

Oct  
2010

Wednesday, October 20, 2010

# Graduation debate resolved



Lily Weisblatt  
Reporter

Royal blue and neon orange just do not go together. This was one of the many concerns that raced through students' minds when news of the location for the class of 2011's graduation ceremony broke. Last June, West Potomac drew a date for graduation at the usual venue, the George Mason University (GMU) Patriot Center. That date was June 22<sup>nd</sup>, which is a Wednesday at the end of the school year. This means seniors would have to attend the final week of school, traditionally a requirement for underclassmen only. This prompted the administration to make a controversial decision at the Parent Teacher Student Association (PTSA) meeting on September 13<sup>th</sup>. The class of 2011 would be graduating on June 17<sup>th</sup>, 2011 at Hayfield Secondary School, combining blue and orange. West Potomac has previously graduated at the GMU Patriot Center for approximately 15 years. Many students

believe graduating at a college shows the graduates a place they can aspire to, and gives them a feeling of accomplishment. Also, some seniors believe graduating at a so-called rival high school to be some sort of betrayal to West Potomac, where most have spent four years attending. In response to the backlash from parents and students, on October 1st, a survey was released on FCPS 24/7 Blackboard giving students the option to vote for a venue. Once tallied, the results supported the administration's prior decision to hold the graduation at Hayfield Secondary School. Out of 213 voters, 63% chose Hayfield over the GMU Patriot Center. While some students are neutral, others are staunchly opposed to the proposal. Those who are indifferent to the decision are concentrating less on where they are graduating and more on planning for the future. Receiving a diploma is the goal, and where they obtain that vital piece of paper is not as important. Senior Amanda Alves

Continued on page 3

# Low amount of parking spaces anger students

Norris Brooks  
News Editor

In high school, one of the moments each student dreams of is receiving his or her license and being able to drive to school. It is a rite of passage that gives students a novel feeling of independence and autonomy at long last.

But when unexpected circumstances prevent this from occurring, many students wonder, "What happens now?" For the first time in years, a surprising event has taken place at our school: the parking passes have sold out.

Parking passes went on sale on September 10<sup>th</sup> for seniors and September 15<sup>th</sup> for juniors. To be permitted a parking spot, each student must sign a contract agreeing to the school's policy for cars on campus, complete a form describing his or her car, and pay a \$200 fee. The passes are sold during each lunch period, and the line most always extends out the door. For most students, the wait is worth having the blue and white pass in their hands. They will stand in line for a half an hour or more in order to receive the permit.

Junior Patrick Murphy said, "I waited in line for the entire lunch period in order to get a spot. I didn't even eat lunch!" Many other students had to sacrifice eating lunch in order to receive a pass.

This year, however, students were denied passes—even after braving the long lines. One problem was that the passes were not disbursed in a fair and equitable manner. A student with an early lunch period had a better chance of receiving a permit than a student whose lunch period was later in the day. The major cause of the scarcity of passes, however, was that the junior class consists of over 600 students—a record number—almost half of whom can drive. Consequently, not everyone who wants to pay for a spot is guaranteed one. The parking spaces sold out in four days for the seniors, but in only two days for the juniors. If you were a junior buying your parking pass on the second day, and you had C or D lunch, you were out of luck.

These events are in stark contrast to years past. Last year, spots were available to students throughout the year. Senior Caitlin Corrigan did not receive her license until January of last year and was still able to purchase a space. Responding to the problems she witnessed this year, Corrigan said, "I'm shocked that all the spots are sold out. I applied halfway through the year last year, and there were plenty of passes left!"

Parents have been calling the school 24/7, attempting to ensure their child receives a parking pass. So far they have been unsuccessful. Seemingly caught off guard by the situation, security has offered few solutions. Students

Continued on page 3

# Breast cancer bracelets banned from schools

Caitlin Shroeder  
Reporter

Is 'boobies' a dirty word? Some schools seem to think so. Schools from California to Florida have begun banning a pink rubber bracelet about an inch thick bearing the phrase, "I [heart] boobies." Students have been suspended, parents are in an uproar, and the debate is only becoming more and more heated.

Five years ago, the "Keep a Breast Foundation," a non-profit organization that is dedicated to promoting breast cancer awareness, created these bracelets in an effort to spread their message among teens. However, school officials are taking a different view on the matter. Many call the bracelets insensitive, immature, and most of all "inappropriate." Schools in Arizona, California, Washington State, South



Photo Courtesy of Lauren Metz

Breast cancer bracelets bearing the emblem "I [heart] boobies" were banned from public schools across America, from California to Florida.

Dakota, and Florida have banned the bracelets, and some have even gone so far as to suspend students for sporting them.

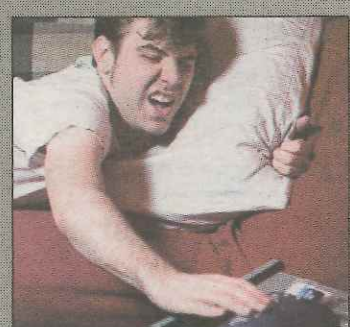
Hunter Cooper, a 15-year-old student at Rocklin High School in California, was asked to remove his "I love boobies" bracelet, which he wears in honor of his deceased grandmother, a breast cancer victim. He complied, but when school officials attempted

to confiscate the bracelet he refused to hand it over. In a statement to reporters he said, "When I was asked to turn in my bracelet, I took it off, told them I would not wear it and put it in my backpack, [but] they told me to take it out and give it to them. That's when I started to ask questions and told them 'no'." Cooper was then suspended from school,


Continued on page 3

## Inside this Issue

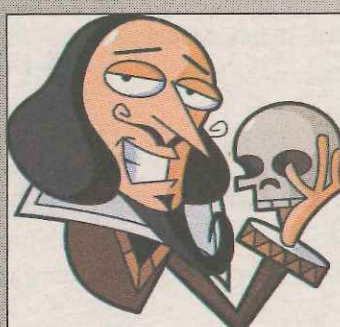
News  
Page 3

  
Photo courtesy of Stephen Yacchino  
Are early school start times taking a toll on student health?


Sports  
Page 4

  
Photo courtesy of WP Athletics  
Which star athlete will be selected as this month's Wolverine Warrior?

Style  
Page 8

  
Photo courtesy of ClipArt  
O'Grady directs the fall play, "A Midsummer Night's Dream."

Entertainment  
Page 9

  
Photo courtesy of Apple, Inc.  
Movies, iTunes, and TV shows at your fingertips: the Apple TV does it all.

Just for Fun  
Page 12

			1	9	
	6		7	5	
3		9	4		1
	9	5			2
		8	4		
2			9	6	
4			8	3	5
	5	7		8	
	7		5		

  
Photo courtesy of Laura Jacobs  
Check out the back page for a game of Sudoku, good advice, and more!



## Teachers are tardy for the party

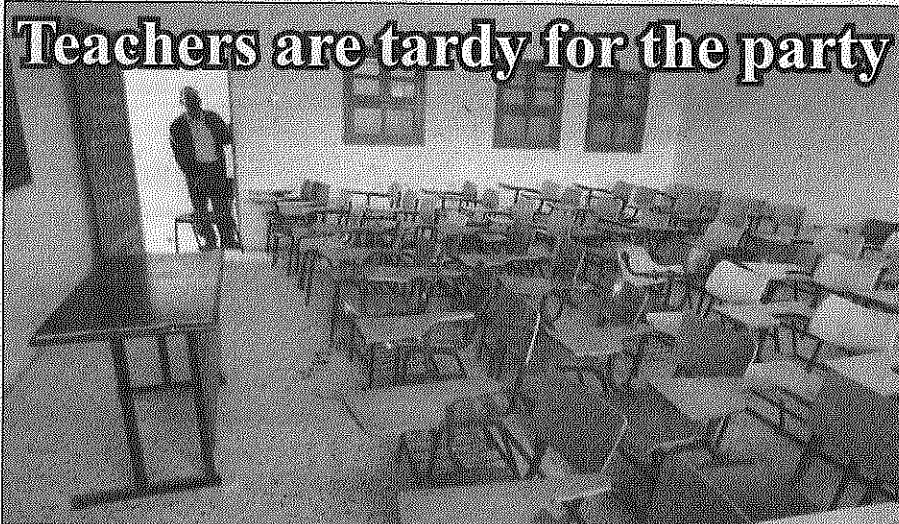


Photo courtesy of Michigan State University

Many students walked into their classrooms on the first day of school, to find an empty teacher's desk

**Laura Jacobs**  
*Just for Fun Editor*

Homework? Check! Pencil? Check! Cute guy sitting next to you? Check! Teacher? Absent! Sophomore Amanda Trenchard walked into her 5<sup>th</sup> period chemistry class and glanced at the substitute teacher, Mr. Muhammed. It was the second week of school, and she still did not have a chemistry teacher. West Potomac High School went from 2,080 students to 2,200 students. With the influx of students this year, there has been a shortage of teachers and additional students in each class. It was reported that at least one science, two foreign language, and one special education teacher were missing on the first day of school.

While Cliff Hardison and other faculty members struggle to find subs to cover for the classes, Hardison said it will not be long before all the teaching spots are filled. The recommended Spanish teacher has to get his papers translated from Spanish to English, which will take a couple weeks. While waiting for a teacher, students like Trenchard have to make do with learning from busywork. Yet does learning from a packet and a substitute qualify as a class?

Trenchard and her mother were so appalled they even thought of switching her into a different class. While parents hounded the office for answers, some students had different ideas. "It probably won't be detrimental to the students learning because the first few weeks are just a cumulative review," declared

Savannah Bishop, a West Potomac student. However, the former Director of Guidance, Timothy Boyd, explained that as long as the parents get the updated information on the situation, they usually understand.

