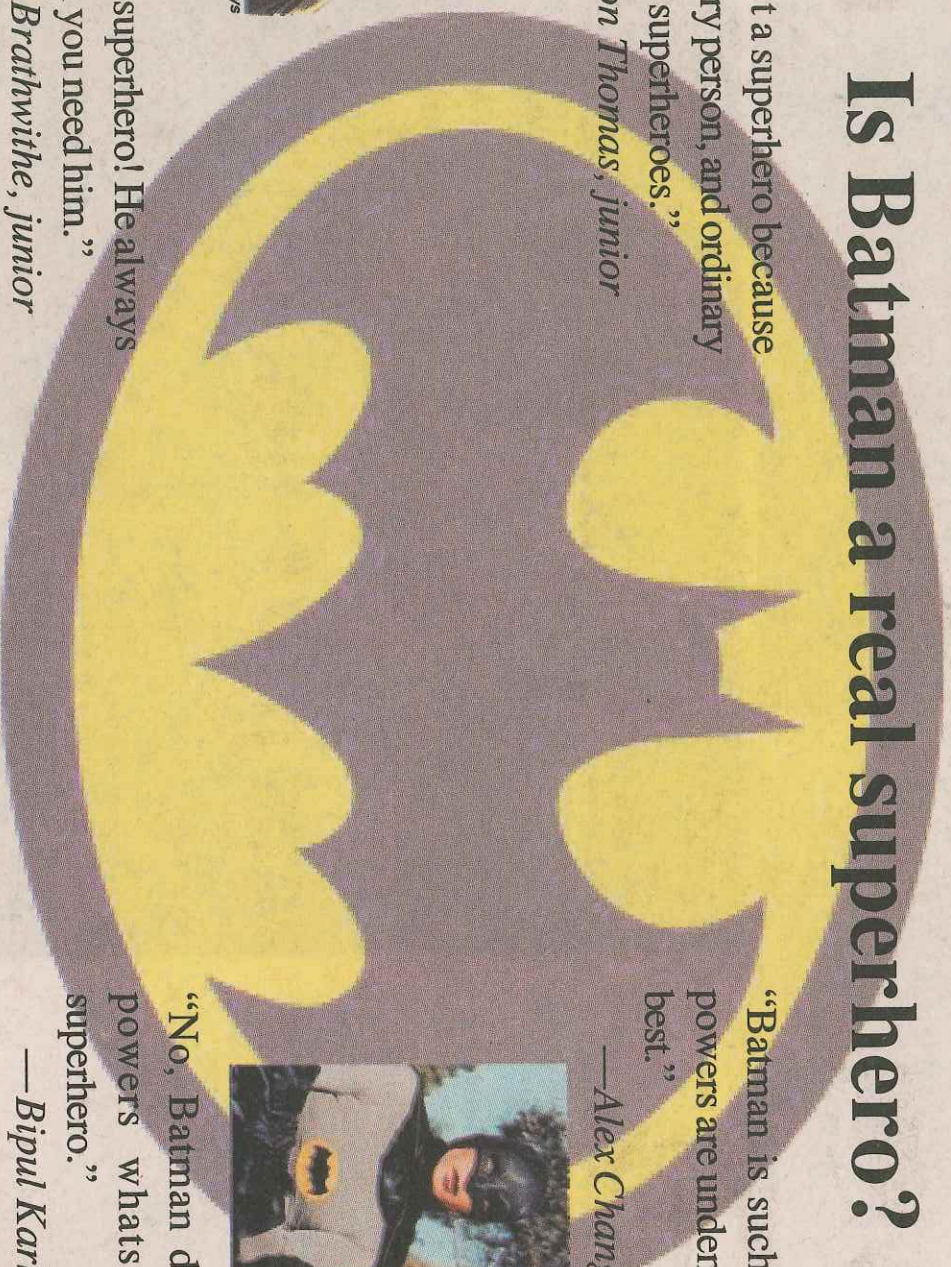
## Is Batman a real superhero?

"Batman isn't a superhero because he's an ordinary person, and ordinary people aren't superheroes."

—Quinton Thomas, junior

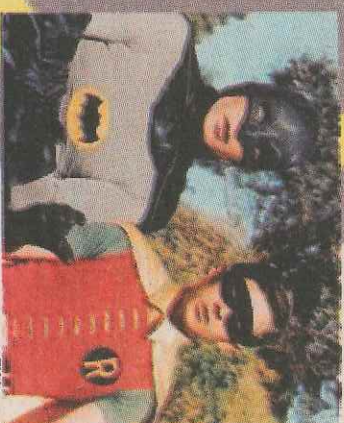


Batman Toys



"Batman is such a superhero, his powers are undeniable, he's just the best."

—Alex Chang, freshman



Fifties web

"Batman is a superhero! He always is there when you need him."



—Malik Brathwithe, junior

"No, Batman doesn't have any powers whatsoever, he's no superhero."

—Bipul Kariki, sophomore

—Compiled by Jimmy Bradshaw

# DECEMBER '06

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
1 Boys Varsity Basketball @ Oakton @ 6pm	2 Girls Varsity Basketball vs. Edison (home) @ 7pm	3 International Day of Disabled Persons	4 International Hug Day	5 Girls Varsity Basketball vs. Stonewall Jackson (home) @ 7pm	6 Finland Independence Day	7 Girls Gymnastics (home) @ 6pm
8 Boys Varsity Basketball vs. Mclean (home) @ 7:15pm	9 Girls Gymnastics @ South Lakes Invitational @ 11 am	10 Emily Dickinson's Birthday 	11 Italy and Germany declare war on the U.S. - 1941	12 Keiko, the Killer Whale from "Free Willy," dies - 2003 	13 Girl's Gymnastics (home) @ 6pm	14 National Energy Conservation Day (India)