Annandale High School’s delegates approved the Equal Rights Amendment. Virginia state government has passed ground-breaking legislation that will ratify the amendment in the Constitution. Delegates leader Eileen Filler-Corn, a Democrat, said, “The victory was a huge win for manyVirginians who have been pushing for decades to protect the legal rights regardless of sex.” The day was marked by not only the amendment’s approval but also a symbolic vote. The state’s constitution places restrictions on the rights of the people who want them so that they give the state government control over the people. “The implementation of the amendment will not be that difficult a question,” Jonathan York said. “We live in a society that generally believes that the balance between different groups is not a question of direction. We live in a society that generally believes that it’s the equilibrium between different groups that matters.”

Virginia lawmakers making big changes in the law.

By Manny Precht
Co-editor in Chief

Virginia lawmakers are making big changes in the state legislature. Recent bills that have been passed by the Democratic majority in Virginia include the LGBTQ non-discrimination act, clean energy bills and gun restricting bills. The bill is groundbreaking, adding LGBTQ discrimination protections, as well, adding LGBTQ discrimination protections to the list ranging anywhere from race to gender identity and sexual orientation and gender identity protections. The bill is groundbreaking, adding LGBTQ discrimination protections to the list ranging anywhere from race to gender identity and sexual orientation and gender identity protections.

“Virginia lawmakers have also passed a bill that’s non-discrimination bill, becoming the first state to make such a move before the other states.”

Virginia lawmakers have also passed a bill that’s non-discrimination bill, becoming the first state to make such a move before the other states. “What happens in Virginia impacts our country and will reverberate,” said Delegates leader Eileen Filler-Corn, in a statement from the New York Times.

In a political climate like the one we live today, states are trying to add more restrictions on the legal rights of the people who want them so that they give the state government control over the people. “The implementation of the amendment will not be that difficult a question,” Jonathan York said. “We live in a society that generally believes that the balance between different groups is not a question of direction. We live in a society that generally believes that it’s the equilibrium between different groups that matters.”

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Co-Editor in Chief

BY SUAD MOHAMED

BY MANNY PRECHT

Co-editor in Chief

Heritage Night and Just World return

Students celebrate and appreciate cultures for the unique school event.

By Manny Precht
Co-editor in Chief

Heritage Night, accompanied by the Just World Festival, will return for another year at AHS. Both events will be held on Friday, March 6. In previous years, both events have been successful.

Heritage Night is one of the unique events that AHS has every year. Heritage Night and Just World Festival have been very successful. In previous years, both events have been successful.

The night starts with all clubs, honor societies and other organizations performing live or doing themed classes at the New York Times.

AHS students, families members and other students are welcome to enjoy the foods and what they have to offer. In this annual themed event at AHS, Heritage Night will be much more diverse. Heritage Night event goes well with the Just World Festival event.

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Almost 100 years ago, the school Washington-Lee High School changed the world forever. Virginia played a large role in the conflict.

After the war, schools, parks, and statues were named after Confederate generals and officers. Virginia is riddled with problems, especially in Northern Virginia. People who were offended by these statues have fought for years to get them changed. The name of these statues is extremely offensive and it can produce unruly behavior, especially at Confederate statues.

Robert E. Lee was a Confederate general during the civil war. He fought for Virginia and had many schools and parks named after him. People who were offended by these statues have fought for years to get them changed.

Washington-Lee High School was named after Robert E. Lee. Fairfax County Public Schools plan on changing the name to something more inclusive. The Fairfax County School Board voted unanimously to change the name of Robert E. Lee High School. Since Northern Virginia is a Native American reservation, it shouldn’t be something that’s negative as much as Confederate named schools. People shouldn’t view the Confederacy as a ‘southern pride’. It is important and relevant people of the past and educating that African American slaves faced during their fight for freedom.

Washington-Lee High School was named after Robert E. Lee. Fairfax County Public Schools are preparing to change the name in some schools.

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How do you feel about Trump being acquitted?

NATIONAL SECURITY

By Cheryl Jones and Jane Klein
Staff Writer and Editorial Editor

In recent years, technology has become a necessity in the classroom. Students watch videos, take tests, complete assignments and are now able to Google Cheaters and Blackboard in order to gain information. The technology is often a part of the classroom that is not essential for high school students to have on their very own school-issued laptops. This gives a student a bad reputation for finding the information they need through these online means and shows that they don’t follow along with their homework correctly. Students are so exposed to information from websites that online resources are their method of teaching and help keep students more involved.

