



What do you see in the mirror?
See page 7

The Smoke Signal



Play it again!
Hockey beats rivals. See page 11

Speaker educates students about domestic violence

By Jaqueline Stout
Staff Writer

Stephanie Horii from the Rappahannock Council on Domestic Violence visited Mrs. Sherri Pierce’s psychology and sociology classes on Thursday, Nov. 15.

The RCDV provides confidential assistance and information, 24 hours a day, seven days a week. Their hotline is open on all nights and holidays, too. “We had one caller at four in the morning on Christmas Eve one year,” said Horii. “I have a client who calls every day just to vent, and that’s fine. I like it.”

Information is not discussed with anyone else, including other employees and volunteers, and no police reports are made. “We can’t call the police for you,” said Horii.

The office is connected to The Haven, an emergency shelter for women and children who are being abused in the home. The Haven provides a safe and secret location for food, shelter, and basic living needs for up to two months. One-half of the population is children. The RCDV also has a place for men.

There are many basic services provided by The RCDV. There are four types of educational support programs. The Victim Support Groups is a curriculum-based program for women who are in an abusive relationship. There are open and closed groups available.

The Batterer Intervention is a program for men and women who have been abusive. The Children’s Groups are offered for kids aged five to twelve who have violence in their home. The

Teen Groups are non co-ed groups for teenagers experiencing domestic or dating violence.

“I would help volunteer at shelters if I could,” said sophomore Katharine Navarro.

Horii focused on teen dating and the importance of healthy teenage relationships in her presentation. “I know how to help you,” said Horii. “One in four girls will experience dating violence in their life. Only 30 percent gets reported.”

Students participated in the presentation, and a small test proved that teenage violence is not uncommon, and definitely is not a secret. Horii had everyone put their heads

SEE RCDV, PAGE 2



RCDV representative Stephanie Horii speaks to Sherri Pierce’s psychology class Nov. 15.
Photo by Nathan Carden

Technology changes to bring SHS up to par with other county schools

By Justin Graves
Opinion Editor

A lot of changes can be seen with the technology resources that have been introduced throughout the school. These are helping teachers integrate technology into their classes.

Ms. Julie Kelsey is the new technology resource teacher. She gave up her science job when the position opened up. She is here to help teachers and students use their new resources.

“My job is to help train teachers on how to use new technology advancements,” said Kelsey. “For example, I did summer training with the teachers on using School

Fusion, and I continue to work with teachers on their websites,” Kelsey also works closely with other tech resource teachers in the county. As the school strives to improve, a five year plan for integrating technology will be implemented. Part of this plan is the new interactive website.

School Fusion is a new program that helps teachers and students stay in contact, even after one has left the building.

“This is a great resource that was put into every school in the county,” said Kelsey. “We have needed an interactive website for years, and it’s just going to get better and better.”

Kelsey does not only help with the new programs, but older ones as well. “I aid teachers in using GroupWise, and Integrate Pro, the electronic grade book, as well,” said Kelsey. “It can include older things like the Internet and Power Point to newer things, like the Fusion website and the ActivBoards.”

There are often complaints about how Stafford High School is not equal to the other high schools in the county. One thing that must be taken into consideration is that many of the

SEE TECHNOLOGY, PAGE 4

New junior class president selected

By Nathan Carden and Jenny Pan
Staff Writers

November brought changes to the junior class officers. Angela Bryant, the former vice president became the class president on Thursday, Nov. 8.

Existing positions of the junior class have also been moved up. Ashley Laurence is the vice president and Josh Pharris is the secretary. Ben Howard was chosen to be the new treasurer.

“It’s unfortunate he [the president] was removed, but we don’t have time to mope over it. We have to move on,” said Angela Bryant. “We have more important things to focus on.”

The officers plan to start a cam-

paign to encourage juniors to pay their \$40 dues.

Plans for the junior class will remain the same. The officers will meet before winter break to discuss prom plans. This year the prom will take on a masquerade theme.

The Student Council Association (SCA) follows specific policies and regulations to remain in good standing with the faculty and staff. The SCA has a student who represents each class. These elected students are the voices for the student population.

“The decision to replace [...] the president was based on policies set forth by our Student Council Association,” said junior class sponsor Mrs. Valerie Wick.

Underclassmen disregard senior rules, privileges

By Nick Magrino
Editor in Chief

As part of the new privileges granted to seniors this year, 12th graders are permitted to leave their last class following the afternoon announcements.

However, since this policy was implemented in late October, there has been a persistant problem with non-seniors leaving their classrooms early and loitering in the halls.

“I go outside and monitor the halls at the end of seventh period, and there are plenty of kids who aren’t seniors out of class,” said government teacher Mr. Jeff Cooper.

Several weeks after the senior privileges were put into place, emails were sent out to teachers stating that only seniors were to

be dismissed from their classes early, and the SCA started to state explicitly on the afternoon announcements repeating the message.

“It’s disappointing that so many non-seniors are out in the halls when they aren’t supposed to be,” said senior Ashley Pittman. “It really makes me mad because then the juniors help congest the parking lot when school gets out.”

In addition to having their early dismissal privileges diluted, the so-called “senior line” at lunch has not worked according to how many had hoped.

“I hate that there are underclassen in the senior line at lunch,” said senior Amy Cunningham. “It makes it pointless for us.”

Students support food drive to help families in need

By Jaqueline Stout
Staff Writer

This season, many people are in need of food for the holidays. There are many ways students can contribute. Some churches have a food bank, which means anyone can donate food all year round. Many organizations hold annual Food Drives for the season. Students can start now by donating canned goods and other necessities to different places.



especially if they know how, when, and where.

Fredericksburg United Methodist Church accepts food all year long to donate to anyone who comes to the church during certain hours to have a meal. The church is often low on food. “The food goes out to the whole community, not just to the needy,” said Mrs. Pierce.

Students don’t have to worry about not having time to donate, because the church is open all day, so there is always someone available to accept food. Pierce, a teacher here and a member of the parish, will allow

SEE FOOD DRIVE, PAGE 4

New bike rack ready



In response to student requests, a bike rack was installed outside the school’s main entrance in late October. It has room for four bikes and is drilled into the concrete to prevent theft.
Photo by Nathan Carden

By DJ Page
Staff Writer

Picture this. You just got a new bike for Christmas. You want to ride it to school. You’re running late. By the time you get there, you have to rush inside to get to class.

However, there’s no bike rack. You’re going to have to leave it and hope nothing happens to it.

School’s over now, and you race to your bike, your beautiful, brand new bike. What’s that? It’s gone? How did that happen? Maybe because there wasn’t a bike rack to secure your precious new bike. Fortunately SHS won’t be having any problems like that, because SHS has gotten a new bike rack.

“I feel better now that I don’t have to worry about my bike,” said senior Nick Magrino, who

relies on his bike to get to school on weekends and occasionally during the week when there’s good weather.

What made the administration decide to get a new bike rack? Why now, and not last year, or the year before?

“We are just trying to improve the school little by little, with everything from a new bike rack to accommodate the bike riders, new benches, and tables,” said Mrs. Delois Allen, secretary to Principal Cynthia Holder. “We’re even looking to get some flowers for the outside areas.”

Reputation and appearances are important in any building, school, or business. SHS seems to realize that, and is making an effort to provide an upgrade on the



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In Theaters Now

Beowulf good, strays from original story

By Ben Dunbar
Opinion Editor

The majority of movies made using computer generated images are for kids. There's no doubt about it. From the original "Toy Story" to the more recent "Bee Movie," all are marketed towards children.

But Robert Zemeckis has daringly, or perhaps foolishly, decided to use an advanced form of CGI to bring the epic poem "Beowulf" to the big screen.

Apparently audiences don't seem to be bothered by the strange look of the film as since its Nov. 16 release "Beowulf" has been the highest grossing film in America, grabbing the top spot at the box office.

As any of the seniors at Stafford can attest, "Beowulf" tells the story of Geat prince of the same name. A Geat is something like a Viking. Blonde hair, big muscles, and really into looting and pillaging.

But not Beowulf; he isn't into the whole looting and pillaging of poor British villages thing. Beowulf is a superhumanly strong warrior who seeks glory above all else. Beowulf isn't shallow though; it's just the Geat way.

After hearing that King Hrothgar and his mead hall (that's just an old Viking term for sports bar) are under attack from the terrible monster Grendel, Beowulf decides to go kill him.

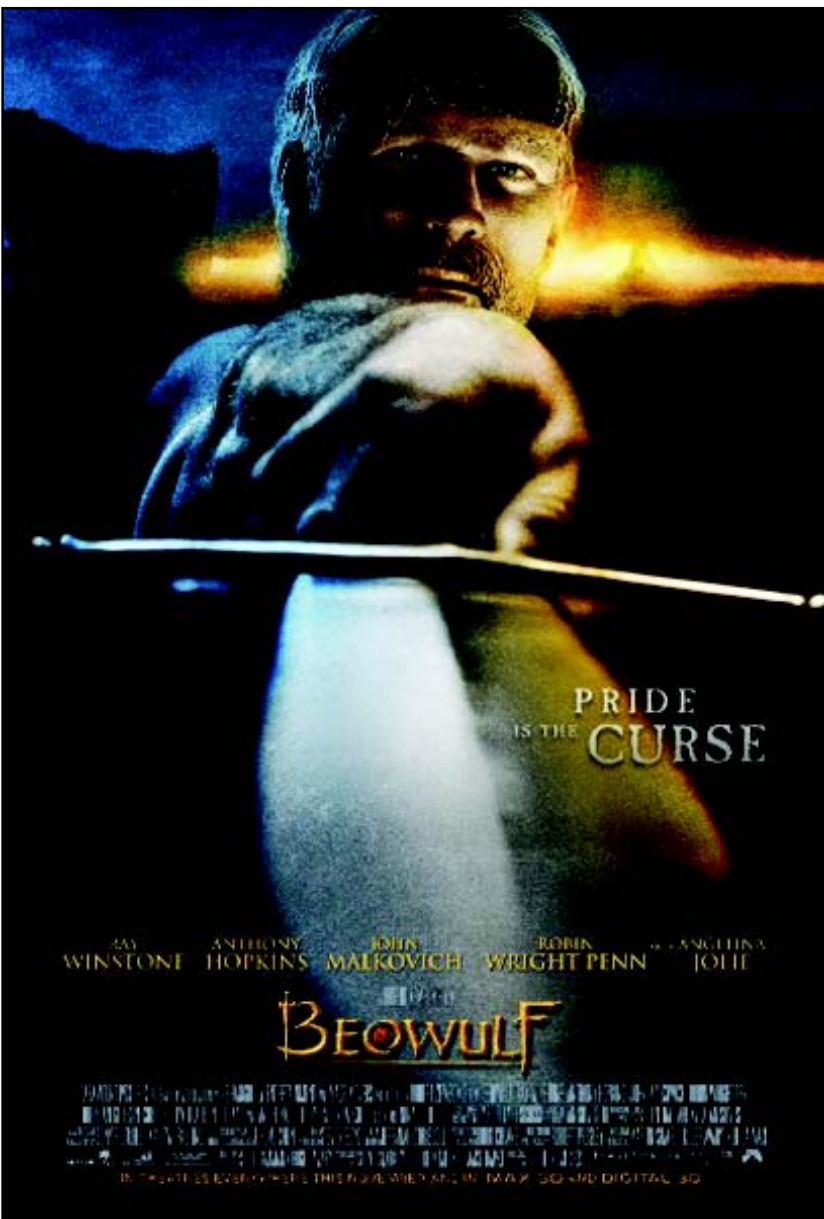
Screenwriter Neil Gaiman takes some serious liberties with the original poem though. Some of the changes help the poem make more sense. Hrothgar being Grendel's father, for example, helps to explain why Grendel raids Herot nightly. But others lessen the heroic quality of Beowulf himself. Not to give too much away, but apparently if Beowulf and a water demon that happens

to be related to Grendel decide to make babies, their offspring would be a giant fire breathing dragon.