Yet, a 2007 study by RT Milliner found that "teacher absences may affect student achievement through the creation of discontinuities of instruction, the disruption of the regular routines and the procedures of the classroom (Rundall, 1986; Turbeville, 1987)." He went on to say how even when substitutes give astonishing lessons, they could not have the strategies that long-term teachers would have. Also, it will be difficult for students to make connections with the substitute. Additionally, he went on to state that substitutes probably would not know the subject they were teaching as detailed as the permanent teachers.

Despite the growing concern over this issue, students and parents can rest assured the administration is doing everything in their power to get appropriate teachers.

Mr. Boyd, said there is currently only one Foreign Language teacher missing from the West Potomac staff. He also stressed how important it was that the administration find a teacher quickly, but not to rush and skip important details. In addition, he clarified that multiple West Potomac part-time teachers are being shared with other schools, which complicates the schedules. "We don't want to hire anything but the best," finished Boyd.

## School start time hinders students health

**Jade Toft**  
*Business Manager*

"Just one minute longer," high school students exclaim as they roll over to hit the snooze button. We all wish we had more time to sleep on the weekdays, but is it possible that lack of sleep is actually harmful to us?

Recent studies indicate that physical growth and physiological changes going on in the teenage brain make it difficult for a teenager to be productive during the early hours of the morning.

Teenagers should be getting nine and a half hours of sleep on a daily basis. Unfortunately, the average teenager gets seven and a half hours with a quarter of the population getting six and a half hours or less. Lack of sleep can affect mood and one's ability to think, perform, and react appropriately. Many teenagers are unable to fall asleep before 11 pm due to the sleep hormone melatonin, which is released at night. This hormone makes it difficult to fall asleep early and even more difficult to wake up early. Over time, lack of sleep can impair metabolism and disrupt hormone levels which helps contribute to obesity.

To compensate for lost sleep, many students turn to caffeine to wake them up in the mornings. While a jolt of caffeine may increase a teenager's alertness, it creates problems with anxiety, headaches, mood, dizziness, and normal sleep patterns. Caffeine consumption is the number one cause of insomnia, a common sleep disorder in which it is difficult to fall or stay asleep. Caffeine intake is also directly related to kidney and urinary tract infections which interrupt the normal sleep cycle and leave you feeling more tired in the mornings.

The recent program SLEEP (Start Later for Excellence in Education Proposal) has led many schools to take action and let high school students sleep more by making the start time 8:30 am. This late start allows students to get more sleep at night, preparing them for the day ahead. "I would like the time to sleep in more, because when seventh period rolls along I am exhausted and when I get home I don't want to have to do work when I'm tired," says senior Ashton Starr.

Research indicated that there are many potential advantages to having a later start. For one, the attendance rate naturally increased as

well as the amount of continuous enrollment. In addition, the tardiness rate decreased significantly. Students were more likely to show up on time and more often throughout the school year with the late start and were more aware during their first period classes. With plenty of rest, students were able to function more easily and felt more prepared for early morning exams. Having the ability to wake up later improved the behavior and attitude of the students as well. With more time to sleep, students were well aware of their surroundings in the morning which promoted safer driving. Students are more likely to get in a car accident in the morning because they are not able to pay as much attention as they should to the road. Finally, the extra sleep time allowed more students to participate in activities, and decreased the amount of teen depression. After-school clubs and activities became more populated than ever. Many students reported that they were even beginning to go to bed earlier due to the change.

Unfortunately, a later start for high school would indicate a need for elementary students to start earlier. Most parents would be unable to rearrange their hours at work or find an adequate babysitter to watch their elementary school children while their high school siblings remained at school. While younger children are fully capable of waking up in the morning, they would be left standing at the bus stop in the dark. However, if all students went to school at the same time, there would be a desperate need for buses and not enough money to pay for them. High school students would also be put at a disadvantage because they would have less time to work and participate in team athletics and after-school activities. Practices would run later and homework assignments would be started even later in the evening, causing students to get the same amount of sleep they normally would without the delayed start. Of course, students also might abuse this opportunity completely and choose to go to bed later.

Overall, while medical research indicates that a later start for school would be most beneficial to teenagers, officials are still trying to balance out the consequences that come with it.

## THANK YOU WIRE PATRONS

**PLATINUM:** Robert and Barbara Dreyfuss, Jamie Heath, Barbara and Peter Jacobs, The Orleans Family, The Phelps Family, Sydney Smith, The Weisblatt Family, Elizabeth Wilmot, Ellen Woods

**GOLD:** The Kuhbach Family, Deirdre and Steve Parker

**SILVER:** Kevin and Michelle Garden, Suzette Henry, The Leveridge Family, Joe Mattis, Kelcy Pierre, The Royka-Theodore Family, G. Sid Smith, Kathy and Rob Tempel, Frank Tse, Mary and David Underwood, Eric and Susanne Young

**BRONZE:** Peter and Maureen Adams, Gale Alexander, Patricia Axelrod, Betsy Beckwith, Rosemary and Bill Brooks, Spencer Brooks, The Carmichael Family, Bill Chalsma, Richard Cuminale, Suzanne Dash, Bill and Lorraine Gordon, Ann Grau, Liz Gwartney, Mariya Ilyas, The

Johnson Family, Jud Kempson, Mark Kempson, Jean Kernus, Jackie Livelli, Pat Loudis, Colin Mathewson, Rita McGill, Julie McMullin, Sue Murphy, Colin O'Grady, Nancy and John O'Sullivan, Michael and Patty Smith, Peter and Cathy Smith, Tracy Smith, Rita Steele, Debi Taylor, Kim Thompson, Don and Arlene Toft, Glenda Toth, David and Evelyn Venezky, Mr. and Mrs. Jonathan Warren, Kazué O. Watlington

**BLUE:** John and Mary Ann Cohen, William Donahoe, Liza Gheesling, Gayle Gilmore, Julie C. Grady, Naomi Jones, Christopher Kamar, David Nauta, Shelinda Speight

**GREY:** Jemuel Adams, Madeline Evans, Donna Memmo, Shari Terry

## BECOME A WIRE PATRON TODAY

*The Wire* is currently seeking patrons for the 2010-2011 school year. As a patron, you will be helping us print our newspaper so that we can continue to distribute it to all the students, faculty, and staff free of charge.

As a patron of *The Wire*, your name will be published

in every issue. If you are donating \$15 or more, you can opt to have *The Wire* mailed directly to your home as well.

For more information, contact Kim Chance at [kchance@fcps.edu](mailto:kchance@fcps.edu).

## TAKE A WALK FOR THE HOMELESS

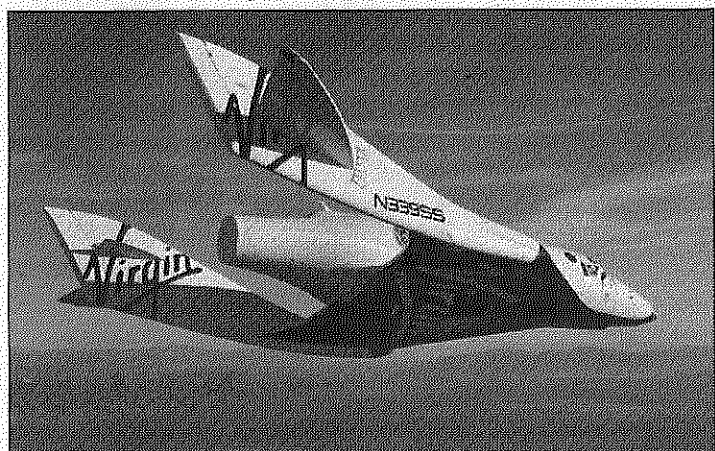


See your Flex 1 teacher on October 21, 2010 for details!

This event is sponsored by UCM and is being coordinated by H-Project, Key Club, Love Alliance, SGA, ROAR, and NHS.



## Space Tourism has rocketed to a new level



**Camille DiFolco**  
Editor-in-Chief

Moon rocks? No, thanks, I'll take some stardust instead. The moon is old news. Forty years have passed since man first bounded across the lunar landscape and frankly, it is no longer headline material. Space tourism, that is, ordinary citizens purchasing tickets to travel into space and back, is the next step in exploring outer space.

At least, that is what entrepreneurs like Sir Richard Branson keep claiming. Branson is a tycoon best known for founding Virgin Group, an umbrella corporation comprising over 360 companies, including Virgin Mobile. In late 2004, Branson announced the launch of a new space tourism company, Virgin Galactic, which would employ technology developed by American aerospace engineer Burt Rutan and funded by Microsoft cofounder Paul Allen. For the consumer-friendly price of \$200,000, the company offers passengers a ride to 50,000 feet above ground and about six minutes in zero gravity. The Virgin Galactic website promises passengers "that life will never quite be the same again."

Virgin Galactic is just one among a host of other entrepreneurial pursuits involving commercial space travel. Another company that stepped onto the space tourism scene only recently is Boeing, already a major aerospace and defense corporation that was founded in 1916. Boeing released its own version of a space vacation, a plan which beats "its Russian competitors in price, and its British opponents in distance," according to a September 21, 2010 online article by Mark Brown on the Wired.UK website. Unlike the Russian Soyuz spacecraft which offers passengers a seat alongside astronauts and a flight to the International Space Station (ISS), charging approximately \$45 million a ticket, Boeing stated that their prices would be lower. And in contrast to Virgin Galactic, whose flights merely scrape the periphery of the atmosphere, Boeing plans to travel to the ISS as well. They may begin offering flights as early as 2015.