Other online tools like grading software and online assessments can help teachers. Although these are online assessments they can be used for many school subjects. The computer can too be used for music classes and art classes and students who are struggling. It helps the students to get by taking things more seriously.

However, while parts of technology in the classroom can be very beneficial, some parts of the addition of school computers cause students to spend too much time behind screens.

A study from Common Sense Media reveals that the average student spends almost eight hours a day on these screens, which is approximately a third of their waking hours. The report states that the computer culture has substantially raised that number. Now there is no small amount of hours that is recommended as consumers of all medical professionals is the same here. This is because it can be detrimental to the brain and eye development. Jane Elkins, a pediatric optometrist at Children’s Hospital of Philadelphia, helps people understand the dangers of prolonged screen time.

“When kids are using devices, their eyes cannot take the strain over long periods of time.”

— Jane Elkins, Pediatric Optometrist

“My eye noodles break from close-up work,” Malik said. “While people are on their devices, their eyes are adjusting to bring that closer view to their eyes. In fact, extended seven-hour times is linked to nearsightedness in a recent study by Children’s Hospital of Philadelphia where it shows that the closer a person’s eyes are to an object over a long period of time, the more slowly wears them down.

Another aspect to consider is the effect of screen time on the brain’s development. If kids have missed a decrease in brain function and have problems processing due to the effect on the frontal lobe and cortical parts of the brain. However, all of these statistics are hard to find because of no education in school or on the subject. While they have educational purposes and are only used for further education and development, we need to be careful.

The Senate voting results from the impeachment trial have worried America and furthered Trump’s agenda of claiming that the articles were brought by the House Judiciary Committee. The articles of impeachment are for the first article of impeachment, abuse of power, 47 out of 100 senators voted to convict Trump. For the second, obstruction of congress, only 47 out of 100 senators voted to convict Trump.

The phone call is an impeachable offense pending Ukraine’s promise to aid, which has happened. The family member of a current Ukrainian President to look into presidential candidate Joe Biden, who is alleged to have asked about Hunter Biden, the son of President, at least 66 votes are needed. The 66 votes are required because the House of Representatives, where Democrats currently hold a majority. The House Judiciary Committee of impeachment has passed and was later passed in the House of Representatives, where Democrats currently hold a majority.

The Senate’s decision was crucial for the United States and this decision was made because of a phone call between Trump and Ukrainian President.

The Republic released this information and stated that Trump had no personal reason to get involved in the situation in Ukraine. Instead, Trump said the President had a legitimate reason for aid because aid was already going to Ukraine.

The Republicans ignored this evidence and stated that the President had a legitimate reason in the situation in Ukraine. Instead, Trump said the President had a legitimate reason for aid. The phone call was in violation of the law and freezing money in Ukraine violates the Constitution. This is a clear example of abusing foreign influence in an election, an action that clearly undermines the democratic process.

Another reason behind this was Trump’s willingness to pay off Ukraine’s debt. From the beginning, Trump immediately attacked the whistleblowers who reported his actions and the Democrats who tried to investigate this matter instead of trying to prove his innocence. If the President’s actions did not work for the phone call with Ukraine and truly had no reason to get involved in the Ukrainian situation, why would he call the Ukrainian President? This proves that there is no reason and evidence.

The night of the impeachment, the only Republican who voted to exert control over Trump’s actions was impeached by the Republican community. This just proves that the Republicans have their own way of working and the party has created a hostile environment for the country.

Congressmen is to act along party lines or with political futures. When violations of basic standards of democracy are all that it takes place, politicians must keep voting along party lines and start doing what is best for the country.

Trump’s accoutal services are served as proof of a divided country

By Jane Klein
Editorial Editor

Trump’s accoutal services are served as proof of a divided country.

A new XFL team the DC Defenders has announced football face all over the area. The XFL is a new professional football league that just began their inaugural season. With the Defenders will have four teams all over the country and the DC Defenders so far have a winning 2-1 record, which is pretty good for considering the rest of the other football teams in DC, the Redskins,华盛顿’s football team.

Spring season tryouts start up

Winter sports district and regional tournaments are finally coming to an end for this season. With that comes the spring sports season, and more important, their green days and tryouts. Spring sports bring soccer, lacrosse, track, and outdoor track, which are our most competitive and popular sports.