The actual acting is top notch. Well-respected actors like Anthony Hopkins and John Malkovich lend their expertise as well as their animated likenesses to the movie.

Ray Winstone, who is a better known actor in England, turns in an interesting portrayal of Beowulf. Unlike the poem, Beowulf is more than just the one dimensional warrior hero. Winstone shows a much more human Beowulf, one with the same flaws as every other man.

The one performance that is painful to watch is delivered by Angelina Jolie who portrays the monster Grendel's mother. She uses her terrible English accent, the same one she uses in the movie "Alexander."



It's also difficult to feel any real connection to characters that look like wax dummies come to life.

Overall "Beowulf" will enter-

tain people who have read the poem or not. It is a good way to spend two hours.

Book Review

'Vampire Academy'-dark, mysterious, romantic, must read

By Juli Berenotto
Editor-in-Chief

"A dark and compelling world. Rose is sassy, dangerous-my kind of girl." That's what first meets the readers' eyes when they pick up "Vampire Academy" by Richelle Mead.

If that quote doesn't interest the reader, a glance down the page will. A large, dark castle, and a dangerous looking girl with deep red hair, sealed in by high iron work gates with the

Princess Lissa.

For those who like action, there is never a shortage of that. From running away from insistent, well-trained school guardians, to confrontations with obnoxious peers, to clashes with the Strigoi, the dangerous immortal vampires who are basically bloodthirsty murderers.

Not only is there action, there's romance. In fact, it's one of the best kinds of romance: the forbidden kind.

Rose falls for her seven years older guardian trainer and Lissa falls for a misunderstood classmate whose parents turned Strigoi (by committing murder) and expect him to turn Strigoi as well.

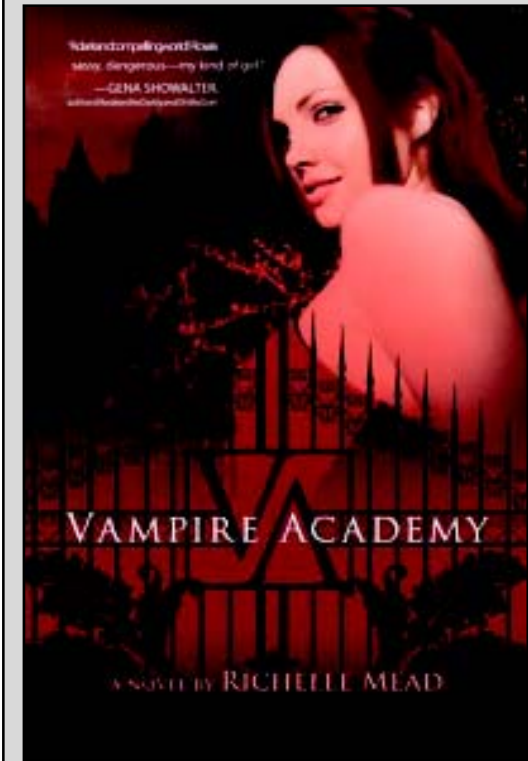
Ultimately, the novel focuses on Rose's life and her strange bond with Lissa. Rose also spends her time protecting Lissa whether they're in a fight or not.

It's a story of friendship and sacrifice as both girls give up things they love to make each other

safe and happy.

The novel is probably more interesting to girls than it is to guys; however, it is in no specific category. It is literally a can't-put-it-down-till-I'm-done kind of book.

And when the reader finally turns that last page, they forget their sadness that the story's over and instead glance at the page that advertises the sequel, "Frostbite" to be released in April.



academy's symbol.

The novel itself is excellent. Mead creates such detailed characters it feels like the reader could've known each character for their whole life.

The story centers on Rose, a dhampir vampire. This means she has both human and vampire genes. As a dhampir, she is in training to protect the Moroi, mortal vampires, or more specifically her Moroi best friend,

'Bee Movie' touches inner kid

By Nicole Clyde
Staff Writer

Dreamwork's most recent production, "Bee Movie," is a movie that people of all ages will enjoy.

The main character in "Bee Movie" is a bee named Barry B. Benson, voiced by Jerry Seinfeld, who has recently graduated from "bee college" along with his best friend Adam Flayman, voiced by Matthew Broderick.

After "bee college," Barry is required to choose a career but later finds out that the career he chooses will be the one that he sticks to for the rest of his life; This does not sit well with Barry at all.

After a series of events, Barry finds himself out in the "real world" of New York City where he meets a human, named Vanessa, voiced by Renee Zellweger who saved his life.

The two become close friends and Vanessa shows Barry the world of New York City, in which the main plot of the story unfolds.

It is from here on that Barry and Vanessa fight together for something they believe in strongly and stick together throughout the whole movie;

through thick and thin.

The animated characters, talking bees, and wild plot makes this the perfect movie for those

who are still in touch with their "inner child."

On the plus side, the animation of the movie is relatively good as the movement of the bees is moderately lifelike.

"Bee Movie" also includes a few comedic parts during the movie, but not to the extent that it becomes a "knee-slapper."

For those who are not very tolerant of childish movies, this is not a movie to see. The plot becomes completely fiction from about 30 minutes into the movie itself.

"Bee Movie" was directed by Stephan Hickner and runs and hour and a half long. It is now playing in a theater locally; check the local listings.



'Blackout' suprisingly listenable

By Nick Magrino
Editor-in-Chief

While she may not be doing wonders for herself in the public arena, Britney Spears managed to put out one heck of an album with "Blackout," released Oct. 30 after letting the hit single "Gimme More" simmer on the airwaves for about a month.

Spears has obviously long since shed the innocent little girl image she maintained at the beginning of her career, and goes right for the jugular with some fairly provocative lyrics.

Some listeners may dislike the new sound the album has, which borders on techno or electronica at points and is quite clearly a departure from her more pop-oriented songs.

And her voice does sound fairly synthesized, but that's not necessarily a bad thing.

Highlights are "Piece of Me," which was released as a single Nov. 30, "Heaven on Earth," and "Why Should I Be Sad."

While all 12 songs on the album have the same general sound, it doesn't go so far as to "all sound

the same," a common complaint about pop albums.

A few of the tracks are pretty clearly influenced by the events defining Spears' life as of late, such as her highly-publicized divorce with Kevin Federline and consequent denial of custody of her children.

The song "Piece of Me" talks about how much the public demands of her, and it's safe to assume "Why Should I Be Sad" refers to the breakup with Federline.

Despite

what's happened to Spears' reputation, "Blackout" is actually a

fairly decent album and will probably be providing hit singles for the next few months.

At the very least, remember that some of the money listeners pay for the album will go towards helping her kids.

Hopefully listeners will assault their ears and just keep in mind that this is all for the kids.





‘Across the Universe’ music doesn’t ruin Beatles’ tunes

By Lexi Morello
Feature Editor

Remaking classic songs beloved by many generations is a hard thing to do. Possibly one of the most difficult bands to recreate is the Beatles. The “Across the Universe” soundtrack manages to present the music of the Beatles in a fun and new way without being blasphemous to their roots.

The soundtrack features the actors doing all of the vocal work for their characters. The lead parts are sung by Jim Sturgess, Evan Rachel Wood, Joe Anderson, Dana Fuchs, Martin Luther and T.V. Carpio. There also some guest vocalists such as Bono from U2, Joe Cocker and comedian Eddie Izzard.

Two versions of the soundtrack are on the market. One only has 16 of the songs from the movie while the other has 31. The deluxe version of the soundtrack is by far the better of the two. Some of the best songs, such as “All You Need is Love” and “With a Little Help From My Friends”, are not on the regular version of the soundtrack.

All of the songs are updated versions of their Beatle counterparts. Many of the songs sound completely different from the originals, but that isn’t always a bad thing. The artists turn “I Wanna Hold Your Hand” from an upbeat rock song to a slow whiney ballad. “Let it Be” transforms from a ballad into an almost gospel

sounding song. Some of the changes work while others fall flat.

The music is a great mix of rock, pop, slow love songs and psychedelic songs. There are songs which are similar to songs of the early ‘60s and the Beatles’ first few albums. Songs like “All My Loving”, “Hold Me Tight” and “It Won’t Be Long” capture the essence of early ‘60s rock.

There are also many slow love songs. “Something”, “If I Fell” and “All You Need is Love” are prime examples of the softer side of the soundtrack. The emotion in the songs is conveyed perfectly.

Some of the best songs on the soundtrack are “Strawberry Fields Forever”, “Across the Universe” and “With a Little Help



From My Friends”. These songs are some of the most similar to the originals. Although that is not the only reason as to why they are so good. The songs are exciting and seem to capture one’s attention and make them listen. They aren’t songs that can easily be overlooked or cast off with the numerous volumes of Beatles remakes.

The weakest songs by far are “I Wanna Hold Your Hand” and “Being for the Benefit of Mr. Kite”. “I Wanna Hold Your Hand” deviates too far from the original song and ends up sounding forced. The song is so boring that it seems

to take forever to finish, even though it is under three minutes long. “Being for the Benefit of Mr. Kite” has always been a ridiculous song, but the improvisations of comedian Eddie Izzard make it even more so. It is hard to even classify it as a song; there is a minimal amount of music and copious amounts of talking. Although those two songs are pretty bad, they don’t bring down the rest of the soundtrack.

“Across the Universe” is an enjoyable listen for fans of the movie or people who like an eclectic mix of music.

Underwood’s hits high charts with ‘Some Hearts’, ‘Carnival Ride’

By Hailey Eutsler
Staff Writer

In May 2005, Carrie Underwood was announced American Idol Season Four winner, and from there on she hit the top. So far, Underwood has had two albums “Some Hearts” (2005) and her newest one “Carnival Ride.”

Underwood’s “Some Hearts” has been the best-selling female country album of 2005, 2006 and 2007. Some Hearts has also been the best-selling CD by an American Idol winner, selling over six million in the U.S. alone. Underwood has won two Grammys as well as a host of trophies from the AMA, ACM, CMA, People’s Choice and Billboard, and many others.

“Carnival Ride” and “Some Hearts” have two totally different beats, themes, and vocal strengths. “Carnival Ride” is more grown up, more mature and there is a wide-range theme. “Some Hearts” was a more teenage heartbreak theme, more of a coming to age album.