Space tourism is still a relatively untapped business. At this time, only seven individuals have qualified as "space tourists." In 2001, American multimillionaire Dennis Tito became the first person to claim this title when he spent almost eight days in orbit with the Russian Soyuz fleet and visited the ISS. South African entrepreneur Mark Shuttleworth followed in 2002 and spent 11 days in space aboard a Russian Soyuz ship and at the ISS. He paid approximately \$20 million for the voyage. American entrepreneur and scientist Gregory Olsen became the third person to self-fund a trip into space in 2005 when he spent 10 days at the ISS. While in space, he conducted experiments in astronomy and remote sensing; Olsen is also reported to have spent about \$20 million in funding his venture into space. The latest person to earn the moniker of "space tourist" was Canadian Guy Laliberté, the current CEO of Cirque du Soleil. In 2009, Laliberté became the first Canadian private space explorer and his mission in traveling to space was to raise awareness of water issues on Earth. He spent a week and a half in space and, like all previous space tourists, traveled aboard Russian Soyuz ships.

So what if one cannot afford to spend a quarter of a million or more on a jaunt into space? Never fear, says NASA. Improvements in technology within the next decade or two could bring the price down to a mere \$10,000-\$20,000. And there are always simulators. Space Adventures, Ltd. offers customers a ride on a specially-designed Boeing 727 that "lets you float, flip and soar as if you were in space," according to a September 2010 article in USA Today. For the relatively low price of \$4,950 per person, daredevils can experience zero-gravity weightlessness without ever leaving Earth's atmosphere, thanks to a series of parabolic maneuvers performed by the jets. To some students, these figures are heartening.

"It sounds pretty cool," said senior Ben Aleixo. "I'd probably go for the zero-gravity trip."

Others would prefer to spend the money on something a bit more lasting. Junior Albert Waters would use the cash to buy "a car, or a really nice guitar" rather than taking a brief excursion into space.

The bottom line is that much of the space tourism talk is just that - talk. It is unlikely that people will be living on Mars or dressing like Ziggy Stardust in the near future. Then again, humans have been drawn to the stars since they first looked skyward so it is hard to imagine that the space craze will die out anytime soon.

## Graduation debacle, cont.

said, "all I care about is the concept of graduation. I do not really mind graduating at Hayfield, because it is not that big of a deal." Some opinions changed about the proposed location like senior Liliana Alvarez's. "At first, I hated the idea of graduating at another school with all of their colors and their school spirit around us, but now I do not really care about it." These students are impartial about the proposal, unlike those students who are adamant that this is not the right choice for the graduating class.

In addition, the seniors whose family members plan to take pictures or video of the pivotal day in their senior's lives do not want their documentation to make it seem as if they were graduating from Hayfield. They do not want the memories of their graduation to be overshadowed by the location.

Alternate locations were considered, but none met the needs of the graduating class. Size and cost were the two main deciding factors. The 2011 senior class is comprised, at last count, of 507 students. In previous years, graduates received 10 tickets for their families to attend the ceremony, a whopping 5,070 ticket tally. Few locations have the capacity to fit all of the guests comfortably, plus the 507 graduates. The locations that could presented a different problem to the faculty.

Most venues that can hold approximately 5,600 people are quite expensive. For two hours, the George Mason Patriot Center costs about \$13,000-\$14,000. Graduating at Hayfield is free, and enables the administration to lower the senior fee from \$100 to \$75. Twelfth Grade Assistant Principal Alexander Case clarified, "I think moving from GMU is the financially respectful thing to do, given the state of the economy and the fact that some in the community have lost jobs or are tight on money. I personally enjoy the facilities at GMU, but am confident we can make Hayfield our own as a venue."

In any event, the decision has been handed down. Graduation will take place on June 17<sup>th</sup> at Hayfield Secondary School. In a battle between a wolverine and a hawk, which would win? That remains to be seen.

## Boobies, cont.

raising controversy on both sides of the argument. Shaney Jo Darden, co-founder of Keep a Breast Foundation, released a statement after controversy arose saying, "That's the whole idea. It's getting people to talk about breast cancer, it's getting people to share their feelings about how this disease has impacted their life... The bracelet is doing what it's meant to do - it's making people talk."

Schools that have banned the bracelets have claimed they are offensive to breast cancer survivors and that the word "boobies" goes against their dress code. Jim Aisenbrey, principal of Baltic High School told USA Today, "I do think there are more proper ways to bring this plight to the attention of people, and I don't think this is a proper way," after he prohibited students from wearing the bracelets at school.

Numerous students at West Potomac are known to sport the bracelets. Junior Melanie Espinoza wears hers proudly and said, "My 'I love boobies' bracelet is spreading awareness of breast cancer. There's nothing wrong with it, and I strongly disagree with these schools banning them. Just because it says 'boobies,' should it be considered 'wrong'? I don't think so."

Mary Mathewson, a West Potomac English teacher and breast cancer survivor, wholeheartedly supports the bracelets. "Boobies shouldn't be a forbidden word, especially when it comes to breast cancer. I want my own daughter to be able to say 'I love boobies' without it being looked upon as tactless, because it's not."

Now the question is, where does West Potomac administration stand in the debate over these bracelets? Will the school let students sport these controversial bracelets or will it ban the word "boobies" from the students' attire?

## Parking passes, cont.

were told to add their names to a waiting list. If a student violates their contract and his or her parking pass is revoked, the next person on the waiting list will receive a permit for that spot. However, the chances of a student losing parking privileges are very slim, nearly eliminating all hope for the students struggling without a place to park.

Despite several attempts to question the school security team in charge of parking passes, no one was available for comment. However, Mr. Walls—new this year to the position of Safety and Security Specialist—told a parent that he and his staff are working on freeing up some extra parking spots. For one, paperwork is being checked carefully because some students who do not yet have their licenses

received parking passes. This is in violation of procedure. Mr. Walls is also working with Principal Hardison to reorganize the parking spots, shifting some Academy parking to a different location so that spots will open up behind Springbank. As of yet, however, no new parking permits have been issued.

For students who did not receive spots, times are tough. Junior Emily Hauptle said, "Having to park off campus has made it really hard to get to school. I have to leave earlier so I have time to walk to school. I have to constantly worry about finding a spot, and I get stuck in traffic leaving school."

Students are frustrated and are looking to the administration to start providing some answers.

## THE WIRE STAFF 2010-2011

**EDITORS-IN-CHIEF**  
Camille DiFolco  
Emily Griffin

**NEWS EDITOR**  
Norris Brooks

**OPINIONS EDITOR**  
Jacob Alexander

**LINE SCENE EDITOR**  
Emily Woods

**ASSISTANT LINE SCENE EDITOR**  
Karley Zdebski

**SPORTS EDITORS**  
Tommy Friederich  
Jack King

**STYLE EDITOR**  
Anna Dreyfuss

**ENTERTAINMENT EDITOR**  
Josh Belanger

**FUN STUFF EDITOR**  
Laura Jacobs

**ASSISTANT FUN STUFF EDITOR**  
Leigh Orleans

**PHOTOGRAPHERS**  
Sonia Garakharaghi  
Clare Palo

**BUSINESS MANAGER**  
Jade Toft

**REPORTERS**  
Rafa Abdelaziz  
Erick Alveraz  
Tyler Arnold  
Randa Elhage  
Kristin Hoeched  
Noor Jawald  
Sami Kadonoff  
Sada Khan  
Zainab Mujahid  
Anthony Oldham  
Anna Peck  
Caitlin Schroeder  
Lily Weisblatt

**ADVISER**  
Kim Chance

*The Wire* is a publication whose aim is to inform, educate, and entertain the student body. *The Wire* will not print any material that is libelous or obscene, or that will invade any person's right to privacy. The ideas expressed in unsigned editorials reflect the opinions of the newspaper staff; however, Letters to the Editor do not. *The Wire* is an open forum for discussion which is printed by Silver Communications.



## WOLVERINE WARRIORS!

Sarah-Jane Underwood

Jack King  
Sports Editor

Want to know what it takes to be one of the greatest runners in the state? Just ask junior Sarah-Jane Underwood, an easy choice for this month's Wolverine Warrior. Underwood is one of the greatest runners to ever come through West Potomac based on the records she already holds here. She holds the West Potomac record for the 1000m, with a time of 3:00.33 for winter track. She was also on the All-State team as a sophomore for both winter and spring track. Underwood even holds the West Potomac record for the 800m in spring track with a time of 2:14.61 and was a member of the All-State 4X800m relay team. Her resume is intimidating, especially for a student who is just now entering her junior year. However, stats are not the only thing that make her great.

Underwood did not start running cross country seriously until her freshman year. "Becky recruited me knowing that I had done Girls-on-Track in Middle School and that my sister was a good runner at Thomas Jefferson High School," said Underwood. She had always thought of doing cross country due to the influence of her sister, and also decided to do it to stay in shape for her main sport at the time, soccer. Needless to say, cross country kind of took over after a short time. Underwood is also a captain of the cross country team along with co-captain, Dale Lescher.

"I try to make cross country fun by encouraging my teammates and giving them positive motivation," added Underwood. "Being someone your teammates can trust and come to with questions or concerns plays a large role in being a captain."

Underwood loves everything about cross country, but the one thing she probably loves most is the familial relationship she has with all of her teammates. "We're all so close, and it is really fun to go to meets, team dinners, and long runs together," she said.

The sport isn't all fun and games. When it comes time to go to work, Underwood and the rest of the team take preparation for races very seriously. "It is important to get good sleep both the night before and two nights before the race," said Underwood. Even her diet can be key in her performance. "Staying hydrated throughout the day and eating right also play big factors," she added.

Underwood has a lot of personal as well as team goals for the upcoming years. She mentioned, "I'm definitely interested in running in college, although I'm not sure where yet. I'm just keeping my options open." Her other personal goals include constant improvement. Underwood wants to always better her times no matter what.