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Potential coronavirus vaccine is announced

A bipartisan pharmaceutical company named Valneva has announced a vaccine for the coronavirus. The vaccine will be made up of all the world and a vaccine to this world, which would help millions. The European Commission and company has made 100 million doses all over the country and the DC Defenders so far have a winning 2-1 record, which is pretty good for considering the rest of the other football teams in DC, the Redskins, Washington’s football team.

Gun fire at protests against colleges

A chipset company has gone viral all over twitter for being a “conservative media personality” and a “strong believer in the second amendment.” The CEO is well known for her YouTube videos where she goes to college campuses.

When she announced that she would bring gun to Ohio University to film a video, hundreds of students showed up in protest of what she stands for.

A salesperson is needed to work more on screens during school.

The House Judiciary Committee has just announced that the articles of impeachment are for abuse of power, 47 out of 100 senators voted to convict Trump. The second article of impeachment is obstruction of congress, only 47 out of 100 senators voted to convict Trump.

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dar para el reconocimiento de la autoridad.

¿Nos dicen que llevemos cosas para protegernos pero creo que es algo de nada que debía preocuparse.

Celebrando el Mes de la Historia Afroamericana

El mes de la Historia Afroamericana

se celebra durante todo el mes de feb-

ruario. Desde el 1 al 28 de febrero.

Este mes se celebra de diferentes

maneras. En Washington D.C., hay

discursos. Se presentarán países de

como Bolivia, Etiopía y Vietnam.

El mismo día, a las 7pm, el
discojust world y
tendrá boletos de cinco dolares.

El mes de la Historia Afroamericana

es un esfuerzo del gobierno para hacer

que estén en contacto con otra gente.

encerrados en cuartos para prevenir

La muerte de Ingrid Escamilla, de 25 años,

la policía por el incidente. Crean que la
muerte de Ingrid Escamilla, de 25 años,

el gobierno mexicano, el número

más duro que haya compuesto para enten-
dar ese amor con los demás, específi camente

Especialmente con un centro de atención y popularidad que se extendía

durante todo el tiempo.

Las mujeres creen que es una buena cantidad

Historia Afroamericana. Algunas per-

rostros también han estado culpando

Historia Afroamericana. Algunas per-

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Should students take mental health days?

BY HEAD MOHAMED
To allow in Chantilly

According to the Centers for Disease Control, mental health issues have been increasing more and more every year amongst young people. Reported in 2017, 20 percent of school-aged children have been diagnosed with mental health issues, with over 70 percent of teenagers having been diagnosed with depression. In 2018, another CDC report noted that 17 percent of teenagers are symptomatic of both illnesses in their peers and themselves. These rates are the highest they have ever been. The JCSC began recording these statistics.

It is projected that by the 2050s, another 30 million children have not been diagnosed yet.

In order to tackle this issue, many districts around the country have begun allowing students to take days off of school in order to deal with their mental health.

Sources like Delegate Dave LaRock who claim that the bill agreement from those like Delegate Katherine Plant will result in increased mental health days. The parameters of the bill require families to be offered a mental health day per year.

The number of absences allowed for mental health days vary, which includes Blacksburg, lobbied the bill into the Senate.

The vote went through and now students have the opportunity to take mental health days as well.

When the bill was introduced, some students however were against it. There was a lot of controversy over whether or not students should be able to skip school days to take care of their own mental health.

A lot of students have been calling for the opportunity to take mental health days as they can miss school, which can make them feel even more overwhelmed.

Some who do not totally agree with allowing mental health days say that some students may take advantage of this opportunity to not go to school. Specifically, they claim that there may be students who see mental health days to just slack off and skip class.

To resolve this, some say that any absences should be limited. Some say that there should be complete elimination.

Regardless of the differing opinions on the topic, it should be something that is discussed within all school districts.

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As plagiarism checkers worth the hassle?

BY NATHAN FERSON

Academics Editor

Q: What colleges have you applied to/plan to apply to?
A: I wanted to challenge myself because colleges usually offer you more than you think you are capable of handling. I sometimes take multiple IB classes and AP classes so I can learn as much as I can. I wanted to challenge myself because colleges usually offer you more than you think you are capable of handling. I sometimes take multiple IB classes and AP classes so I can learn as much as I can.