“Last time,” Underwood said, “I didn’t set out to talk about a specific thing. I just picked songs that

reminded me of home and made me think, ‘Wow! I can relate to that,’ and by the end, there was a theme.”

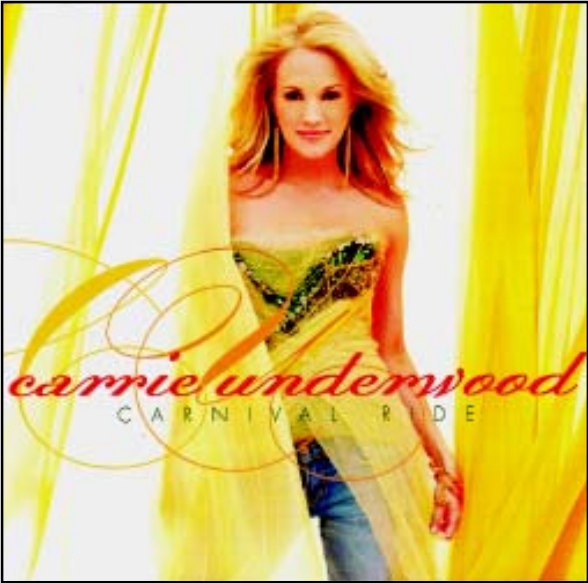
After high school Underwood gave up on her singing career af-

ter Underwood majored in journalism in hopes of becoming a broadcaster, but news about American Idol try-outs quickly made her sign up and brought her to what she now is. After winning American Idol, Underwood performed over 150 shows on tour with Brad Paisley and Kenney Chesney in 2006.

Underwood grew up on her parents’ farm in rural Checotah, Oklahoma. She attended Free Will Baptist Church where she sang in the choir. Underwood also sang in several events in her home town including beauty pageants.

“This part of my life has been absolutely crazy,” she said,

“and to think it all started from one little decision I made to get on that ride. That’s why Carnival Ride works as my album title, because it describes the wonderful craziness I’ve been through over the past couple of years.”



ter no luck and decided to focus more the “real world”. Underwood attended Northeastern State University in Tahlequah, in Oklahoma where one of her Sigma Sigma Sigma sorority sisters made her change her opinion on her career.



By Connor Dunbar
Staff writer

The new sensation through out the school is now Soulja Boy. The 17-year-old rapper has one of the most popular songs out there right now which has been moving up on several charts. From MTV to VH1, “Crank That (Soulja Boy)” has been the song that everyone has come to know about, but Soulja boy is not everything they seem to most students.

“The new Soulja Boy is horrible,” said sophomore Chris Carr. “I can’t believe this is what music is coming to, but hopefully this is just a bad fad that will eventually fade.”

Soulja Boy has already begun to tour the country. At the same time, he gives live performances on late night talk shows such as “Jimmy Kimmel Live!” and having an article in XXL Magazine.

“It’s a type of mind control,”

Soulja Boy hits charts with ‘CrankDat’

sophomore Michael Guidry said about the dance from the “Crank That (Soulja Boy)” video. “I mean, think about it. Everyone knows it, and for those of you who don’t, good for you.”

The instructional video on how to do the dance has already got over 6 million views on YouTube. The dance also won best dance at this years Hip Hop awards.

The CD which was self-titled “Soulja Boy Tellem” hit shelves on Oct. 2 and has sold 230,000 albums. Although his single “Crank That (Soulja Boy)” is the number one song in America, his album is only 18 on the charts.

Now, his album has had somewhat good reviews like a 3.5/5 stars from Allmusic.com, but TheDailyYo gave it 1/5 stars, 411Mania 3/10, Rap Reviews 3/10, and The Review 0.5/5.

Facebook versus Myspace: the social networking battle

By Ambree Papa
Staff Writer

Facebook vs. MySpace is a recent debate. Which one is better?

Facebook and MySpace are social networking websites that allow users to create individual profiles of themselves, make and talk to friends, join and create groups, post music, and photos all for free.

According to Alexa Internet, a subsidiary of Amazon.com , MySpace is the world’s sixth most popular English-language website, and the sixth most popular in any language, as well as the third most popular website in the United States.

While MySpace does have high and impressive rankings, Facebook isn’t far behind. Facebook ranks as the fifth most popular in the United States, right below

YouTube. And on global rankings, Facebook is the seventh most popular, one spot behind MySpace.

FFej Reppoc said, “I love MySpace because it’s MY space. It’s easy to use; it’s easy to join. What is there NOT to love?”

Facebook was created on Feb. 4, 2004. Facebook’s name derives from actual facebook’s made of incoming students, faculty, and staff to colleges in the U.S. Its creator, Mark Zuckerberg, had intended to use Facebook only for Harvard students.

It expanded to other schools in the Boston area, and then to all Ivy League schools. Other universities and colleges from around the country joined, and Facebook quickly

evolved to the social utility it’s known as today.

MySpace was created by Tom Anderson in Aug. 2003. The famous “Tom” comes as a default friend whenever a user creates a MySpace profile.

However there is a lot of controversy surrounding who actually created MySpace.

Both Facebook and MySpace have the useful tools of groups, which anyone can create. On MySpace, the group leader or leaders can control who joins the group, but on Facebook that isn’t an option. Some interesting groups on Facebook are: 1,000,000 Strong for Stephen T. Colbert, All You Need Is Love!, Who doesn’t understand almost any of the

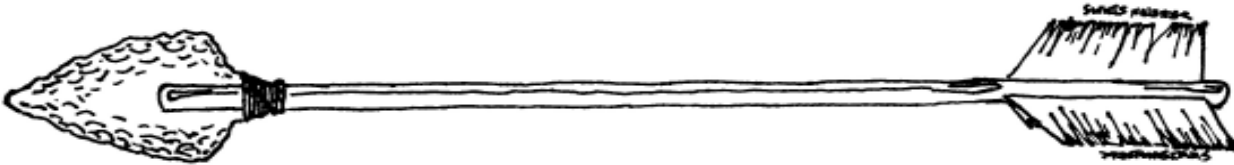
applications facebook has?, and Albemarle Sucks at Everything. On MySpace there are groups like: Unblock Myspace and other sites at School and Work!, People who like gifts, and Computer Nerd Cen-

tral.

For those in favor of a little decoration, MySpace users have the option of making their layouts however they want them to look using HTML codes, but Facebook users are stuck with the default layout.

Finding friends is easier on Facebook. While both sites allow users to browse the whole network and their friends’ friends, Facebook has the Friend Finder. The Friend Finder allows Facebook





Food Drive: Supplies needed

FROM PAGE 1

Pierce, a teacher here and a member of the parish, will allow students to bring food to her room, C106. “If any students want to bring food to me, I will certainly take it to the church,” said sociology and psychology teacher Mrs. Sherri Pierce.

American Legion Post 290 has been helping the community since 1950. “They work with The National Honor Society, SCA, Junior ROTC, Learn and Serve, DECA, VICA, the Marines, and any student or parent that is willing to work,” said Fargo Wells, a member of the American Legion. The American Legion collects donated food to make food baskets. “There were over 300 families that received generous contributions of the Stafford students last year. It

gets bigger and better every year,” said Wells.

With approval from the Stafford County Public Schools Superintendent, the American Legion will be placing boxes in schools for students to put food in. The boxes, with collection instructions, will be picked up on Thursday, Dec. 20. The food will be sorted and packed on Thursday and Friday, then delivered Saturday to the families whose names and information are kept confidential.

“Last year, families and numerous local community service organizations were able to restock their shelves because of the generosity of students,” said Bonnie Akkerman, Christmas Basket Chairperson of Post 290.

Each class can compete by giving

the most food, then decorating the box. The pick-up driver will leave a token prize to be presented to that classroom. Food needed includes canned vegetables, fruits, soups, sauces, and boxed goods. New and gently used toys and books will also be accepted. Glass containers or jars should not be donated due to safety reasons.

Besides just donating food, students can give their time. Cold-night shelters are opening for the season, and they need people to help organize their areas. Sleeping bags, cots, tables, and other items need to be set up for nights when the temperature is very low.

Students and teachers can all help make this holiday season a success for everyone in the community.

Gill gets journalism certification from JEA

By Justin Graves
Opinion Editor

Mrs. Sue Gill was recognized as a Certified Journalism Educator at the Journalism Education Association/National Scholastic Press Association fall conference in Philadelphia on Nov. 8-9. Gill has joined about 900 other journalism teachers in the United States with this certification, out of thousands.

Gill has been teaching in the county for 34 years but a total of 42. She began in the building that is today Drew Middle School. She was there two years before Stafford High moved into it current building. Back in 1973, she only taught English and reading.

Over the years she became English department chair, a position that she held until the spring of 2007. It was then that she decided to apply for her CJE status.

“I applied for it in the fall of 2007, and I decided not to tell anybody. I didn’t want people to know until I knew I had gotten it,” said Gill.

This was not an achievement that Gill had recently qualified for.

“I could have done this seven years ago,” said Gill. “At the time, I wasn’t aware of the significance of having such a title after my name.”

Gill is now part of a select few that have gained this recognition.

“I got a letter saying that I had been awarded the status, and that I would be presented with the certificate and pen at the adviser’s luncheon at the JEA/NSPA fall conference in Philadelphia,” said Gill.



Photo by Alisha Abrams
Journalism advisor Sue Gill proudly shows the certificate.

“I love journalism because it combines by favorite things— history, politics, reading and writing,” said Gill.

Her newspaper production classes have come a long way since she first started baking cookies in 1998.

“When I picked up journalism, I had one computer. The school gave me \$400,” she said. “I had to raise funds to print the paper and get several inexpensive digital cameras.”

Today, journalism has 13 computers, and two very expensive digital cameras.

Many teachers including Mr. Jimmy Andrews, a fellow English teacher, think highly of her.

“I believe she is a great lady. She is irrepresible, enthusiastic, knowledgeable, and only a little quirky,” said Andrews.

Gill has been teaching for a while, and she doesn’t plan to stop any time soon.

“I can’t imagine not coming to Stafford High School because teaching is what I do, and that is one of the main reasons I haven’t retired. When I’m here, I don’t feel 65, because in my mind I’m still in high school,” said Gill. “I really think that the kids have kept me more youthful.”

From her beginnings as a student to currently holding the recognition of Certified Journalism Educator, Gill has yet to give up on being an educator.

“My favorite part about teaching is the kids, period—from the ones who trash my room, to the ones who are successful—I love them all.”

Technology: Improvments needed, prospects good.

FROM “TECHNOLOGY,” PAGE 1

schools are newer, and the up-to-date items were put in while they were being built. This building, on the other hand, is considerably aged, and does not have a structure that allows for these things.

“Both Mountain View and Colonial Forge have data projectors in every room,” said Kelsey. “We have about 40 for the whole school. The county is making assessments as to whether or not it will be physically possible to put one in each room, but the cost would be several of thousands of dollars if that does happen.”