When it comes to team goals, she really shoots for the moon. "As a team we want to do well at districts, regionals, and stand on the podium at states," expressed Underwood. In essence, Underwood puts her team before anything else.

Underwood is not only just a great athlete, but a good role model and leader. It is easy for someone to be great at a sport and not be able to lead or set an example for other people. It is a lot harder for someone to be a leader on and off the track. Underwood is one of the few people who possess this quality. Due to her incredible athletic ability, record-breaking times, and leadership skills, Underwood is a true Wolverine Warrior.

## New quarterback, new coach, new hope for Redskins

Tommy Friederich  
Sports Editor

They tend to make you feel on top of the world at one moment, then they rip your heart out the next. No, not your boyfriend or girlfriend...the Washington Redskins! It is a common theme for a Washington Redskins fan to dwell on another heart-wrenching loss from the burgundy and gold. But the first game of the Redskins National Football League (NFL) season boded well for those loyal fans. The Redskins played their long-time rival, the Dallas Cowboys, and surprisingly made the Cowboys look like the "Skins of seasons past." A convincing win in D.C. is like the Redskins have just punched their ticket for the Superbowl. All the radio talk shows and newspapers are talking about how great the Redskins are. With their confidence at its peak, the Redskins returned for game two against the Houston Texans. The Redskins looked like their week one win was not a fluke after going up by two touchdowns early in the first half. At that point, the Redskins nation thought for one minute that this team was for real. Because of that one minute of hope, the Texans scored 3 unanswered touchdowns and won the game with a game winning field goal in overtime by Texan's kick Neil Rackers. In the third game, the Redskins hoped to go 2-1 because they were playing the 1-15 St. Louis Rams from last year. With rookie sensation Sam Bradford, the Rams easily beat the Redskins on their route to a 31-23 loss.

Is it going to be another year of distress for Redskins fans? With a

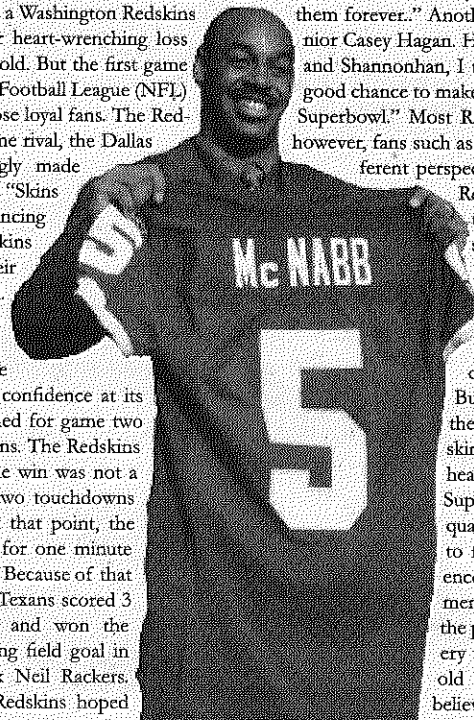


Photo Courtesy of Getty Images

Donovan McNabb holds his new jersey proudly as he is introduced as the Redskins new Quarterback.

new coach Mike Shannonahan and new quarterback Donovan McNabb, Redskins fans sure hope the team will soon be detached of the reputation of blowing every lead they ever had and losing to the worst teams in the league. Senior Lizzie Persekian, an avid Redskins fan, commented, "Yes, it is hard sometimes being a [Red]skins fan, but if you are a true fan you root for them forever." Another die-hard Redskins fan is junior Casey Hagan. He commented, "With McNabb and Shannonhan, I think the Redskins have a very good chance to make a playoff run. Maybe even the Superbowl." Most Redskins fans are truly faithful, however, fans such as senior Dustin Hess have a different perspective, "I just can't root for the Redskins sometimes, at times in the past seasons they've played so sloppy and always break my heart in the fourth quarter."

Redskins fans are not the only ones fed up by the recent play of the boys dressed in burgundy and gold. But the fans have to realize that there is an upside with the Redskins organization. The new head coach, Shannonahan is a Superbowl winner and the new quarterback, McNabb has been to five National Football Conference championship games. Not to mention, rookie Bryan Orakpo has the potential to be a pro-bowler every year. Do not let the Redskins' old reputation disappoint. Keep believing in the Redskins, because someday it will pay off. And if not, it is Caps season already so get your eight jerseys out and be ready for root for "Super Eight."

## Powderpuff is big stuff

Karley Zdebski  
Assistant Rine Scene Editor

It is common knowledge that football requires a hard work ethic, immense physical abilities, and a good attitude that demonstrates Wolverine pride. With confidence and enthusiasm, the quarterback for West Potomac said, "I'm strong and athletic, and I know how to play football. How could I not be the quarterback?" Surprisingly, the quarterback quoted is a female member of the junior football team, Morgan Maniglia. On October 7th, the crowd rooted for two teams composed of junior and senior girls, as opposed to the typical all-male football team.

This practice is an annual tradition at high schools and colleges known as 'powderpuff'. By definition, powderpuffs are a soft material used for the application of face powder. Also, powder puffs are often used as a stereotype for feminists, hence the moniker "powderpuff sports" for all-girl sporting events. The games usually occur before the homecoming football game and dance. The first game was played in 1972 in Wallingford, Connecticut. It was used as a way to incorporate girls into more athletics.

At West Potomac, the powderpuff game is a highly-anticipated event. It is an activity where junior and senior girls interact in friendly competition. Sophomore Nicole Marinello emphasized, "It is an exciting experience to attend the game."

In keeping with the tradition and meaning of the powderpuff game, boys were recruited as cheerleaders. The all-male drill team composes this contradictory cheering squad. West Potomac students and faculty encourage additional young men to participate as an essential feature of successfully completing the

game's traditions. Football players also volunteer to coach the girls through pre-season teaching skills and running to get into shape. Although the game is meant to be fun, a lot of hard work goes into the preparation of a variety of plays, techniques, and strategies.

Practices were on Tuesdays and Thursdays and primarily consisted of splitting the players into two teams, offense and defense. Furthermore, the teams continuously set up plays which the players were required to memorize. This made for impressive performances during game time.

However, the players did not have to run suicides or undergo any harsh training in preparation for the game. Essentially, the juniors' victory proved that they had practiced hard, and were ready to take

the gold as winners of the 2010 powderpuff game.

This win was an unexpected result as seniors have traditionally won in previous years.

The final score of the game was 14 to 7 with the juniors in the lead. Juniors Danielle McHugh and Brittney Alderman each scored a touchdown and senior Cassie Burkett scored the senior team's only touchdown. However, the seniors' disappointment hung heavy in the air. But they also showed signs of contentment and encouragement for their junior peers.

The juniors hope to win for the second year in a row next school year, but sophomore Maddie Stevens, a committed player for next year's junior team, said, "I have never been a big football fan, but it would be nice to cream the seniors!" Sophomores Yona Lindenbaum and Emily Marr are competing for the quarterback position of their team for next year's game. Even as this year's players dust off their cleats, the competition for the next year's game is already heating up, and students are already starting to prepare for it.



Photo by Norris Brooks

The junior girls line up before a play, while quarterback Morgan Maniglia led the juniors to a startling victory.

## By The Numb3rs

The number of combined points scored in West Potomac's win over South County.

46

The number of the varsity football quarterback Nik Dimitrijevic.

15

The number of games the West Potomac boys varsity lacrosse team won last year.

1

The number of points scored by the varsity field hockey team this season (as of the game against West Springfield).

15

Number of points the West Potomac golf team scored in their win against Woodson High School.

188

The number of girls on the varsity volleyball team this year.

17

Varsity cross country runner Brady Corbin's record time at the Nationals.

10:31



## FOOTBALL

Chantilly 35 West Potomac 16

South County 15 West Potomac 31

Woodson 36 West Potomac 0

Lee vs. West Potomac TBA

T.C. Williams vs. West Potomac  
10/22/10Lake Braddock vs. West Potomac  
10/29/10

## FIELD HOCKEY

Stuart 0 West Potomac 2

Wakefield 0 West Potomac 4

Lake Braddock 3 West Potomac 0

West Springfield 3 West Potomac  
2 OTSouth County vs. West Potomac  
3-2

## GOLF

Woodson 188 West Potomac 183

Lee 174 West Potomac 177

T.C. Williams 227 West Potomac  
229Lake Braddock 157 West Potomac  
165

## VOLLEYBALL

Mount Vernon 1 West Potomac 3

Lake Braddock 3 West Potomac 0

Hayfield 3 West Potomac 0

Annadale 3 West Potomac 0

Stuart vs. West Potomac  
10/14/10

Lee vs. West Potomac 10/20/10

## Overtraining is hazardous to health



Photo Courtesy of Anna Carney

## Leigh Orleans

Reporter

Everyone knows that practice makes perfect, but is there a point where practicing creates more harm than good? All their lives, athletes have been taught that to be the best they can be and more, they must train a lot at a high intensity level. What competitors are typically not aware of is that overtraining breaks down muscle tissue and may make the athlete weaker.

Overtraining is exercising faster or more than one's body can recover from in a given time. It takes about twelve to twenty-four hours for the body to recover after an intense training session. To some, that might seem like a long time to be sitting around, but in reality it is during this rest that the body strengthens and repairs itself. The key to being a successful competitor is having the balance between workouts and the recovery periods afterwards.

There are many pressures that a student athlete faces when making important decisions about their training schedule. They may be getting pressure from their parents, their peers, their coach, or they might be entirely self-motivated. All of these stresses are piled on top of the

original challenge of getting on the team and, if they make it, giving consistently superior performances.