Q: What lasting impact do you want to leave on this school?
A: I hope to inspire others to push themselves. I think that this school has helped me learn how to be successful and I'm hoping to inspire others to do the same.

Q: Where do you see yourself in ten years?
A: I see myself in a high-level management position. I think that I would enjoy working in a leadership role and I think that I would be successful in that role.

Q: What is your favorite IB subject?
A: My favorite IB subject is IB Biology. I think that it is a great subject because it allows me to learn about the natural world and how it works.

Q: What advice do you have for future IB students?
A: I would recommend taking the most advanced classes that you can. I think that it is important to challenge yourself and to push yourself to learn as much as you can.

Q: What skills do you think the IB program has taught you that can help you later in life?
A: I think that the IB program has taught me how to organize my time and how to be independent. I think that these skills will be very useful in college and in my future career.

Q: What is your favorite IB course so far?
A: My favorite IB course so far is IB History of the Americas. I think that it is a great course because it allows me to learn about the history of a region and how it has evolved over time.

Q: What is your most memorable experience in IB so far?
A: My most memorable experience in IB so far was when I was doing a research project on the history of women in the military. I think that it was a great experience because I was able to learn about the history of women in the military and how they have contributed to our society.

Q: What is a book that you would recommend to someone who is looking for a great read?
A: I would recommend reading "Children of Blood and Bone" by Adele. I think that it is a great book because it is a great read and it is also a very well written book. I think that it is a great book because it is a great read and it is also a very well written book.

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Librarians recommend books

BY NATHAN FERSON

Academics Editor

 recommended books for Annandale students along with some of their favorite books currently and of all time.

Vetern librarians Pat Brown and Jane Scharankov have transferred their love for reading into an engaging and fulfilling career. In this issue, they give their picks for some of the top books that they would recommend to Annandale students. 

Senior Elizabeth Dula powers through IB

Senior Elizabeth Dula, in her final year of IB candidacy, continues to work hard and maintain a good balance of school and leisure. "I think the IB program gives you a lot of freedom to make your own decisions about your classes and how you want to spend your time," Dula said. "I think it's important to have a good balance of school and leisure." 

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King Hereafter

Recommended by: Ms. Brown

King Hereafter is a 1952 historical dramatization novel written by Charles Nordhoff and James Norman Hall. The novel follows the true story of the mutiny against Lieutenant William Bligh, the command of the Royal Navy vessel, the Bounty, Hopley yoked out in 1787 to deliver fruit from Tahiti, but suffers a mutiny by the crew who are displeased with Bligh's aggressive and unfair leadership. "It is a riveting, well written novel, which is why it is one of my all time favorites," said Brown.

Recommended by: Ms. Brown

Children of Blood and Bone

Children of Blood and Bone is a 2018 fantasy novel written by the young African American author Tomi Adeyemi. The novel follows Zelie Adebisi, a young girl who seeks to restore magic to her world after her mother's death. "This is a riveting, well written novel, which is why it is one of my all time favorites," said Brown.

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Should students fear the Coronavirus?

BY JAMILIEH HAMADEH

The Coronavirus has spread drastically in a short period of time, infecting over 75,000 people across the world and counting. The virus was first detected in a market located in Wuhan, China. It spread rapidly, infecting close to 80 percent of the population and traded to thousands of inhabitants in China.

Health officials said that the virus was transmitted from animal to human when the testing and treating took place at the market. The Coronavirus is typically among animals much like the ones that were being sold, which is part of why a large number of animals are being sold today.

Although students should be extremely concerned about the virus spreading, instead of avoiding going to school and avoiding going to markets or anywhere outdoors in public. Nneyo has been stepping up with his face cover in over 10,000 to ensure that they are safe.

The virus has now spread to over 25 countries like the United States, Canada, Germany and more, and affected thousands in China alone with over 200 deaths in China alone.

The samegrandparents and kids are more vulnerable than others since the virus is more endemic among elderly people.

“My aunt and uncle have told me that in Vietnam there is no case so far and about in the streets like usual,” Nneyo said. “Usually, it is easy buy covers, but now people are trying to stay and avoiding going to markets or anywhere outside in public.”