The School Board plays a big role in making sure that schools get what is needed, as far as technology goes. In the past, the board told schools to purchase things out of their own budgets. However, there are many different needs that are not technological, so of-

ten, the money is just not there.

“Next year, there will probably be an actual instructional technology budget for schools, and money will be specifically assigned,” said Kelsey.

This program, though, is being studied, and might get eliminated when budget cuts happen.

Robert Wallace is the media specialist, and works close with technology.

“My job is to acquire, install, and maintain the A.V. equipment and computer software in the building,” said Wallace. “I think it’s a positive thing for kids to get more exposure to new technology.”

Eventually, all people, including students, will be expected to have certain technology skills. This may be considered more work for students, but it’s a necessary ability.

“The county has actual computer technology benchmarks for students,” said Kelsey. “They are tested on skills that the county feels are essential for students to have as they progress.”

Wallace believes that the time being committed is a good thing for students.

“With students using new things, it will allow more creativity,” said Wallace. “However, teachers need to make sure they know how to operate the equipment.”

Overall, Stafford County is on an even playing ground with those counties that surround it. As the county is doing what it can with limited budgets, and although individual schools often face difficult times, the school board is evaluating them, to see what can be done to solve the disparity, and make Stafford High School and the county competitive.

RCDV: Students in position to help

FROM PAGE 1

down while she asked questions and they raised their hands in response. Of Pierce’s 40 students in one class, 14 students knew someone who had threatened to commit suicide if one partner leaves the relationship.

More than half the students knew someone who has a jealous and possessive partner, or a partner who is unpredictable and moody. Sixteen students knew someone who was isolated from family and friends because of their intimate relationship and 15 students knew someone who has gotten too serious too fast. Almost all of the students raised their hands to indicate that these factors are a problem for teens.

“I knew it happened, but it woke some people up and opened their eyes,” said junior Jose Navarro. “I raised my hand for all of the questions.”

Horii then went on to talk about the key factors of a healthy relationship. This doesn’t only include intimate partners and dating, but also friends, co-workers, and family members.

The number one ingredient is self-esteem. “You can’t love any-

one else unless you love yourself,” said Horii.

The second factor is communication. “This isn’t just talking to each other, but listening, too— things like speaking in a harsh tone and their body language,” said Horii. “Are you talking to your partner like you want to be talked to? Are you being respectful? Communicate your feelings. Be able to express satisfaction and dissatisfaction.”

The third ingredient is making boundaries. “There are no rules in boundaries,” said Horii. “It can be hard because we don’t know what normal is. We’re influenced by society. Boundaries are your gut feelings.”

The fourth factor is connection. “Physical attraction only lasts so long,” said Horii. “There are deeper reasons. Knowing what you want will help you find that connection.”

The last factor is balance. “Balance is the give and take in a relationship,” said Horii. “When things are balanced, things are healthy. You want to strive for equality.”

Students also shared what they thought were important fac-

tors to a relationship by writing five values on post-it notes and sticking them on the board. “Respect is important,” said junior Jo Lawrence. “When you’re around their parents, don’t be all over each other.”

Horii educated some students on what can really happen in an unhealthy relationship. “It was pretty informative,” said senior Owen Taggs.

“I learned that there is always somebody to talk to and that it’s a teenage problem,” said senior Renee Shipp. “I’ve had friends in bad relationships, but none here at Stafford.”

However, many students already know about the issue of teen violence.

“I had one friend who experienced domestic violence,” said senior Rodashia Shields. “I told her to get out of the relationship, but there’s nothing you can really do if they don’t listen to you.”

The RCDV is available for people of all ages. “Help your friends,” said Horii. “It will happen to you or someone you know.” There are many resources available, including brochures and other information.



it! Thursdays in The Free Lance—Star



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The day I found my voice

The Day I Found My Voice
The way I viewed adults and their honesty to children changed when I was lied to, and believed it for the last time. I had been through many different foster homes before this, but I felt like I could reach out, and really be part of this small family. I trusted too much, just let other people control my life, went where they said to go – then one day, I found my voice.

I had been living with Susan and Emily for several months, for the second time, when news finally came that I was going to be going back to live with my biological mother, Robin, again.

I believed it, totally and utterly, to be the absolute truth. This house I had learned to call home was located at 4716 Bellevue Ave in Louisville, Kentucky. The house itself had even had a homey feel to it, and Sue and Emily took me in as if I were Sue’s daughter, and Emily’s natural sister.

I was amazed that two people could care so much about a reject foster kid like me, with all my problems with authority and all. I was a mess, to say the least.

When the social worker told me that I would be going back to live with Robin, she looked like an angel to me. I was ecstatic. I was going home! Finally!

A week later, the day I was supposed to go came around. I had all my stuff ready. I was so excited. I wouldn’t stop talking. Sue got annoyed with me, and ended up tak-

ing Emily and me to the store for candy and snacks. We went to the mall, got a lot of stuff that Sue needed and didn’t get home for a couple hours.

When we did get home, Sue checked her messages, and then she called me into her room. I knew something was up; I could feel something was wrong. Still, I couldn’t believe that in just a few hours, I was going to be going home!

“Desiree, honey, I don’t know how to tell you this, but the social workers called and they said that you weren’t going to be going home today” Sue told me. I looked at her with a blank expression for a minute as the words sank in. “Ok... maybe tomorrow,” I said.

She looked at me, and only later did I realize it was doubt in her eyes, as she said to me, “Yeah, maybe tomorrow.”

Well, ‘tomorrow’ came and went. As did the next day. And the day after that. I was still living with Sue and Emily.

As the days kept adding up, I began to, albeit very reluctantly, accept that I was not going to be going home.

When the realization struck, I was devastated.

I refused to come out of my room. I felt hurt, angry, even betrayed, and angry at the social worker.

Then all that slowly hardened into rage, which I buried, and in turn changed into depression. I couldn’t shake the feeling of aban-

donment, or the terrible feeling of being let down. So I started to blame myself, thinking no body really wanted me. I stopped believing everything I was told, that things were going to happen just because someone said they were going to.

A few months later, the social worker came again, this time to tell me that I was going to live with an aunt and uncle, who I had never met.

I looked her dead in the eye, and with all the strength of the rage and pain in my 10 year old body, said, “No I’m not. You’re lying to me,” and after that my voice raised, “just like you did before,” by now I was yelling, “I’m not going anywhere! You just want me to think I am! You don’t want me to have friends! Or a family! I hate you!”

Her response was a blink. Then she looked at me, and all she said was, “Ok.” And left, just like that.

That day, I stopped believing anything any adult said was going to happen. I stopped trusting anybody.

I never let my guard down, never let somebody get close.

Even now, I do so only when I feel I can absolutely and wholly trust a person, and even then, I am reluctant.

I still have problems with authority. I still don’t trust easily. I still hate social workers, and the entire foster care system.

This was written by a student who was in foster care.



Indians, keep moving!

The hallways are already crowded as it is but it doesn’t help when people just stand in the middle of the hallway. Saying “excuse me” just doesn’t cut it anymore. just to get through the hallways and make it to class on time, elbowing through the crowds is a must. It’s getting ridiculous. It’s okay to stand close to the lockers and socialize or talk to your friends while walking to class but is it really necessary to stand in the middle of the hallway?

On top of that, people’s chests can receive elbow bumps and dirty looks because apparently it’s not their fault people are in their way. People’s manners have gone down the drain. Stop being so rude and instead of standing in the hallway, socialize while walking to class. If you want to see friends so much, just hang out with them after school. Some of us actually have a place to go.

Teen idols not always good

Many teens today seem to idolize the wrong types of people. There are many different kinds of people teens idolize, from celebrities to the adults in their lives.

Teens mostly idolize figures they see or hear about through the media. There are tons of celebrities on television and several of them set bad examples for people.

Immediately, when people think of a bad teen idol, they might picture Britney Spears, Lindsay Lohan or Paris Hilton for very obvious reasons. There are other types of people seen through the media that don’t come right to mind as a bad role model.

Teen girls see celebrities on television and think they’re beautiful

even though this woman they’re watching is so thin, their bones can practically be seen. If these girls think they need to become this thin to look as “nice” as the celebrity, it can result in eating disorders. Eating disorders are a huge problem today and these celebrities who slim themselves down are just contributing to the problem.

Another group of people who teens see or hear about through the media is professional athletes. Athletes today, mostly males, sometimes have physical fights during a game or sports event. In sports like ice hockey or even basketball, players may feel the need to start a fight because of some-

thing that happened during the game.

Professional athletes set other bad examples for student athletes. They sometimes only play for the money they make, and not for the passion of the game. Some athletes, such as baseball players and male swimmers, even feel the need to take drug supplements, such as steroids. They may feel the need to take the drugs for a better body image but mostly to help them play better.

Student athletes deciding to act like the athletes they see on television can become big problems. They might get kicked off their team for drug use or get thrown

out of a game for excessive violence.

Girls and boys of all ages seem to idolize kids who are older than they are, or upperclassmen. Younger teens may be walking in the footsteps of someone who’s older than they are, but that doesn’t mean this person is doing good things.

Younger teens watch older teens and some adults do things like drugs and drinking alcohol, and they think it’s cool. They can pressure themselves into doing the same things to look as cool as the person they’re idolizing, and feel it may make them more popular.

Even family members such as parents and older siblings, can set

bad examples for teens. It is important for family to not do things they wouldn’t want their child or sibling to do. Some parents of teens today drink or smoke. Unlike the older teens who do this, parents are old enough to do so; they still don’t set the best examples for their teen children if they don’t talk to their children about it.

Teens should know who they should idolize. There are many people on media and in their life who do set good examples, such as good parents, teachers, or people trying to make difference in the world. These people are the ones that these teens should really idolize.



Making the Grade



A Thanksgiving

Students often welcome any break that they get from coming to school everyday, and with the added food and family time, Thanksgiving break is always a success.

A+ Field Hockey

The Lady Indians made Stafford High School proud, making it all the way to the state championships for the second time in three years.

A+ Winter Sports

With basketball, wrestling, and swimming, students have something new to keep their attention while it gets colder and colder outside.

The Smoke Signal

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SECOND PLACE



FIRST PLACE



INTERNATIONAL FIRST PLACE



FIRST PLACE



Black Friday become\$ nightmare for \$ome

By Ian Lyons
Staff writer

As the holiday season nears, many retailers prepare for the busiest shopping period of the year. Traditionally, Black Friday begins the morning after Thanksgiving with many retailers opening as early as 5 am. As crazy as this may sound, there are people who arrive at stores as early as 3 am simply to get a better bang for their buck. Retailers tend to offer their best deals during this time of the year to lure shoppers. As much as this is an event for shopping fanatics, it is a nightmare for the people who actually have to work on this “black” day. Kerry Callahan, a loss prevention manager at a local JC Penny said, “This is one of the busiest days of the year, and with more shoppers, there are more shoplifters.” It can be difficult to monitor every area of a store with people

flooding through the door all day. The struggle of the retail business is most evident during this time of the year with the influx of customers. Picture waking up early in the morning and coming in to work, with hundreds of people standing outside the door just waiting to make your day miserable, doesn’t sound like the best day ever. The holidays are a time of family, love, and happiness for adults and kids alike, but for the retail industry it can be the exact opposite. Although this season is full of long hours, long lines, and crazy shoppers, it wouldn’t be the same without it. Jodi Mitchell, a frequent shopper on Black Friday said, “I take off on Black Friday to make sure I can get out to the stores and find the best deals.” This day is almost a ritual for some people.