"There is no exception to working hard," reported physical education teacher Tyrone Strothers, "but you do need a balance of rest. Also, if you don't prepare, you probably are going to get hurt."

It is imperative for athletes to figure out what their body can and cannot do before they overtax themselves. Overtraining is a serious syndrome and it can have detrimental effects. It can lead to irritability, anxiety, insomnia, vision disturbances, weakened immune system, weakened muscles, higher susceptibility to injury and more. For example, sophomore Anna Carney sustained injuries after running two times a day in addition to her daily lacrosse practices. Injuries in sports are very common and should not be taken lightly.

Important things to balance into a workout schedule are enough sleep and a healthy diet. If an athlete refuses to give up the workout hours long enough for their body to recover, try cross-training. Runners should swim some laps at the local recreation center. Athletes who spend all day lifting weights should take the time to go on a bike ride outdoors. This will work different muscles to help make one stronger and give one a change of venue for the workout.

## Small cheerleader makes a big impact

## Anna Peck

Reporter

During a West Potomac home football game, what is one of the first things a fan notices besides the players? The cheerleaders! One of these cheerleaders stands in the front row of the girls, and is noticeably smaller than the rest of them. Her name is Lauren McDonald, and she is ten years old. No, she is not a student at West Potomac; she is just a lucky girl who gets to cheer on the high school cheerleading squad.

McDonald has been cheering with West Potomac for five years, beginning at the age of five, and she still enjoys every minute of it. McDonald got involved with the squad when she was invited by one of the coaches to join the girls. McDonald's eldest brother, Jamie McDonald, played lacrosse for West Potomac and her elder brother, senior John McDonald, is currently in the marching band. She wanted

to cheer at West Potomac to support her older brothers.

Five years ago, the cheerleading coach taught McDonald's brother, John at Carl Sandburg. One day, she saw her at one of the games in her uniform and invited her to join the squad. She has been a part of the squad ever since. She practices with the girls throughout the summer and on Mondays during the school year. Also, she has become great friends with the squad and they all treat her like a teammate. "I love Lauren! Her spirit and enthusiasm brings excitement to the team. She is going to be a super cheerleader when she gets to high school," commented fellow cheerleader, Cierra Everette.

McDonald enjoys being with the squad and cheering at every home game. "My favorite part of cheering is being out there having fun, cheering while my brother plays songs that we dance to," said McDonald about her times on the team. She also cheers with the Fort Hunt Cheerleading Squad. When McDonald gets to high school, she hopes to continue being a cheerleader and her mother is very supportive of her. "It is my hope that she gains self-confidence and boosts her self-esteem. This will enable her to be comfortable in most situations. She is used to being around older kids from her brothers and their friends, and she can handle herself in the proper way," said mother Lisa McDonald.

If she continues through high school, Lauren McDonald stands a good chance of setting the record for the longest consecutive member of a high school cheering squad.

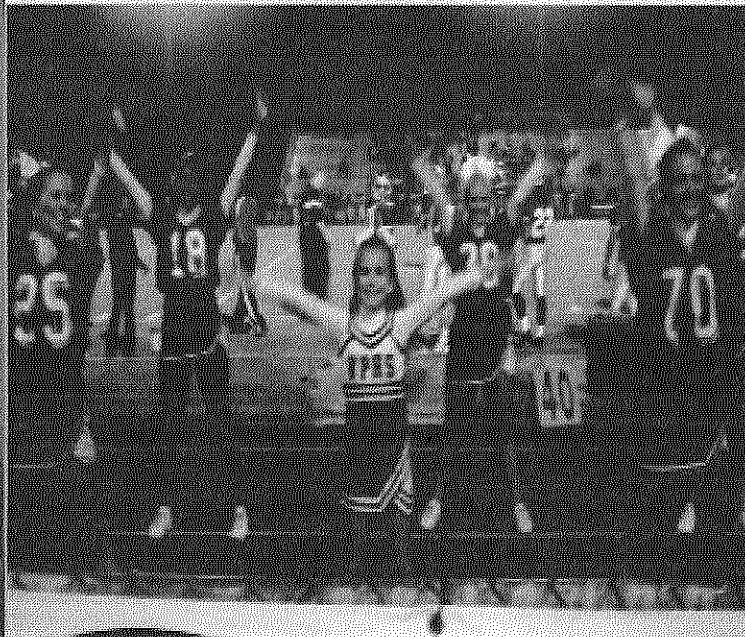


Photo Courtesy of Lauren Wilmot

Lauren McDonald demonstrates great Wolverine spirit at every sporting event. The surprising fact is that she does not go to West Potomac. For such a little girl she has got a lot of motivation.

## MUST WATCH

MLB PLAYOFFS  
ON TBS AND FOXNY YANKEES VS.  
TEXAS RANGERS

AND

SAN FRAN  
GIANTS VS.  
PHILLIES

NBA PRE-SEASON

WILL THE MIAMI  
HEAT LIVE UP TO  
THEIR HYPE?ARE THE BOSTON  
CELTICS TOO OLD  
TO WIN AN NBA  
CHAMPIONSHIP?



# GOT THAT

Bust A Move

Head in the Game

SAFARI DAY

GO GREEN DAY

PAJAMA DAY

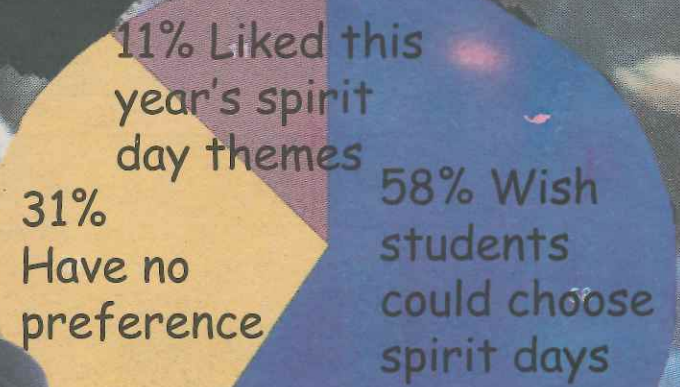
WELCOME TO JUNGLE.



# SPIRIT



## Mixed Reviews



100 Students Polled

Photos courtesy of Norris Brooks, Wake Coulter, Sonia Garakyaraghi, Liz Levey, Amanda Parker, Erica Sucher, Eliana Sutton, Diana Tran, Emily Woods, Predator Staff



## O'Grady and Shakespeare: bearded bards

Clare Palo

Photographer

What is the difference between the modern comedy at West Potomac High School and 16<sup>th</sup> century comedy? Not much. Both are centered on people's interests, dirty jokes, magical lands, and the most important thing in a teenager's life, love. The West Potomac Theatre Department will be performing the Shakespearean play, *A Midsummer's Night Dream* this November. In past years, the department has performed *Sideways Stories from Wayside School* and *Romeo and Juliet*. Taking on the well-known play, *A Midsummer's Night Dream* is an ambitious goal, but fall play director and West Potomac English teacher, Colin O'Grady, is confident. "He [Shakespeare] creates an enchanted forest with all kinds of magical fairies running around, and he encourages us to let go and believe in that," commented O'Grady. The play has many colorful and comical characters, which brings the silliness to life. It involves the audience, encouraging them to participate, and makes them believe they are actually a part of a magical journey.

To prepare for the tough role that each actor has to perform, O'Grady instructed the cast members to memorize one of Shakespeare's sonnets. It may sound simple, but this can be challenging for people who are unfamiliar with iambic pentameter, a meter Shakespeare often used when writing sonnets. Many of the theatre students who auditioned for the roles are also in O'Grady's

Shakespeare Study class. They had an advantage due to the extensive review of scansion and iambic pentameter, which are essential in fully understanding Shakespeare's works.

Scansion is the process of finding the rhythm and meter in a line of verse. Junior Nell McKeown said, "I prepared for the audition by memorizing monologues, and reading and scanning the play multiple times." McKeown has been in many West Potomac theatre productions and community productions, and explained the main difference between "practic[ing] for a non-Shakespearean play and a Shakespeare work is the difference [between] the verse and poetry, and... [the] language."

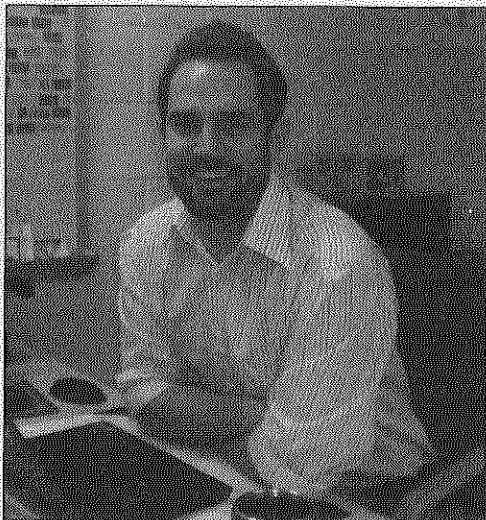


Photo courtesy of Clare Palo

Colin O'Grady, who teaches the Shakespeare Studies class, cannot wait for play rehearsals to begin so that he can show off his superior knowledge of Old English and iambic pentameter.

come out of the actors and actresses in our cast." The final cast will include actors "who can bring something from their imagination to the characters and develop chemistry with the other performers." O'Grady said.

## Yearbook earns top honors

Emily Griffin

Editor-in-Chief

The 2009-2010 yearbook staff is victorious again.

For the ninth consecutive year, the West Potomac Yearbook staff, which is advised by Mel Mobley, won the Columbia Press Association Gold Medalist award for the 2010 edition of the yearbook. Mobley stated that "despite winning this award for the ninth consecutive year, I never take it for granted." The Columbia Press Association is owned by Columbia University, and emphasizes the published works of student journalists, such as high school newspapers and yearbooks. According to Mobley, one of the improvements the staff made last year was "incorporating illustrations and better photographs in the design of the pages in the yearbook and adding space for additional features."