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Most affected countries:

- China: 74, 251
- Singapore: 81
- Japan: 74
- Thailand: 35
- South Korea: 31
- United States: 29
- Taiwan: 23
- Malaysia: 22
- Germany & Vietnam 16

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Five ways to steer clear of a spreading virus

Digital body thermometer

When you feel like you’re coming down with a sickness, be sure to check your body temperature to ensure that you are not catching a fever. Your average body temperature should measure around 98.6 degrees Fahrenheit.

Vaccines

Keeping up with your vaccines is an important thing to do annually. Most of them will prevent you from catching any sicknesses and keep your immune system strong enough to fight away any virus. The flu shot is highly recommended during flu season.

Cold medicine

Once you begin to feel a cold coming on to you, it is important to take immediate action. There are many colds and flu medicines as well as other medicines that can help prevent your cold from becoming progressively worse.

Hand sanitizer

Hand sanitizer is an easy and effective way to keep your hands clean and eliminate germs. This is a cheap and helpful item to keep with you and works especially well in schools and work places. It is important that you wash your hands with soap and water, but hand sanitizer is a great alternative.

Disinfecting wipes

Wiping down your work space and your phone can eliminate germs almost completely. Your belongings carry bacteria throughout the day, making them some of the dirtiest things that you touch in a day. Your phone carries all types of bacteria.
Sprinting into Spring

Class of 2020 athletes prepare for their last season of high school sports

Senior Umi Hermann prepares to receive a ball during lacrosse practice. "I think this season will be pretty good. We only lost one senior so it’s going to be the same team and we can build off what we did last year," Hermann said. "I’m really sad that this is my last season, but I’m happy about all the friends I made."

Senior Lindsey Keyes stretches before soccer practice. Keyes has played the sport all throughout high school. "I’ll miss the coaches and playing with my teammates the most," Keyes said.

Senior Walter Hernandez passes a ball around with fellow teammates during a soccer Green Day. "We’re playing some good teams this schedule, so it’s going to be fun," Hernandez said. "I want my family to come out and some people from our grade to come out to watch us play."

Senior Allauna Harrison gets up to bat during softball practice. "I’m excited for this season, especially the new field, with it being last," Harrison said. "On top of that, I’m really excited to play T.C. Williams because we played them very competitively last year like we do every year."

Senior Carter McGraw prepares to pitch during a baseball practice. "I’m looking forward to competing for a district championship and to see how we grow from last year," McGraw said. "It’s bitter sweet because I love playing with this guys but it’s ending too soon."

Senior Vy Luu prepares to pass the ball to another teammate during a girls lacrosse practice. "This is going to be a good season," Luu said. "I have a feeling that I’ll do my best given it’s my last year playing."

Senior Jae Sung Kim practices shooting goals during a boys lacrosse Green Day. "This season is looking really good, through our defense has more work to do. Our schedule is looking great and we’re seeing a positive vibe to how we play this season," Kim said. "Being my last season, I plan to go really hard, not miss the experience, and shred up the field with my teammates."

LEFT: Senior Janice Song Kim practices shooting goals during a boys lacrosse Green Day. "This season is looking really good, through our defense has more work to do. Our schedule is looking great and we’re seeing a positive vibe to how we play this season," she said. "Being my last season, I plan to go really hard, not miss the experience, and shred up the field with my teammates."

Left: Senior Maddy Kim practices her shooting skills during a soccer warm-up. "I’m excited for the new memories that we are going to make as a team this season," she said. "We had 6-10 record last season and I hope we can bring some more wins this time around."
Orchestra prepares for assessment

BY INSAF BOUZANA

Joseph Witkowski said, “this year by making students audition to perform. Students must be able to sing or dance. The orchestra held their pre-assessment concert on Thursday, Feb. 25, to prepare for their annual assessment concert taking place on March 13-14. Something that is unique about the pre-assessment concert is that, instead of the usual recital concert, middle school auditions are invited to perform along with them. ‘Having the middle school auditions helps them get a taste of what the higher levels are like. It’s a way to start getting comfortable,” Orchestra conductor Lauren Marian said. ‘They get to perform in a high school setting, interact with high school students, and see the setting and get to know our environment a little bit better.” Marian said that it kind of tones them to do a lot of what I am going to expect them to do in a higher level.”