Black Friday top salesman at Target

By Jessica Scatchard
Staff writer

David Self, a junior at Stafford and an employee of Target, is a hard working and devoted student. As a marketing student he excels. “David is a great student; he participates and makes excellent grades. He is outstanding at everything he attempts,” said Mrs. Simms, Self’s marketing teacher of two years. Self is also an active member in both DECA and FBLA and has been for two years. He is also a well behaved student. “David is the type of student the administrators never get to know,” said Mrs. Simms. Self is a dedicated employee of the Target in Central Park and was the Top Salesperson on Black Friday. The Top Salesperson is a cashier that is selected by the amount of Target Credit Cards he/she gets people to sign up for and the amount of profit they bring in. Having only worked at Target for a little over a month being the top salesperson is a big accomplishment. In the eight hours of work that Self put in he sold the most Target credit cards and brought in more profit than any other employee at Target on Black Friday, the busiest day of the year. Marketing readied Self for the world of sales. “The reason Self was a better salesperson then some of the people who have worked at Target for years is because of what he’s learned in Marketing,” said Simms. Self has only worked at Target since October, but he’s already gotten a good deal of experience. He worked on Black Friday, the day after Thanksgiving when all inhibitions are thrown to the wind and shoppers flock to stores like herds of wildebeest to a watering hole. It’s the biggest day of savings all year and people take advantage of the low prices. They line up and set up campsites hours in advance to be the first ones to walk through the automatic doors and into a bargain hunter paradise. Self had the opportunity to see



Photo by Alisha Abrams

David Self was the top salesperon on Black Friday

these thrifty Black Friday shoppers first hand. Self arrived at Target at 5:30 AM to find that a line had already formed outside of Target. “The first customers told me that they had arrived around 2:30 a.m. to wait for the doors to open,” said Self. “The line was all the way down the side of the building.” All day Shoppers swarmed in and out of Target. “The lines never stopped,” said Self. “They just kept forming.” Security guards and police watched for shoplifters and made sure no fights broke out. “It was really crazy; everything was a rush,” said Self. There were 19 cashiers working all day long. Everyone who works at Target had to come in at some point during the day. Self worked for eight and a half hours. “When I got off at 3 p.m. everything was a mess, and people were still shopping,” said Self.

Chri\$tmas \$hopping tip\$

By Nicole Clyde
Staff writer

In addition to putting up lights on houses, decorating the Christmas tree, and spreading Christmas cheer, shopping for gifts is on the “to do” list for the season. Christmas shopping can be both the best and worst part of the holiday season; the best in the sense that it’s something to look forward to and the worst as it takes a toll on one’s wallet. Although Christmas can be expensive, there are ways to guarantee that there will be some money left over in the end. An important thing to remember is that it’s the thought that counts, not how much spent. The idea of getting that special someone a gold-plated necklace is sweet, but it will mean the same if you gave them a pretty necklace from Kohl’s that is much, much cheaper. Another thing for Christmas shoppers to remember is to look out for the sales. Yes, sales. They can save shoppers a lot of money and one may be able to actually buy something that they wanted to in the first place but could not afford otherwise. Coupons don’t hurt either. So another problem arises;



what to buy? Well, it really wouldn’t hurt to ask, just a thought. But if asking the person directly is not an option, then it might be ideal to ask a relative or close friend what he or she may want. Then what do the hopeless romantics do, assuming that they want to come up with something creative and special to give their special someone? Think about what that person likes and his or her personality. That will be the true inspiration for your gift idea. Ok, so now that that special person is covered, what about friends? They can deeply puncture one’s wallet as well, especially if there are lots of them. First, one needs to decide which friends are “gift-worthy.” This should narrow it down to a few close, select friends. But then there is the guilt factor of “I feel bad for not buying so-and-so a gift” or “They got me a gift so now I have to give them something, too.” This is when it is crucial to remember that it’s the thought that counts! Candy is the best option in situations like these. They get something and poof, guilt is gone!

Fighting crowd\$

Is Black Friday worth it?

By Sierra Abaie
Features editor

People prepare for Christmas as early as the day after Thanksgiving. This day is the first major shopping day for the Christmas season is Black Friday. It allows many shoppers to get an early start and get good savings. On Black Friday, department stores put most of their items on huge sales to draw a crowd of shoppers. Parents are the ones that normally have to endure the stress and chaos of Black Friday. People use this day to get a jump start on Christmas shopping. They are at the stores waiting in the lines, while their children are still asleep in their beds. Many parents arrive back homes before their children wake up. “I don’t think it’s worth it because you have all the time in the

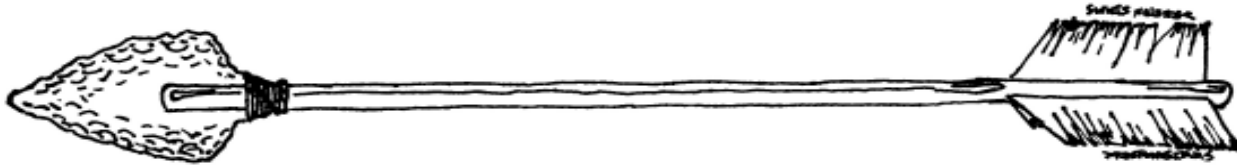
world to shop before Christmas,” said junior Brie Andrews. “Why wake up on the day after a holiday?” Stores open earlier than regular time, with a huge crowd in front of the store. The crowd starts to build up hours before the store even opens for the day. When doors open, it becomes a mad rush to the most wanted merchandise, trying to get the item before it sells out. “Heck no, I don’t want to wait in the lines,” said junior Ben Howard. “I would rather pay extra money to not wait in some darn line.” The mad hassle of running through the stores, is it really worth it for the savings? Is the savings really that significant? Stores normally reduce prices on their regular sales price, but that comes with the cost of having to wake up early.

Bigge\$t \$hopping day of year

By Wendy Cole
Staff writer

The Friday after Thanksgiving, Black Friday, is known as the biggest shopping day of the year. It officially kicks off the holiday shopping season. Stores draw customers to shop at their store with cheap prices and sales on popular items. Popular electronics and new must-have items are at low prices for the holiday season. The sales are so big and popular that people will line up hours before a store opens to make sure they are the first ones in. “I’ll be out on Black Friday,” said sophomore Melissa Cole. “The Ipod I want is going to be on sale. I’ll be saving a couple dollars if I buy it that day and every penny counts at this time of year.” Black Friday is often confused with the day the stock market crashed in 1929. The meaning of Black Friday refers to the stock market, but not the actual day it crashed. The day the stock market crashed is known as Black Tuesday. Black Tuesday was a hectic, chaotic day with heavy traffic. Black is often referred as to retailers going black, making a profit. Stores and businesses will be cutting down the prices on popular items, trying to get customers to shop at their stores. There are some stores that have sales where items are 20 to 40 percent off. “The sales are great,” said junior Tasha McCoy. “I’m able to do my holiday shopping without having to dish out too much money.” People save a lot of money when they go shopping on Black Friday. Even though there’s a lot of chaos and the stores are crowded with holiday shoppers, they still come out. They have a general idea where they are planning on shopping at first, what time they have to be there when the store opens, and what the main items they are looking to grab at first. Electronics like Ipods, laptops, Play Stations, video games and cameras will be at a great buy at most stores this holiday season. Stores expect to be hit hard for these popular items. Some might even be sold out of certain items within a couple hours of their opening.





EXTRA
FOOTBALL
PICTURES

Photos by Mimi Bopp



Dante Cook with the ball. Cook made All-District this season



Dexter McDougal runs with the ball for a couple yards



Stafford blocks Massaponax from getting to the ball.



Spencer Boop gets ready for a tackle



Stephen Lamar takes the ball after Jake Johnson gets tackled



Stafford waits for a call, Johnson signals it's SHS ball



Dante Cook goes for a sack against Liberty quarterback



Stafford's defensive line sets against Massaponax. The Massaponax Panthers beat the Indians in this away game.

Photo by Mimi Bopp

Varsity finishes 4-6

By Cara Fenwick
Sports Editor

Stafford's varsity football team ended their season 3-5 in the District and 4-6 overall. They started their season off with a couple of scrimmages against Freedom High School and Osborne Park. Stafford won against Freedom 21-0 and lost to Osborne Park 12-2. When the actual season began, Stafford played Potomac High School, giving them their first loss of the season, 14-0.

"This was the first game of the season. We realized what we needed to work on," said football head coach Chad Lewis.

A week later on Sep. 14, Stafford held their first home game against Fauquier High School. Stafford fell short 27-21, going into three overtimes.

Playing in the pouring rain, Stafford was ahead the whole game, then fell apart, letting the Falcons score a touchdown to tie up the game with no time left. Going into three overtimes, Stafford missed opportunities to win the game. "We played hard the whole game," said quarterback Stephen Lamar. "We never

gave up." Starting off their season 0-2, the Indians added another loss to Liberty High School.

With the next game against cross town rivals Brooke Point, also being the first district game, Stafford hoped to come out on top when it counts.

Stafford couldn't achieve the win, leaving the score 13-6. Dante Cook had the only running touchdown to put points up for Stafford. With this loss Stafford's record overall was 0-4 and 0-1 in the District. On Oct. 5, Stafford finally got the win they needed. Playing Mountain View, Stafford won 42-7. Touchdowns were scored by Lamar, who ran for three; Drew Overby from a pass from Lamar; Tre Harris with a kick off return; and Dexter McDougal had a punt return. Jeff Roles had extra points for all the touchdowns.

After the Mountain View win, Stafford was ready for their next game against Colonial Forge. Stafford won the game 21-17 in overtime, putting Stafford's record 2-5 overall and 2-1 in the District.

Tyler Ross first put points up for Stafford, followed by Jake Johnson. Colonial Forge stayed strong and tied the game 14-14. Stafford, being in this familiar situation before wanted to make the most out of this overtime and not be reminded of past overtime games.(Fauquier, three overtimes)

Lamar handed the ball to Cook who ran for a touchdown, winning the game. Riverbend was next for the Indians for their homecoming game. Stafford fell short with a score 34-40.

Touchdowns were made by Lamar, Ross, and Cook. Putting the game in overtime for a third time this season, Stafford let a win slip through their fingers falling to Riverbend with their overtime victory.

Stafford's last two games were against Albmarle and North Stafford. Stafford won both games and with that got the bell back from North Stafford.

"North has had the bell every year except this one since my freshman year," said senior Jake Johnson. "I'm glad to finally get the bell back." Stafford finished their season 4-6 overall, with an good season.

XCountry runs
in Regionals

By Ian Lyons
Staff Writer

The boys and girls cross country teams got an early start on their season when practices began in mid-August. Both teams had lost some valuable seniors, but returned numerous experienced runners such as Joey Murray, Kyle Reese, Stephanie Raddatz, and Laura Wandres.