There are three Editors-in-Chief of the yearbook for this school year, seniors Josh Crow, Alexx Graybill, and Erica Sucher. Sucher wants "to see the Predator become another top-notch publication. However, I hope to do this while making every single deadline on time. In my mind, I have several goals for this yearbook and for ones to follow. I hope for every staff member to pull their own weight and produce something they are proud of. I also would like to incorporate more of the student body in the publication. Our school is very diverse, so our yearbook should show that."

Graybill has been encouraging students to "get more presales on yearbooks so we do not have to tell students the day of selling that we have run out and they cannot get their yearbook."

"One of the main focuses for the yearbook staff this year is to 'break out of the traditional yearbook design' and create a more interactive yearbook by improving photographs by using the improved and updated computer software," stated Mobley.

"Meeting deadlines will be our main goal for this year," Graybill commented.

Sucher said her advice for returning staff members to the yearbook would be "to reinforce the importance of being respectful. This might seem unrelated to yearbook, but I believe it should come automatically. They should be able to produce an excellent yearbook; while also respecting their advisor, peers, and of course their deadlines."

Also, Graybill added that "to fun while doing yearbook and also stay focused." Mobley concluded that her goal for the yearbook staff this year is to "continue the tradition of award winning for the school."

## Students share their most embarrassing moments

Jade Toft

Business Manager

Have you ever done something so embarrassing you could die? West Potomac students divulge some of their most traumatic experiences.

"My van was put into reverse, and I accidentally backed into one of those street signs at school near the baseball field. There were a bunch of people around so I exploded, and I felt like the world was going to end."

"I was wearing my cheer uniform in the cafeteria, and due to the short skirt, I couldn't bend over to get my bag of chips. I squatted to get it, and ended up falling over from lack of balance and all my purse's contents spilled all over the floor."

"One time my mom dropped me off at a birthday party sleepover. I showed up a day early with my overnight bag, sleeping bag, pillow, and present in hand. My friend came to the door and looked at us really weird. My friend said, 'The party's not tonight,' and my mom said, 'Oh yeah, right,' as she proceeded to walk inside, hearing party sounds coming from the next room. My friend's mom stops us and says, 'This is the family party. His birthday party for friends isn't until tomorrow.'"

"At the academics award ceremony, I went up when they called the wrong name thinking it was my own. While I was accepting the wrong certificate, they called my own name and they had to stop the ceremony to get it sorted out."

"A couple years back I got on the elevator with a friend of mine and saw a lady that I knew but wasn't close to. We made eye contact and I immediately noticed that her stomach was bulging out, like she was seven or eight months pregnant. I said, 'Congratulations,' and she said, 'About what?' I patted her belly, and she said, 'I'm not pregnant.' An eternity later, the elevator ride reached its end. She will never wear that dress again."

"One time I was making intense eye contact with a guy and accidentally fell into a trash can."

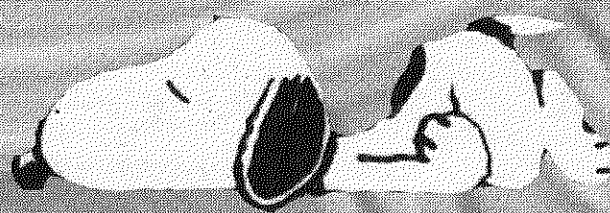
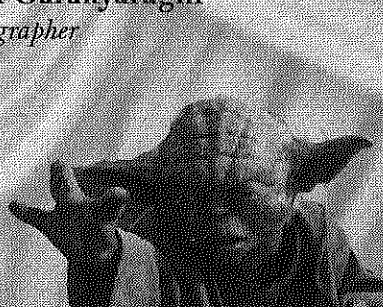
"When I went snorkeling for the first time I jumped into the water without a life jacket, went underwater, and inhaled. I came up gasping for air, worried about surrounding sharks, and got back into the boat as fast as I could. I felt like my manhood was lost when my best friend screams to me, 'Come on in, there's no sharks.'"

"On my very first date I was anxiously waiting for this guy to come to the door. I went upstairs and kept looking out the window. As he pulled up, he came to the door, and I was trying to be very calm and walk down slowly. There was a window above the door and as I took my first step my foot totally missed the step and I flew down the stairs on my back and butt and slammed right into the front door."



# The Best of Entertainment

Sonia Garakyaraghi  
Photographer

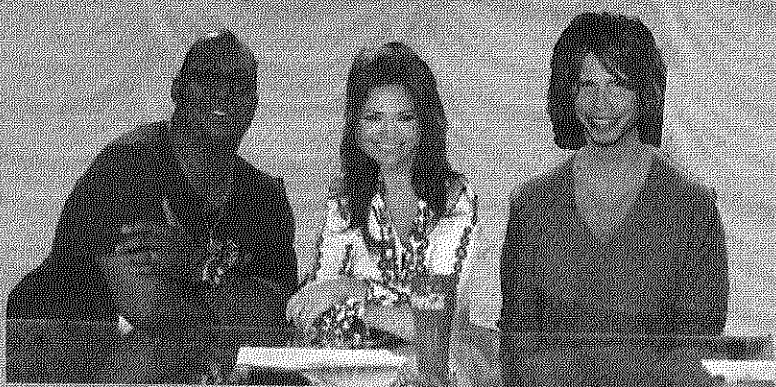


## 33 years, 6 movies, and still more?

Is there still more to see after 33 years and 6 movies of George Lucas's Star Wars saga? The Star Wars saga began in 1977 with *A New Hope* and ended in 2005 with *Revenge of the Sith*, but now there is talk of a revival. On Wednesday, September 29, Lucas Film, Ltd. and Twentieth Century Fox film studios announced that they will re-release all six Star Wars episodes in 3D. The first movie, *Episode 1: The Phantom Menace*, is slated to hit theaters in 2012 with many new special effects. The Industrial Light & Magic company will be responsible for converting the movies into 3D. Visual Effects Supervisor Jon Knoll promised "good results with the matter of taking time and getting it right."

## The 60th Year of Peanuts Rolls Around

Saturday, October 2<sup>nd</sup>, marked the 60<sup>th</sup> anniversary for Charlie Brown and his "Peanuts" pals. Over the decades, there have been more than 17,000 comic strips (2,000 newspapers, over 75 countries in 21 languages), four feature films, two musicals, and multiple television specials, which started Charles Schulz. Celebrations were held across the globe on October 2<sup>nd</sup>. In order to celebrate the 60<sup>th</sup> anniversary, a photograph of Peanuts creator Charles Schulz (1922-2000) will be presented to the Smithsonian's National Portrait Gallery. The Smithsonian's National Museum of American History will also mark the 60<sup>th</sup> anniversary of the Peanuts strip with a case that will feature objects from Schulz, including drawing utensils and an animation cell from the television special.



## Fox Crowns the New American Idol judges

The wait is finally over for the fans of *American Idol*. On Wednesday, September 22, *American Idol* released the names of the new judges who would replace the departed evaluators, Simon Cowell, Ellen DeGeneres, and Kara DioGuardi. The new panel of judges will be Jennifer Lopez, Steven Tyler, and Randy Jackson. However, Simon Cowell, the most famous *American Idol* judge due to his harsh criticism, will be hard to live up to. "Simon is irreplaceable, no question about that," said executive producer Nigel Lythgoe. And Lopez made it clear that she had no interest in becoming the new "Simon Cowell." "I believe in tough love, but I'm an artist myself," Lopez said. "I could never be cruel to another artist."



## Lady Gaga Attempts to Help Out

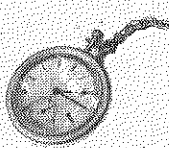
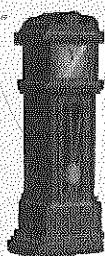
Lady Gaga joined the campaign for gay and lesbian rights. On Tuesday, September 21, she tried to help the United States advance a defense bill that would have included a qualified repeal of the military's ban on openly gay and lesbian service members. Even though her speech did not influence the outcome of the decision to ban the Don't Ask, Don't Tell bill, she did manage to get massive media coverage and her speech was about as wild as her music videos. However, many were disappointed with her speech. "She's clearly an intelligent person to create the persona she has and sell as many records as she has, but her speech really didn't make a lot of sense," said Kelly Jane Torrance, a *Washington Post* journalist.

Photos courtesy of flickr.com, mezopotamyadenge.com, fullissue.com, exposay.com, celebritylooks.com, xiongdu.com, emjay181.blogspot.com, empireonline.com

## BELLE VIEW JEWELERS



Expert Jeweler on Premises  
Expert Repair and Restoration  
Modern, Vintage and Antique Time  
Pieces  
Jewelry Appraisals  
Engraving  
Pearl Restoring  
House calls on Grandfather Clocks



Member (AWT)-American Watchmakers-  
Clockmakers Institute

1604 Belle View Blvd Monday-Friday 10-6  
Alexandria, VA 22307 Saturday 10-4  
Phone: 703-768-4900 Sunday-Closed

## Apple continues to expand its boundaries

Randa Elhage & Laraib Ilyas  
Reporters

In the world of on-demand television devices, Apple has released its own version: the Apple TV. This hand-held black box with its powerful A4 chip allows audiences to enjoy and rent a large selection of High Definition (HD) movies, television shows, YouTube videos, iTunes media files, and photos streaming straight from the viewer's personal computer to their television sets.