That’s not the only thing that makes this concert unique, however, as the pre-assessment concert also serves as a simulation of an actual assessment. Marian invites teachers from different schools in the county to serve as judges and provide feedback that the orchestra better prepares for the actual audition. For the actual audition they were required to perform something that the judges were familiar with. There is a third option, however, and that is by joining in on the pit, which helps the orchestra because they are going to bring in guest artists to work with the orchestra because musicians are acting and to make music alongside people that are acting and to bring in guest artists to work with the orchestra. ‘For example, on Fri. May 1 and Sat. May 2 at 7 p.m. in the School Auditorium, which is being played pit. For the actual auditions they were required to perform four excerpts from the music and a scale with a Woodwinds. Woodwinds looked for great musicianship along with accuracy for each individual player.”

“I am auditioning to become a better player. I want to get better at my instrument because after high school, I plan on becoming a professional musician. I’ve never done the pit before, but I heard from other individuals that it is a good way to improve.”

“I am auditioning because it is a great opportunity to make music alongside people that are attending and to improve it. I think by doing the pit, I will have a lot more knowledge of my instrument and the sound around me when I am playing.”

“I am auditioning because I have been working on my piece for the last two years and have enjoyed it immensely. I’ll make it in, I think I’ll be able to continue and expand my horizons and it will help me to be able to have ideas on how to make future pieces I’d like to compose.”

“I want to audition for the pit because it’s a great opportunity for me to expand on my musical skills. I think being in pit, I will have a lot more knowledge of my instrument and the sound around me when I am playing.”

“I want to audition for something that I think has been hard at work for the 2020 Spring musical, Seiser Art, since Feb. 4, “All of our musicians have been so hard to work with the orchestra because they are acting and to bring in guest artists to work with the orchestra because musicians are acting and to make music alongside people that are acting and to bring in guest artists to work with the orchestra. This is one of many examples of orchestra students doing their part to bring in guest artists to work with the orchestra.”

“I feel like I might continue it as a hobby. I actually have been learning on instruments to expand my horizons and it will help me to be able to have ideas on how to make future pieces.”

“I am auditioning because I’ve done it for the past two years and have enjoyed it immensely. I’ll make it in, I think I’ll be able to continue and expand my horizons and it will help me to be able to have ideas on how to make future pieces I’d like to compose.”

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“I am auditioning because I want to improve on intonation, dynamics, and conduction.”

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AHS EMBRACES BLACK HISTORY MONTH

Growing up black in white America

BY KADIJAH JANNEH

Growing up as a black person in the United States is a unique experience. The trip went sour just as we were in New York just because of that experience. I was 12 years old at the time and we were staying at the Waldorf Astoria. It was a beautiful hotel, but right away I noticed that my mom had always wanted to bring me to this hotel. It was exactly where I did. It was the first time I had ever been there. I was seven years old then.

Fast forward to my teenage years. My mom and I were going to the beach and we were sitting on the beach and I was staring at the sand. I was just staring at the sand when I said to myself, "Why is this sand so white?" My mom looked at me and said, "Because it's not black sand." That was the first time I had ever seen a black sand. I was about to leave the hotel.

Why is celebrating Black History Month important to you?

Incredible inventions you didn't know were by African American innovators

BY MAIALI ORSAN

In depth form:

There are many products that many people use on a daily basis that were invented by African Americans. From the light bulb to the air conditioner, there are many things we take for granted that were created by African Americans.

Since it is Black History Month, it is time to give credit to those responsible for these inventions.

Here are just a few that are riveting and show how generations have been inspired by African American innovators:

1. GLO MASK

The Glo Mask was invented by the late Dr. James Gates. He was an African American scientist and invented a face mask to help protect people from the coronavirus. The mask is made of a combination of activated charcoal and silver nanoparticles. The mask is effective in filtering out 99.9 percent of viruses.

2. BLOOD BANK

Dr. Charles R. Drew was the first black person to receive a PhD from Columbia University. He was a leading researcher in the field of blood banking. He invented the first blood bank, which was used to store and transport blood. This invention was a major breakthrough in medical history and saved countless lives.

3. PROTECTIVE MAILCOAT

The protective mailcoat was invented by the late Frederick Douglass. He was a famous African American abolitionist and anti-slavery leader. The mailcoat was designed to protect the mail from damage during transportation.

4. CARBON FILM BULB

The carbon film bulb was invented by the late Dr. Lewis H. Latimer. He was a scientist and inventor who was one of the first African Americans to work in the field of electrical engineering. The bulb was a major breakthrough in the development of the light bulb.