Murray said that "This cross country season was the most physically demanding one that we have been apart of."

Raddatz, a senior said "the girls worked really hard this year and we had a lot of fun even though we only had six runners."

Making a return to coaching the team was Peter Gorfida, who orchestrated Stafford's lone cross country state title in 1995.

The Commonwealth district meet was held Nov. 25 at Willowmere Park. The boys had fifth runners in the top 25 which resulted in a fourth place finish, qualifying them for the regional meet. The highest individual finisher was Joey Murray who finished 15th, with a time of 16:58.

The girls gave it their all but came up short

with a seventh place finish. The highest individual finisher was Laura Wandres, who finished 37th, with a time of 22:04.

The boys then moved on to the Northwest Regional meet, which was held at Panorama Farms in Charlottesville.

They finished seventh out of 16 teams. Murray said, "Regionals was a disappointment this year. Despite it being out highest finish in years, we still came up short of our goal to make it to states." The highest individual finisher was Jacob Lysher in 27th, with a time of 17:29.

As a whole, Reese thought that the season was "very successful," and this was the best team he has been a part of.

Nearly all of the runners set personal best times during the season and they will look to improve for next year and some will be competing at the collegiate level.

The team will miss its graduating seniors Murray, Reese, Raddatz, and Wandres, as well as Caroline Rice, Sarah Sanford, Matt Kairys, and Patrick Waller, but it will be returning another strong team for next season.

Cheer does well

By Stacie Gregorious
Student Life Editor

The competition cheerleading squad's season has came to an end.

For some girls, it was their last season. The loss of 11 seniors this year has done nothing but put more passion into the remaining girls.

The squad has seen their share of setbacks this season. Right before districts in October, two cheerleaders lost their spot on the team and the team scrambled to fill their positions.

Also, one of the girls suffered a sprained ankle and was forced to sit out for weeks. Fortunately, she was healed enough to compete in districts.

The squad suffered two falls in their first routine. Some thought that this was the end but when the results came in, Stafford had placed in the top four.

This allowed them to compete in the second round for placement. They nailed their routine and placed third overall.

Everyone was extremely pleased with their success so far.

"First round we fell twice but second round we went out and hit every-

thing," said senior Ashley-Nicole Carmichael. "It felt really good to show everyone what we could do."

Next up was the regional competition which was hosted at Stafford. The girls were excited to compete at their home school.

The familiar setting helped calm nerves and make the girls feel more comfortable.

However, right before Regionals, sophomore Heather Kincaid broke her hand. "It was definitely another setback for the team," Kincaid said. "But I knew I couldn't let anyone down so I did my best."

When it was their turn, the girls were nervous yet ready to compete.

Their routine was solid except for two minor stunt falls which were three points each.

Unfortunately, this was too much of a deduction to take.

Stafford ended up taking ninth place.

Though everyone really wanted to make it to states, the girls were pleased with how they had done.

The end of competition season marks the beginning of basketball season, and their current focus is preparing for the games.

Record doesn't reflect
volleyball team skills

By Sierra Abaie
Feautres Editor

Varsity volleyball finished the fall season with two victories and 18 losses.

"The record was not a good reflection of the team," said coach Demaris Brown. "The team had a lead in most of the games they played. They just needed to learn how finish the games."

Brown has coached Stafford Volleyball for three years now. She has completely changed the program, but "it will take another two years to see a change in the record."

Compared to last season this year's team worked better together.

Under the leadership of their two captains, senior Analisa Brown and junior Brittny Libero, the team

worked very hard and also never quit even when they were losing the game.

Analisa was not only a captain, the middle hitter, and the team's MVP but also received all-district honorable mention. "Analisa deserved every award she got," said Lauren Priddy. She was a great aspect to our team." With over 102 blocks she led the county,"

"Libero is one of the hardest-working players on the team," said coach Brown. "Because of her hard work she was presented with the Coach's Award."

Marie Brenninger and Amanda Rivera were two other seniors on the team. The team however, was mainly made up of juniors Britney Painter, Abby Reisenfeld, Lauren Priddy

and Sarah Silk.

"Sarah was the most improved throughout the season," said Brown. "She never quit."

Courtney Collier, outside setter, and Michelle Mancari, outside setter and hitter, were the only two sophomores to make the team.

The varsity volleyball team started the season with the motto, building pride one victory at a time. "The reason for this motto is because of the change in the team," said Brown. "They needed to be proud of who they are as a team, regardless of their record."

"I think that we will do much better in the conference next year," said Brown. "We will have a strong returning team."



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The field hockey team hold hands every game during the National Antham. This has been a Stafford traditon for a long time. Photo by Julia Colopy

Hockey gets second in state tournament

By Julia Colopy, Katheleen Gayle
Staff Writers

The field hockey team had a very successful season with a 17-8 record, finishing second in the State AAA finals. “The girls worked really hard during the pre-season to prepare for the strenuous season ahead, and in the end it definitely paid off,” said Coach Autumn Arrowood.

During the regular season, the girls had practices Monday – Friday, working as hard as they could to complete the season with a title. “We worked really hard together at the practices after school, and it showed when it got down to the end of the games,” said the Varsity junior goalie Emily Raddatz. Raddatz went through the season with 12 shutouts.

Through the early practices and dozens of games, the girls worked to come together as a team, especially connecting to different positions on the field. “Defense played really well in all of our games,” said senior Maria Colopy. “The scores would have been a lot worse had we not played together.”

The team mostly had home games on Tuesdays and away games on Thurs-

days. They had a great season though, they had a few losses. From the four, two were from the Mountain View Wildcats, and the others from the Colonial Forge Eagles, both being close matches.

For all the games, the team had a large support



Regional and State Runner-up trophies are on display for all students to enjoy the teams season Photo by Alishia Abrams

group of their families, students, and staff. They kept the players fired up throughout the game so that they could carry on a fantastic record.

“This season we had our ups and downs, and I’m really proud of the team, because they worked really hard,” said senior captain Megan Oliver. “We defi-

nately proved ourselves, and left no doubt.”

For the District games, the girls first dominated Brooke Point with a score of 4-0. Then they went on to beat one of their rivals, Colonial Forge, to advance to the District Championship against Mountain View. After completing the game with a loss of 2-0, the girls were determined for a win in the upcoming Regional Playoffs. In the Re-

gional matches, the girls quickly took control by wiping out Forest Park with a 6-0 shut out. Next the team needed to defeat Riverbend for another chance to attend the State Tournament in Virginia Beach. The girls easily secured their spots in states with a score of 5-0. The Regional Championship was yet again another

meeting with their number one rival, Mountain View.

For the players, this was a must win to get a good position in States. The girls completed their mission with a score of 2-1 in overtime. It was a big win for the team, not only because they beat their greatest rival, but also because they got a great spot in the State Tournament.

“We went out there, knew what we had to do, and we did it,” said freshman Taylor Bailey. “We ended their undefeated season making it the ultimate win!”

The girls went into the State AAA competition, first facing James River to advance into the semifinal round. Stafford dominated the game but came out with a score of 1-0.

The semifinal round was played against Princess Anne. The first half left Princess Anne with a 2-0 lead, but the second half showed the fighting side of the Indians. They came back to score 3 goals in the last 10 minutes of the game.

“A lot of people knew the game was over from already being down 0-2, but we pulled through in the end and made it count,” said senior Cara Fenwick, the

scorer of the winning third goal.

This comeback sent the girls into the finals of the State Tournament against Cox.

“We were just so excited to be there, and different people at school didn’t think we could do it, but we proved them wrong by playing at a very intense level,” said senior captain Amanda Lowery.

The girls put in their best effort but Cox’s team took quick control, ending the game at 6-0. Their fundamentals and stick skills were too much for Stafford to make a comeback.

The players had a great season by outscoring their opponents 77-32 and becoming 2nd in the District, 1st in the Region, and 2nd in the state of Virginia.

“We have a lot of young talent on the team for next year,” said Arrowood. “After having nine seniors graduate, the underclassmen have very large shoes to fill.”

Step team is getting ready

By Tamikia William
Staff writer

Boom. Boom. Clap. That’s the sound of people making rhythms with their hands and feet. The definition of step is the single complete movement of raising one foot and putting it down in another spot. Fortunately Stafford’s step team has more rhythm than that.

Anna Ellis, the sponsor of the step team, has a lot to say about the upcoming season. “Step team is similar to dance, except the entire body is used as an instrument to produce rhythm and sounds through footsteps, spoken word, and hand claps,” said Ellis.

When coming out for the step team, as with other teams, great attitude, unity and lots of Indian spirit is required. The team captains Victoria Smith, Marissa McDuffie, and Courtney Murphy make sure that everything is in order.

“To be the captain of the step team is very fun, but it also comes with responsibility and learning how to take

the role of a leader,” said senior Victoria Smith, “I look forward to having a much better year than last year, even though last year wasn’t that bad, but I plan for the team to go far with my help.”

With any team there is bound to be drama, but with everybody willing to help everybody, there is none of that. “So far there is no drama,” said senior Courtney Murphy, “All we have is sisterhood.”

The step team will be performing at both boys and girls basketball games, which they will be alternating with the dance team. They use the performances at the basketball games as “practice” for the upcoming step competition that is hosted every year.

“Heck yes, we are going to make it to competition this year because we are going to work very hard,” said senior Angel Thomas, laughing. Students look forward to seeing the step team portray that team unity and spirit that we all know and love.

A. Lopez signs at VMI

Photos by Nate Carden

ADAM LOPEZ

Pitcher

Wins -- 1

Losses --1

Games -- 6

Earned Run Average -- 4.05

Strike-outs--24 in 18

innings



Adam Lopez shakes hands with his baseball coach Danny Beverly



Lopez gets ready to cut his cake with basketball coach Steve Spicer



Lopez smiles with Mrs. Mary Beth Worhatch, his guidance counselor, who organized the event.



Lopez signs the letter to commit to VMI baseball.



Lopez gets a hug from his mother after signing.



Lopez smiles with his family, brother Michael and Mr. and Mrs. Lopez and baseball coach Beverly



Lopez gets ready to shake hands with Athletic Director Wes Bergazzi.

OLIVER REGIONAL PLAYER OF YEAR, 1ST TEAM ALL MET

By Cara Fenwick
Sports Editor

Megan Oliver has been on the varsity field hockey team for three years. All of her hard work on the team finally paid off when she was awarded Regional Player of the Year on Nov. 26.