The prototype was proposed in September 2006, and was developed for shipment in late 2007. Although it did receive some positive reviews, many new owners were unsatisfied with the product, and claimed it had limited capabilities. In response to these complaints, Apple made the executive decision to drop the product from the production line. Steve Jobs, one of Apple's founders, stated to the press that "the product needed to mature."

By September of 2010, Apple released a second generation model of the Apple TV, claiming it to be, "small in size but big on entertainment." According to Apple's official Web site, the redesigned Apple TV is "eighty percent smaller than the previous generation—even with a built-in power supply." The new Apple TV system is perfectly sized to be placed

anywhere in the room, whether it's in a congested cabinet, or right next to the actual TV.

The new Apple TV is also very eco-friendly. It stays cool without a fan and uses less "power than a night light," making it extremely energy efficient. "With all the problems facing the environment today, it's very important to create technology that will help [the planet]. It's wonderful that people are finally spending money on technology that will help, not hurt, the environment," expressed junior Natalie Hurd, who feels strongly about environmental issues.

When asked if the new Apple TVs would make a good investment for West Potomac High School, Principal Cliff Hardison said, "[there are] a lot of great technologies emerging that we want [West Potomac students] to have. I like to examine or review various technologies that can be integrated into classroom learning."

In addition to the redesign, the price for the new Apple TV has also changed. The TVs are now being sold for \$99 each and can be ordered through the Apple website and Apple retail stores.

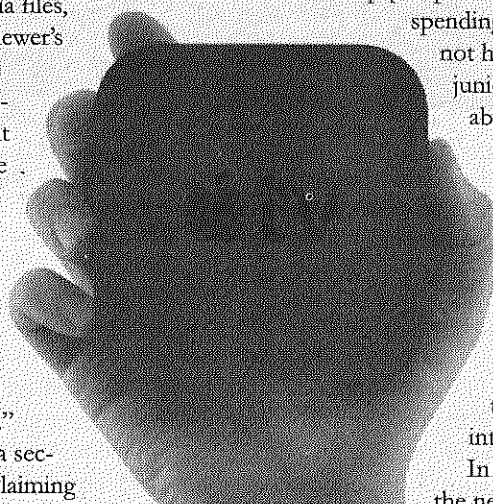


Photo courtesy of gearlive.com

The Apple TV includes many additional features than regular TV's.



## Was the Heisman Trophy Trust out of line?

Jacob Alexander  
Opinions Editor

Imagine earning a high school diploma, only to have it revoked several years later due to archaic and unreasonable rules. Ridiculous as it may seem, 2005 Heisman Trophy winner Reggie Bush is currently facing backlash from a similar injustice.

Bush, the current National Football League (NFL) running back for the New Orleans Saints, recently had his Heisman Trophy vacated. Considering the importance and value of the award, this situation has raised quite the controversy. Although he was not forced, Bush made the decision to give back his Heisman Trophy. This makes Bush the first player in college history to relinquish his Heisman.

While attending the University of Southern California (USC), Bush was, without a doubt, a great player. He would not have won the Heisman in 2005 if he was not talented. However, it was recently revealed that during his time at USC, Bush illegally received benefits from several sports marketing agents. Because of this, the Heisman

Trophy Trust decided Bush was ineligible to compete for the Heisman. Controversy erupted over the issue, and Bush ultimately decided to give the trophy back to end the matter.

Although Bush did perform illegal actions as a college player, this should not have affected his Heisman Trophy qualifications. Receiving benefits from these agents did not affect his play on the field whatsoever, and therefore

**“Receiving benefits from these agents did not affect his play on the field whatsoever and therefore Bush still deserved the Heisman Trophy in 2005, regardless of his actions.”**

Bush still deserved the Heisman Trophy in 2005, regardless of his actions. “Bush deserves that Heisman,” commented junior Grayson Pinney.

“College rules are too strict about non performance enhancing factors.”

The Heisman Trophy Trust is in no way connected

to the National Collegiate Athletic Association (NCAA) Board, and should not be able to make a decision such as the one currently being debated. The Heisman Trophy, as stated in the Heisman Trust Mission Statement, annually recognizes “the outstanding football

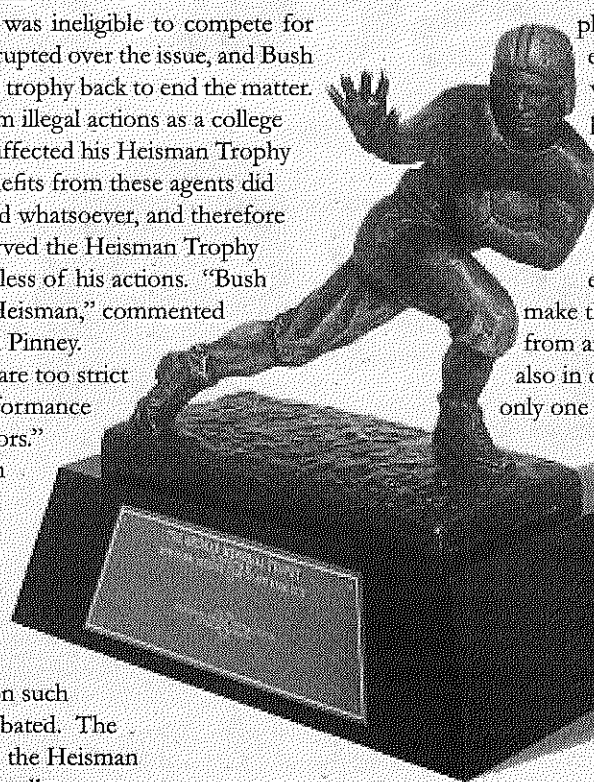


Photo courtesy of thesportsession.net

player whose performance best exhibits the pursuit of excellence with integrity.” In 2005, this player was Bush. The Heisman Trophy is supposed to be about performance as an NCAA football athlete.

This whole affair was not entirely Bush’s fault. Bush did not make the decision to receive benefits from an agent alone; his parents were also in on the deal, and Bush was not the only one to receive benefits from his agent.

If every piece of this scandal is looked at together, it becomes clear that none of this was actually

Reggie Bush’s fault, and it is ridiculous that his Heisman Trophy was retracted.

## BP oil spill is not as severe as it had been publicized

Emily Griffin  
Editor-in-Chief

“[This is] the worst environmental disaster America has ever faced,” said President Barack Obama.

On July 15, 2010, it was officially discovered that approximately 250,000 to 300,000 gallons of crude oil were released into the Gulf of Mexico. The oil was leaked during a deep-sea drilling operation by British Petroleum [BP] Gasoline Company. On April 20, 2010, an explosion left 11 workers dead, and the massive oil leak started. While the leak has created much economic and scenery damage to the coastal communities in the Gulf States, such as Louisiana, it has not inflicted much environmental damage otherwise.

While the oil spill was devastating for both economic and environmental reasons, the media’s role in publicizing this event created more drama and hype than actual facts. Many media

Various scientists, news broadcasters, and other people have voiced similar opinions to the public. “If we can contain the flow of oil and keep it out of the ocean, that’s not a bad outcome,” said Mr. Dudley on CNN’s *State of the Union* to csmonitor.com about the next tactic planned to minimize the oil leakage. When the oil leakage is maintained, then the oil will no longer be a threat to areas around Florida and the East Coast’s marine life and water based habitats. Jeremy Short, a retired chemist from the National Oceanic and Atmospheric Administration told usatoday.com that the greatest possible outcome of the oil spill is having the oil float to the surface of the water. “This is just going to float around in a big circle and not hit land,” commented Short. “That’s a good thing. It will sit in the sun and be hit with wave action,” which means the oil collects more water, increasing its viscosity and allowing it to congeal into larger masses, first as “real soft oil mousse and eventually as tar balls.”



Photo courtesy of kurapov.name

**Many animals suffered from the aftereffects of oil spills. However, the amount of animals that caught in the oil spill is low.**

outlets compared the BP oil spill to the Exxon-Valdez oil spill of 1989, however the environmental impact of the BP oil spill was not nearly as detrimental as the Exxon oil spill. While the BP oil spill did kill a large number of birds, it only killed around 1% of the animals that the Exxon-Valdez oil spill did over 20 years ago. Many reports of oiled marine mammal carcasses have erupted, despite the fact that the wildlife rescue team has only reported a total of three deaths, according to Time.com. This spill has led to many harsh restrictions on deep-water drilling and fishing where the water may be contaminated. However, all of the fish, shrimp, and other aquatic animals that are heavily fished were tested and found to be healthy and unaffected by the oil spill. There have also been many reports from scientists that this oil spill in particular has caused great environmental damages to many of the coastal towns,

especially in Louisiana. Time.com reported that the oil spill has only destroyed 350 acres compared to the 15,000 acres that are constantly being lost every year to various environmental causes.

Ivor van Heerden, a marine scientist and a former Louisiana State University professor, has been working on controlling the spill. While working on the spill, he found that there is not as much environmental impact as has been reported. He stated to Time.com that “there’s just no data to suggest this is an environmental disaster. I have no interest in making BP look good — I think they lied about the size of the spill — but we’re not seeing catastrophic impacts. There is a lot of hype, but no evidence to justify it.”

compared to colder waters, concluded Arne Jernelöv, a United Nations advisor. There have been many manmade and natural disasters over the years, and many of those have been both over publicized without accurate facts and dramatized. Oil spills and other manmade catastrophes are harmful to both the environment and human population. However, some of the time, the media exaggerates facts in a negative fashion about the catastrophes. While the oil spill has been devastating to both human and marine life, it has not exceeded the impact of the Exxon oil spill over 20 years ago, nor is it as dramatic as it may seem.