5. GLASS BLOWING

Glass blowing was invented by the late Dr. Nathanial J. Peabody. He was a leading scientist and inventor who was one of the first African Americans to work in the field of glass blowing. The invention was a major breakthrough in the development of glass.

Recognizing Influential African Americans

BY KRISTINA REGMI

February is known as Black History month, and it is a wonderful time to celebrate the achievements of Africa America. One of the greatest achievements of African American innovators is the invention of the light bulb. The light bulb was invented by Thomas Edison, a leading scientist and inventor. The invention was a major breakthrough in the development of electric lighting.

BY KRISTINA KEGGI

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What happened to the Black History Bowl?

BY BRENDAN RICKMAN

Black History Bowl is going to be held, as it is known to be. A group of people who are in the Black History Month group will be attending the event. The event will be held in the month of February, which is the month where King Jr. was born. The event will be held in the month of February, which is the month where King Jr. was born.

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Taking a trip to the homeland

BY LAMIS OSMAN
Special to THE A-BLAST

This winter, my older sister and I took a trip to Sudan. It has been seven years since we last visited, and the most exciting part of the trip was being reunited with family we have not seen for a long time.

Since it was a bit of a long trip, before we left we were a bit nervous. But once we arrived at the airport, we were greeted by all my uncles, aunt, and cousins that we have not seen in the past few years. I was overjoyed, and everyone was beyond happy to see each other.

Although the main reason for the trip was to reconnect with family, another reason was to visit places of interest. Going to Sudan, I had preconceived images of Sudan based on my visits seven years ago. Upon arrival, however, I noticed a vast difference from what I remembered. The city has completely transformed. I found that there was a lot that was new and different. I could see that there were a lot of constructions of new buildings and renovation of older buildings that I did not recognize from my previous trip.

Another place I frequently visited during my stay was the Nile River. This most famous attraction is so fascinating and beautiful that it must be seen not only in Africa, but also in the world throughout my stay. I took many boat rides in the river and was able to look at the various beauties that the Nile River has to offer.

The most memorable night of my trip was actually by the Nile. When we first arrived it was around the sunset and the sun was setting to the right. We then got our bags and sat along the river and watched the sunset. It was an extraordinary moment that I will cherish for my life.

In addition to that, I also spent my time going out with my uncle to various festivals and concerts. We always tried to make the most out of every day that we were there together.

Coming from Ethiopia, where it just snows really hard that winter, it was shocking for me at that moment,” Bekele said. In fact, we have hardly had any snow for the past year, and only had one stop in Italy.

“Since I had only stayed a short time of a few weeks, we managed to make the most of it,” Bekele said. “My uncle and family enjoying all the aspects of this beautiful country was really great impact on me and it’s a trip for the books.”

BY DUC NGO
International Editor

How sophomore Michael Bekele made his journey from Ethiopia to the United States

“My mother and father were determined to move, instead of moving,” Bekele said. “Coming from Ethiopia, where it just snows really hard that winter, it was shocking for me at that moment,” Bekele said. “Since I had only stayed a short time of a few weeks, we managed to make the most of it,” Bekele said. “My uncle and family enjoying all the aspects of this beautiful country was really great impact on me and it’s a trip for the books.”

In rural areas of Ethiopia, in contrast to many parts of the United States and Kenya, there are vast close-knit communities where the dark clouds will spread and grow into a plague-unlike experience.

The swarms of desert locusts are quite huge in size, with the largest swarm in Kenya being 72 miles long and 250 miles wide, as reported by the Smithsonian Magazine. These swarms are known to have wiped out many jobs and killed crops in the region of Kenya such as Ethiopia. However, the swarms are known to leave the region after a few days, but could quickly return to a new location.

“The fact that I didn’t know any other people other than those that were very close to me, is that how I see everyone’s talk about this is shocking me,” Bekele said. “By telling me that I am not alone.”

“By being a square kilometer of a swarm as much as 240 to 800 miles, the Sahara Usambara is a place of more than 150 kilometers in one day. Since each locust can eat as much as their body weight in kilometers in one day. Since each locust contains as much as 40 to 80 million insects, the swarm can grow very quickly and can cause great damage to the local communities.”

Nineteen dead and 37 injured after an earthquake that took place on Sunday in Eastern Turkey. The magnitude 4.7, which occurred on Iran’s western border, was felt in the southeastern city of Van, which is located on the northwest Turkish border. Among the nine dead were three children.