Oliver takes the ball to goal. Photo By Cara Fenwick

Oliver has not had an easy season though, as the starting right forward, Oliver is knocked down three or four times a game, but accompanied by Amanda Lowery and Sammi McNulty. “Megan is an amazing player and hard worker,” said head coach Autumn Arrowood. “I wish I could have ten Megans.” Oliver

was a captain this year and one of the strongest leaders on the field. Oliver is also a very positive player. “Megan is the kind of girl who believes in everyone and won’t let negativity get out,” said senior Maria Colopy. “She keeps everyone going.” Oliver has not had an easy season though, as the starting right forward, Oliver is knocked down three or four times a game, but accompanied by Amanda Lowery and Sammi McNulty. “Megan is an amazing player and hard worker,” said head coach Autumn Arrowood. “I wish I could have ten Megans.” Oliver

gets right up and keeps fighting. “Meg gets the worst beating out on the field,” said freshman Carly Sullivan. “Her little body can handle it though.” Oliver, being one of the

strongest players on the team, is known for her strong dribbling down the right side and her hard crosses to goal. Oliver was also one of the leaders in goals with after Kaitlyn Ripley. She was also contributed with assists. This is not the first time Oliver has been named All Region. This is not as high of an honor as player of the year, but she was awarded with All-District, All-Region, and All-State last year’s season. Oliver has had her best season over all of her other two. Oliver does not know if she wants to play in college, but she hopes to attend Virginia Tech in the fall.



Photo By Cara Fenwick

Latin Club sponsors turkey, food drive

By Jenny Pan
Staff Writer

The storage space in the cafeteria refrigerator slowly disappeared as Thanksgiving break approached. Students and teachers donated turkeys that replaced chicken nuggets and mystery meat loaf.

The Latin Club sponsored a turkey drive for the Fredericksburg Food Bank on Lee Hill Drive in downtown Fredericksburg.

“The drive allowed underprivileged families to have a good Thanksgiving,” said Latin club teacher and club sponsor Mrs. Corrina Quader.

Ms. Jetta Peterkin, a substitute for Quader during her leave, took seven turkeys to the food bank on the Friday, Nov. 16. Quader also helped take two additional turkeys to the food bank.

According to the Fredericksburg Food Bank website, the organization reached their goal of collecting 2,000 turkeys and turkey breasts. Additional turkeys and hams are still being collected for the Christmas holiday. The bank also accepts money as a donation for needy families in the area.

The Latin club has sponsored a turkey drive for two years.

“The lady that I handed them over to was very pleased, especially with some of the bigger ones

that they can now give to larger needy families,” said Peterkin. “They also bring a sense of community by feeling that they are celebrating with others as well as their own families.”

While the Latin club was busy at home, sophomores Nicholas Morton and Nicholas Larsen and junior Allison Strock represented the Latin club at the Virginia Junior Classical League Latin Convention (VJCL) in Richmond.

Students from around the country participated in a wide-range of events including dramatic interpretations and Latin oratory contests as well as tests about Latin and Greek mythology.

Junior Allison Strock went to the convention for the second time. “I enjoyed the convention a lot,” said Strock.

Strock won third place in the tree ornament contest and ninth place in the Greek history quiz.

“The highlight of the trip was the talent show, which had lots of funny singing and dancing,” said Strock.

The three students who attended had to pay their dues, become a VJCL member, be in good academic standing, and participate in at least one academic test.

Possible participants wrote a paragraph giving reasons why he or she should to go the convention.

Along with drives and conventions, the Latin Club also takes



Sponsor Mrs. Quader holds up one of the many turkeys donated to the Food Bank.

trips to socialize as a club. They go to the Lazy Susan Dinner Theatre in Lorton, Virginia every Dec. to enjoy some “fine dinner theater,” said senior Latin club secretary Kevin MacArthur. “In the years past this event has been a highlight for the club that everyone has enjoyed.”

New members are welcome to join at any point during the year by contacting Quader at Room N-216. Students can listen for meeting dates on the announcements.

NAHS takes part in many activities

By Michelle McConnell
Staff Writer

The National Art Honor Society is organized for students to showcase their artistic talents to give back to their community, and to learn more about art. This year, NAHS plans to become much more goal oriented.

There are many upcoming activities that NAHS is planning, including a Winter Arts Show to showcase members’ artwork.

Also, NAHS members will paint the backdrop for the upcoming school play, The Sound of Music, and will design ceiling tiles for different organizations. Field trips are also on the club’s agenda, to places like the National Art Gallery.

The NAHS is also organizing a couple of murals, such as a Social Commentary Mural highlighting the good and bad of downtown Fredericksburg, and possibly a mural dedicated to past and present wrestling MVPs in the auxiliary gym.

Meetings are held every other Thursday after school in the art room. Senior Anthony Frederick,

who is one of the NAHS’s Public Relations officers, stressed the importance of coming to the scheduled meetings.

Participation is key in NAHS this year. In order to remain in the NAHS, members need to earn twenty NAHS points per semester. Students can earn points by bringing supplies, doing after-school volunteer work, fundraising, and going to club meetings.

Members must also maintain a certain GPA and stay actively involved in the NAHS. There is an application that must be filled out and returned with NAHS dues, which are seven dollars.

“We are trying to make the NAHS more respectable and let the members know that this is a club that will require effort to maintain membership,” said NAHS President Ana Brown, senior. “You can’t just pay your dues, come to the club picture, and call it a day.”

NAHS members are looking forward to a year of activities that will expand their knowledge and love of Art.

International club elects first officers

By Kyle Falkenstern
Staff Reporter

Jamie Stafford, Olivia Garner, Nick Sharp, Rebecca Rochte, and Rita Daniels were elected as International Club officers in a recent meeting. Out of the ten prospective officers who ran, only five were elected.

The officers do not have specific positions; they share the responsibilities equally between them. Even though the majority of clubs at school have defined positions and they don’t, the officers seem to like it.

“I think that the way we run the club is better,” said Garner. “Everyone feels as though they have the same responsibilities.”

Some of the officers, such as Stafford, were involved in the start up of International Club as well.

“When I heard that there wasn’t going to be a Spanish club this year, I went to Mrs. Lorenzo and we tried to think of a club to replace it,” said Stafford. “I wanted an exciting club that would be fun for a lot of people. So we thought of International club.”

The old Spanish club sponsor, Mrs. Lorenzo, is now the International Club sponsor. The officers have generally taken many years of at least one foreign language and have an interest in foreign culture, such as Garner who is in both French and Spanish club and is also a French club officer.

“I really like being involved with different cultural activities,” said Garner. “I also enjoy organizing and leading a group.”

The club officers also decide the activities of the club members. They recently celebrated the Mexican holiday The Day of The Dead. To celebrate this Mexican tradition the officers set up a movie, handed out information packets and had trivia questions with a chance to win candy. Members also shared stories of their experience with The Day of The Dead.

International Club also adopted an army platoon that they collected non-perishable goods for. Senora Lorenzo’s Spanish class students also wrote cards and letters to send to the soldiers. Donations were made in the foreign language rooms.

At their next meeting, they are planning on cooking holiday dishes from different countries. The officers try to think of events that are multicultural and that reflect the festivities and the seasons for many different countries. The officers are also trying to plan field trips and other out of school activities to observe cultural holidays.

Anybody who is interested in joining International club is still very welcome to come and join. The International club meets on the first Monday of each month in Senora Lorenzo’s classroom, N217.

Fine Arts Turkey Bowl Football

By Dawnthea Price
Staff Reporter

The art and drama departments found a fun and competitive way to kick off Thanksgiving break: a football game between the friendly rival departments, cleverly named the “Turkey Bowl.”

Students and teachers from both departments met after school Tuesday, Nov. 20 after school for the first Turkey Bowl, which the drama department won 2-1. But why would the two fine arts departments play football?

“We started playing football Fridays after rehearsal,” said Kelly Thomas, drama teacher. “Then we decided to organize a game with the art department for the holidays.”

Few art students made an appearance at the game, causing drama students and teacher Chad Johnson to play for the other team.

“We were completely outmatched,” said junior Lysuelle Slaughter about the art department’s turnout. “It was like, ten art kids to like, forty drama kids.” Slaughter played for the art team and scored their only touchdown.

The atmosphere at the game was friendly, but still competitive. Players were tagged, tackled, and scored touchdowns, but still managed to have a lot of fun.

“It was a deliriously good time, and I’m still giddy,” said art teacher Nicholas Candela.

“Art did great. They held us off,” said senior Aaron O’Connell. “Drama did great, everyone did great and had fun.” O’Connell played for the drama team.

“It was a lot of fun and next year art’s going to put up a better fight against drama!” said Slaughter.

Overall, the first Art v. Drama Turkey Bowl was a success, and the departments look forward to next year’s game.

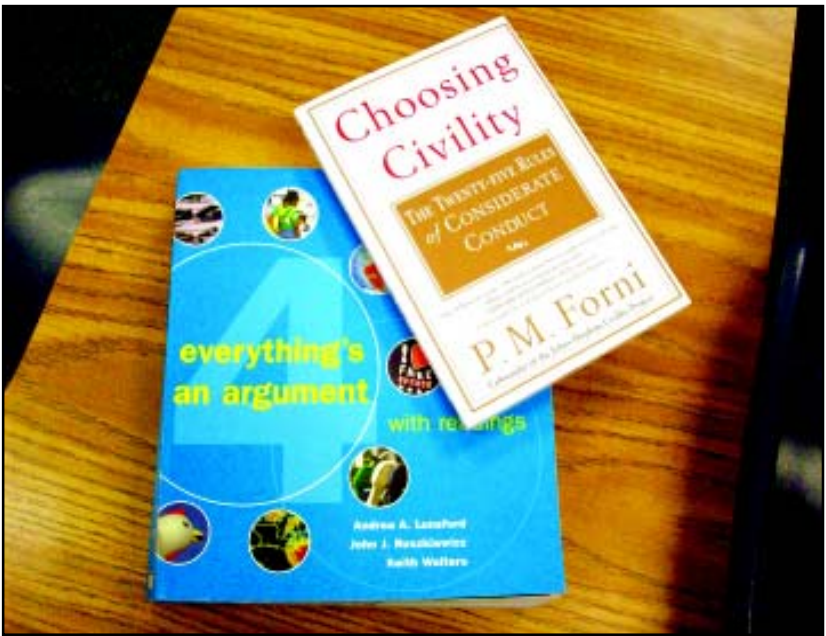


Photo by Alisha Abrams

These two texts are the primary texts in the new class. Learning how to argue is more difficult than many think.

AP English 11 is a hit

By Mandy Sullivan
Staff Writer

AP Language and Composition 11 is a class added this year available to juniors in search for the opportunity to improve their writing skills.

“It’s very different then any other class,” said Brauer. “The students have to establish arguments to support their ideas.”

“I like that the class allows me to controllably argue with the respect from other people,” said Katherine Pisciotta. “I think that Mrs. Brauer is the perfect teacher for it.”

This class allows the students to talk about up-to-date issues that are impacting the world such as political campaigns dealing with Hilary Clinton and other issues they think would be a successful argument topic. The students are in an environment in which they aren’t shy to suggest a topic of interest.

“I love making the kids validate their beliefs,” said Brauer. “They must support their ideas with research and not just count on what they already know.”

All students can tell the class their opinions. If they are prepared with backup support, they will be never looked upon as wrong.

“I love the class because we get to argue,” said Jessica Byl. “It’s the only class I have where I can talk about things that are going on now.”

The AP 11 students will be doing a project that will be based on their subject of interest.

Students will select an issue they are interested in but will still need Brauer’s approval. The students have been collecting articles each day to get more information on their subject, but aren’t sure what they are actually going to do with it.