Many scientists have referred back to various studies about water and oil spills. According to a study that was conducted in 1974 by Canadian researchers to determine the affect of the oil spill in 1950 in the Strait of Magellan, they found few ecological disturbances and damages, according to usatoday.com. The researchers mentioned findings of oil that had adhered to the shape of asphalt in the sands of local beaches and estuaries, and found there was a high degradation of oil in the waters. One of the criticisms to this experiment was that the water in the Strait of Magellan was not heavily observed before the oil spill, so the results could possibly be skewed. However, the waters in the Gulf of Mexico are much warmer than that in the Strait of Magellan, which helps degrade the oil faster

## Is the student population growing out of control?

Josh Belanger  
Entertainment Editor

Walking through the halls at West Potomac is like trying to drive on Richmond Highway: some parts are clear and freemoving, while others are jam-packed and at a standstill. West Potomac High School has 2,500+ students attending, and the big question is, “is that too many?” It sure seems that way when classrooms are packed to 30 students, and the school has to add an extra lunch period just to feed everyone. It makes students feel really frustrated when traffic in the halls makes them late to class, which typically results in detention.

West Potomac has some narrow hallways and when student traffic hits those areas, it backs up pretty badly. A prime example of this is in Gunston. “In Gunston, you have to wait for [several] minute[s], and sometimes you just have to push your way through,” complained junior Kyle Anderson. Anderson has to walk through Gunston to get to math class where he usually meets a blockade of hundreds of students. Some students prefer walking outside to avoid the large crowds, but most of the time they are met with the same problem. “Everywhere you go there is traffic. The school is overpopulated. Simple as that,” said junior Austin Beveridge.

West Potomac has the reputation of being a very diverse and populated school, which makes for an interesting high school experience. But when does the large school population become too much? In addition to increased foot traffic, the school has also encountered problems with limited parking passes and student agendas. These problems should serve as a flashing light that maybe the school has just a few too many students. “I think it’s ridiculous that the school runs out of agendas, and the ones we got are not even good,” said junior Danielle McHugh. McHugh also had a problem getting a parking spot this year because the availability of the spaces went quicker than Super Bowl tickets. “The school should be able to accommodate all the students’ needs,” she expressed, “and if they can’t, they shouldn’t have the students.”

While West Potomac has not quite gotten to the point of dismissing students yet, the administration should keep a close eye on this issue. Overpopulation is a problem that cannot be ignored. West Potomac High School is still able to provide a quality education to its students, but heavy foot traffic and limited parking passes and student agendas is just the beginning. If not managed appropriately, the growing student body could potentially lead to some serious problems.



## West Potomac bids farewell to faculty member

**Camille DiFolco**

*Editor-in-Chief*

Since his arrival six years ago, setting foot inside West Potomac basically guaranteed a glimpse of Timothy Boyd. As Director of Guidance, Mr. Boyd could often be found in the cafeteria at lunchtime, at after-school events, and of course in Student Services.

With almost 16 years of teaching under his belt, the last six of which were spent at West Potomac, Mr. Boyd is ready to extend a fond farewell to the Wolverines in order to advance to the next stage of his career. Starting Monday, October 4, he will assume the position of tenth grade Assistant Principal at Thomas Edison High School.

Senior Emily Smith has known Mr. Boyd for years, both in his capacity as Director of Guidance and as Swim Team Coach at Fort Belvoir. She commented, "[Mr. Boyd] has always been really enthusiastic about helping out everyone, so I know he'll be missed, but also bring a lot to his new school."

Among his many contributions to West Potomac, Mr. Boyd is quick to name his founding of the test preparation program as a highlight. In his first year at West Potomac, he founded the program as a way to provide free test prep to all students. 300 students and counting participated in the program. He professed to "take it personally" when kids did not graduate, and has worked hard to ensure as many students as possible earn a diploma. Through Project Hope, Mr. Boyd has worked to help 50 kids in the last two years graduate. It is his sincere hope that the program continues and grows in coming years.

Most recently, he has worked more closely with special educators. He said, "They are the heartbeat of the school. We need to really appreciate their efforts to help all students."

A large component of his job at West Potomac was to create the master schedule. The first step of this process happened in late winter, when students began signing up for next year's classes. It was then Mr. Boyd's job to begin planning which classes would be taught during which periods, as well as when teachers would have their planning periods, and so on. It was a difficult task to accommodate the wishes of so many students, and sometimes scheduling conflicts occurred. Mr. Boyd regrets that students could not always take their first choice of classes, but promised, "[I] always kept the students in mind when making the master schedule."

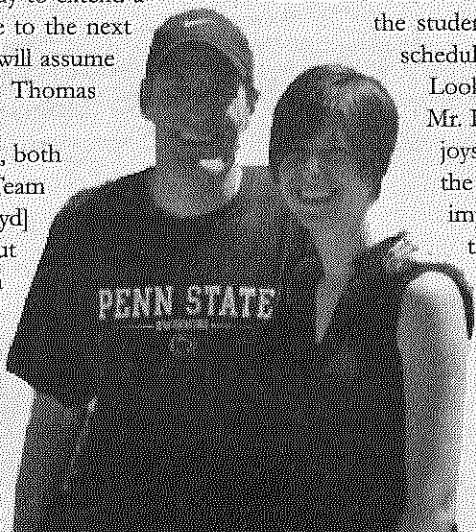


Photo courtesy of the Boyd Family

Pictured with wife, Misty, Tim Boyd enjoys his vacation in Cape Town, South Africa in which he visited in December 2009.

Looking back on his years at West Potomac, Mr. Boyd recalls both the tragedies and the joys. The student deaths suffered within the last six years were at times almost impossible to bear. "I found the love of the student body and teachers [during] that crisis... There's a lot of heart here. People from the school and the community came out to help [during those times]. Whenever you have that many [crises], you have to have a strong school to be able to handle adversity. I want to thank people for being supportive in these times."

Mr. Boyd looks forward to his new job as an assistant principal at Thomas Edison High School. "I have the opportunity to have more impact day-to-day with students," he explained.

As a farewell to students, Mr. Boyd would like to say, "It's important to remember there's another day, [there's] always hope... Follow your dreams. You can be successful."

### 5 Fun Facts About Mr. Boyd

1. He is a 3-time National Champion swimmer.
2. He graduated from Mount Vernon High School in 1988 and from Penn State in 1992, where he swam for four years. He is still a huge Penn State football fan.
3. His ultimate goal is to become a high school principal.
4. He is expecting his first child in January. It is a boy!
5. He is a fan of The Police, particularly their *Synchronicity* album and the single "Walking on the Moon" plus Nirvana's *Nevermind* album.

## Student Shoutouts

Here's to Mrs. Mathewson and all the Breast Cancer survivors, we love you!

Mr. OGrady, you are an awesome teacher and friend!

Thank you to Rob Spinner for being a great security guard and a great coach.  
TF and Jordan

Here's to a great beginning and a great year Wire Staff!  
-Mrs. Chance

Congratulations to Chad Werner for making homecoming court!

We love The Predator Staff! Here's to a great year! -The Wire Staff

To the biggest "Nerds" in school! Great T-Shirts

Happy Birthday to Emily Griffin! You are almost legal!

Happy (almost) Birthday to the amazing Charlotte Strudgeon!

Shoutout to Cat Royka, this year's Homecoming Queen!

Great job on the D-line, Bustin Ness! Most Sincerely, Anonymous

Want YOUR shoutout published? Submit your shoutouts to a Wire representative. Shoutouts are \$1.



# Just for Fun!

Dear Laura & Leigh,  
I have a friend \*Sam, and we have been friends since middle school. Freshman year came and we were still good friends, but I stopped talking to her. Yet towards the end of freshman year we made up. At the end of my sophomore year, I wanted to change who I was, because I knew I wasn't being me, so I changed a bit. Sam didn't acknowledge my change. We stopped talking all junior year. Sam made it seem like she didn't want my friendship since she was afraid my new change would change her too. During the summer, I took her to some parties, and showed her that things weren't as bad as it seems. Now she is acting like a complete snob. I tried so hard to be friends with her, but I feel like she simply thinks she is better than me. She is hurting me so much, even though I act so cool around her and pretend that it's not annoying me. Should I give up on our almost six-year friendship, drop it, and move on? HELP!  
-Worried at West Potomac  
\*name was changed

Dear Worried at West Potomac,  
First, you need to remember that people grow out of friendships. Also, that every friendship will have bumps along the road and with perseverance you will overcome the bumps. We suggest that you talk to your friend about why you are no longer close. When she answers you, make sure you give her time to talk even if you disagree with what she's saying. Then you can voice your opinion. Good Luck!  
-L&L



L&L,  
I am a guy and new to West Potomac. Is it cool to do theater? I heard only lame people do theater here, but football is not for me. What should I do?  
-Looking for my Spotlight

-Looking for my Spotlight,  
Do not assume the things you have heard about certain activities are true. There are a lot of guys (and girls) in theater that really enjoy the experience. Football is not the only alternative. Do what makes you happy, and don't follow the crowd. Just because you see guys in school wearing their football jersey does not mean that football is the right option for you. Maybe you just want to join the ping pong club!  
Lots of Love,  
L&L



## SUDOKU

				1		9		
		6			7		5	
3			9	4				1
	9		5					2
			8		4			
2					9		6	
4				8	3			5
	5		7			8		
		7		5				

www.sudoku.com

## Did you know...

- Fifteen people are known to have been crushed to death tilting vending machines towards them in the hope of a free can of soda.
- In an average lifetime, a person will walk the equivalent of three times around the world.
- If a baby is born in flight, it gets free air travel on that airline for the rest of its life.
- 91% of us lie regularly.

Urban Legends, Thomas J. Craughwell  
www.nicefacts.com

Need advice? Email [LLlistening@gmail.com](mailto:LLlistening@gmail.com) & see our response posted in *The Wire*