The students will be expected to research an area to develop information to support an argument with others.

“This year has been challenging so far in that the students have had to learn how to argue without the emotional attachment that follows,” said Brauer.

The students are currently using the text, “Everything’s an Argument,” which has current issues that are debatable. It is used daily within class.

“I like the fact that I can voice my own opinion,” said Carol Anne Parks. “It’s different from any other English class and I really enjoy having Mrs. Brauer as a teacher.”

The students are looking forward to getting something special out of this class and have the opportunities that they have never been given before. The course ends with the normal AP test but this one requires writing arguments rather than remembering literature or facts read for a course.



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After school jobs require time management skills

By Kelsey Chestnut
Entertainment Editor

Research shows that students need to have an after school job in high school to learn values such as responsibility and time management. However, people are debating whether having an after school job is too stressful and time consuming.

According to familyeducation.com, a report by the National Research Council and the Institute of Medicine showed that students who worked 15 hours a week had lower grades, higher dropout rates, and were less likely to attend college.

“I get little time for sleep and homework,” said working senior Jason Jones. “Sometimes my homework affects my sleep and if I choose to sleep more, my grades are affected.”

An experiment conducted by familyeducation.com on the impact of part-time jobs on students showed that students who were employed had a disadvantage over students who were unemployed. The negative effects of having a job increased with the number of hours worked after school.

“Students who work longer hours report diminished engagement in schooling, lowered school performance, increased psychological distress, higher drug and alcohol use, higher rates of delinquency, and greater autonomy

from parental control,” said Temple University researcher Laurence Steinberg on edletter.org. Students who do not have an after school job have more freedom to get good grades in school and keep up with sleep and other activities.

“I definitely have more free time without a job,” said junior Basil Fedun. “My friend works at the VOC and he’s always preoccupied on the weekends.”

Parents want their students to get a part-time job after school to teach them how to be responsible, manage their money, and save up spending money for college. According to research by Steinberg, only 11 percent of students said they saved their money for college, and three percent used their wages to help benefit their families.

According to edletter.com, research shows that students with low GPAs, no plans for attending college, no future plans, and a record of retention were more likely to work jobs with long hours.

There are some benefits about having a part-time job. Part-time jobs give students an opportunity to be responsible, learn how to manage their time and money, and show them what life after high school will be like. It is up to the student to get these positive opportunities from an after school job.

According to suite101.com, seniors in high school should get after-school jobs to help their parents pay for expensive events such as senior prom, SATs, and graduation.

Students are recommended to take jobs through programs such as School-To-Work or Work-Based-Learning. Researchers said that the most successful jobs are jobs that are linked with school and learning programs.

“The majority of teenagers are not working in this type of job,” said researcher David Stern. “There is evidence that those who are have a more positive attitude about work and fewer academic problems than those whose jobs are not linked to a school program.”

There are positive benefits of getting an after-school job. According to Steinberg, working enriches young people’s life experiences, thereby enhancing self-confidence, self-responsibility, self-discipline, self-initiation, self-esteem, and independence.

“Workplaces offer young people a real-life environment to examine and practice the knowledge and skills that they learned in school,” said social.jrank.com.

There are both pros and cons to getting an after school job. After school jobs can affect students’ grades in school and their sleep. However, a job is thought to teach a student responsibility and time management.



Photo by Nathaniel Carden

Marching band ends with BANG!

By Iksu Oh
Staff Writer

The Stafford marching band practiced in the summer and during the year to compete in competitions during the fall. They also played during football games.

The band had a great season competition-wise. In the Warrior Classic competition, they placed 1st for band. The marching band was also given Straight Superiors, a perfect performance, in the VBODA competition. They received awards in the North Stafford and Spotsylvania competitions such as 2nd and 3rd in percussion, respectively. The band placed 3rd overall in both of those competitions.

“After the competition, getting awards is fun”, said Chris Wilson, a senior trombone player. “There are about 20-25 schools at the competition sometimes.”

For marching band members, competitions seem to be very fun and interesting to them.

“Performing is fun and it’s interesting to watch other bands perform,” said Jessica Stewart, a

freshman flute and piccolo player. “The Warrior Classic competition was most memorable because we got to stay overnight.”

Chuck Hite is the marching band advisor as well as the band teacher. “The most important thing in band is that you learn to cooperate, you learn dependability, responsibility, and honesty,” said Hite, “This is very important. When you work outside of school, you still use it.”

Band requires talent and a lot of determination.

“You have to practice,” said Ian Guagliardo, senior trumpet player. The marching band practiced everyday for sports games and competitions.

“Band takes a lot of dedication and patience,” said Wilson.

Students also know that band is something that will affect their future.

“Band definitely helps you in college,” said Guagliardo.

Other students plan to use band for life.

“I want to get a doctorates degree in music performance”, said Stewart.

Seniors sign mural

By Lacey Hynson
Staff Writer

The seniors of 2008 have created a mural to represent their class. The class officers came up with the creative idea and presented it to be approved at the end of the 2006-07 school year. They are the first senior class to create a class mural.

“We were really impressed with how it turned out,” said Laura Wandres.

Before the idea was able to be carried out, even before they were able to go get the supplies needed get started, it had to be approved. Once approved, they began to put their plan into action.

It was largely a group effort and very special for everyone to

come together and work hard. Billy Petre built the frame while Analisa Brown did most of the artwork.

“The mural helped the officers to bond,” said Cameron Adams.

The idea was to get all of the graduating seniors to sign the mural. Most of them did on Nov. 13 and 14 with a gold paint pen. By doing so it gives the mural the personal touch of the class of 2008.

Advisor Sherry Pierce contributed to the senior mural by helping and getting the supplies needed to complete this great task. The supplies were purchased through the senior funds.

“I’m very pleased; the idea behind it all was very creative. And a creative way to remember the classmates that are no longer with

us,” said Pierce.

There will be a make up day for the seniors who didn’t get a chance to sign or were absent on the two original signing days. After the make up signing day the senior class officers will discuss with Mr. Bergazzi the action of getting the mural hung and the location where it will be placed.

The seniors would like to have the mural at their graduation. Getting the large canvas into the gymnasium is posing a problem, but plans have not been finalized.

“It was a pain and very tedious to make but in the end it was all worth it because it was all about the senior class and the memories of our fellow students,” said president Crystal Morales.

Historical Society offers fun

By Nina Gonzalez
Staff Writer

With a rich history surrounding Stafford it is no wonder there are stories around every corner. Historical Society members dug up a time capsule near the lake to discover an arrangement of artifacts that managed to stay hidden for thirty years.

The Historical Society has started off to a quick start, with many more activities ahead.

This fall offers a lot of opportunities for the Historical Society to be involved in the historical events around the area. A World War II veteran and local author visit is scheduled as a possible activity.

The author, who wrote a book about the many visits presider Abraham Lincoln made to the Fredericksburg area, has expressed interest in showing a presentation.

Civil War reenactments are also open for members to volunteer at. This year there will be a

special civil war reenactment of the Battle at Marye’s Heights. This year marks the 145th anniversary of the battle in Fredericksburg. This is the first time that there will ever be a reenactment of the battle. Of the events in the reenactment, street fights are planned throughout the day on the streets of downtown.

Exam survival kits will be sold again this year as a fundraiser. Exam kits include pencils, pens, mints, coupons and gift certificates from area businesses.

Members of the Historical Society volunteered at Ferry Farm Discovery Days held at George Washington’s boyhood home. Interactive activities catering to young children helped create an exciting experience for both parents and their interactive learners.

“The kids, for the most part were pretty sweet,” said senior Lauren Jones.

Volunteers helped out with crafts such as face painting, making headbands with Native

American symbols, making fragrant pouches of nutmeg, lavender and rose petals, decorating pumpkins and making dreamcatchers.

“There were different stations of fall activities, like decorating pumpkins inside and colonial games outside,” said Molly Bond, a senior member.

The whole experience allowed children and parents to learn more about Ferry Farm and the unique history around it.

“I learned how to play colonial games, they even had a woman telling stories who was a descendant of the Native Americans around the Fredericksburg area,” said Aaron O’Connell, senior.

The volunteering was a success to those who participated, even with rainy weather in the morning.

“I often thought we needed to outreach to the elementary school levels, this definitely gave us a chance to do that,” said sponsor Mr. Eric Powell.


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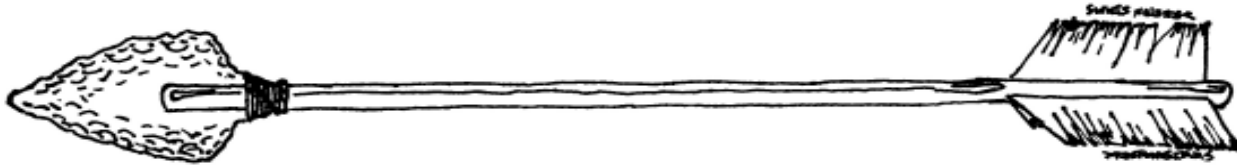


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The sophomore class attended the Air-bag demonstration as a part of Driver’s Education. All sophomores came to the football stadium for the demo.



Mr. Portner, driver’s education instructor, emcees the event.



The Stafford County police helped set up the demonstration on the field.



The doll Mr. Prowett held for the students to see wh\as blown sky high.



PHOTOS BY NINA GONZALEZ



Sophomore students get air bag demo in Driver’s Education

By Dawnthea Price
Staff writer

All sophomores were able to skip their second period class in order to see an airbag demonstration Thursday, November 8th.

Bundled up, every 10th grader filled the center section of the bleachers and watched auto students set airbags off while Coach Portner gave facts about airbags. An airbag will inflate in one-twentieth of a second, and deflate in three-twentieths of a second.

Several different objects were set on top of the airbags, such as a bucket of sand, a bucket of water, an empty bucket, and a doll referred to as “Suzy.” A steering column and a bucket with “Suzy” on top were also attempted, but the airbags failed to go off during those demonstrations. Plain airbags in their containers were set off as well.

“I never knew airbags were so strong,” said sophomore Molly Bond. “I liked how they put the sand in the bucket to show how strong it is.”

Coach Portner also talked about the different types of airbags that are used today. Originally, airbags were just in steering columns and would

go off when a crash occurred. Newer models go off in two stages for crashes 30 mph or less, and one stage if faster than 30 mph.

Airbags are not just in steering columns anymore, either. Passenger airbags, side airbags, rear airbags, and brake airbags are all common in today’s cars as well. Only driver seat airbags were used in the demonstration.

“Airbags can be dangerous,” said sophomore Bryan Elam. “They’re not always safe.” Airbags are calibrated for 95% of the top heights of women, and the lowest heights of men. They can be dangerous for those 5’2” and under.

There are three types of collisions in a car crash. The first is when the car comes into contact with something else, and is called the primary collision. The secondary collision is the most dangerous, and is when the people in the car come into contact with the dashboard, the steering wheel, or the windshield. Airbags and safety belts do their best to soften the secondary collision in order to help along the third collision, which is when the internal organs catch up with the body.