Venice Carnival

Annual Carnival that is held in Venice, Italy has been shut down in an attempt to control an outbreak of Coronavirus that has been growing within the world. The event itself has been postponed to March 20th with the expectation that people who have reported to be suffering from the virus would be used to further exterminate the pest population.

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References


Fashion Spotlight: Hunter Duggan, 11

Q: Where do you like to shop?
A: I have decided to quit supporting the fast fashion industry, which means I don't shop at any stores you would find in the mall. I shop at second-hand stores or from independent designers.

Q: What is your favorite accessory?
A: I really need to get better at accessorizing. Right now, I want to say a belt or a choker can do a lot for an outfit.

Q: What's your favorite season to dress for?
A: Spring is the perfect weather for my style. I can layer one shirt on top of another without looking weird, but I can also wear a skirt without looking frumpy.

Q: What do you wear on cold days?
A: I wear sweats or pajamas but in the summer my barn days are more like shorts and a t-shirt just because it's easier. Recently, I've been trying to at least wear shirts on my barn days.

Q: Do you dress to impress or for yourself?
A: I dress for both. If I try to my self at house, I won't dress up and I'll stay comfortable. At the same time, I also don't really care if people in public don't like what I wear.

Q: What is your favorite pair of shoes?
A: My favorite pair of shoes is a pair of red, Vivienne Westwood high top Nikes.

Q: What is a fashion trend you dislike?
A: I've grown a lot from that. Personally, I think giving a suggestion though. The organization aspect for IB Literature is very minor. If you already got points taken off a test, the only thing you can do is to get a different answer. The organization in your presentations, or the presentation itself, is what the teacher requires. It is important to get back to the root of the problem. It is important to get back to the root of the problem.

Q: How would you describe Mexican fashion?
A: It is very vibrant. Clothes have always been my favorite thing to wear. They are very comfortable and I love wearing them.

Q: How would you describe Vietnamese fashion?
A: My Vietnamese heritage comes back in the warmest parts of Vietnam. I use to love local farmers and other civilians to provide shade from the harsh sun. It's a Vietnamese trademark.

Q: What is your favorite piece of clothing from Vietnam?
A: My favorite piece of clothing would have to be a huipil top from the town of San Cristobal. It is a traditional handmade top that has been worn by women for many years.

Q: How would you describe Afghan fashion?
A: I would describe Afghanistan's fashion as very pedestrian, modest, and unique.

Q: What is a popular fashion trend in Afghanistan?
A: A very popular fashion trend in Afghanistan is two-piece tops and pants. Both men and women can wear them.

Q: What is your favorite piece of clothing from Afghanistan?
A: My favorite piece of clothing from Afghanistan is called a Chapan. It is like a jacket or vest with beautiful and intricate designs all over. It was originally designed for men, but many women wear it now.

Q: How would you describe Somali fashion?
A: & Fashion in Somalia is very unique. Women wear a lot of long dresses and cover themselves. Sometimes, they wear long veils to cover their faces too.

Q: What is a fashion trend you dislike?
A: My favorite piece of clothing from Somalia is called a chapan. It is a two-piece top and pants that is worn by both men and women. In Somalia, it is very unique when all the clothes in Somalia are unisex. I believe all the clothes in Somalia are unique because they have patterns that are made to stand out.

Q: How would you describe Ethiopian fashion?
A: Ethiopian fashion is very diverse because there are so many tribes and groups, but women would wear it with a hat. They can also be given as a gift or given to repay people for receiving something else. They can also be given as a gift or given to repay people for receiving something else.

Q: How would you describe Bangladesh fashion?
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Senior Kathleen Lewis works as a tutor and helps her fellow peers study and prepare for school assignments. "I find it fulfilling when I help other people out," Lewis said.

While most high schoolers may be at home shopping or working on school, senior IB Diploma candidate Kathleen Lewis finds time to keep her schedule busy by thinking about others first. Among her extracurriculars, there is one other aspect to her life that she finds more important than ever. "I recognize that I am able to have an impact on the lives of others," she said. "It is this mindset that has inspired Lewis to participate in numerous community service projects throughout the neighborhood. Thus, Lewis set aside a day to make a difference in her community with a trip to the Bright Horizons Early Education & Preschool Daycare Center located near the Inova Fairfax Hospital.

"My mom always told me that if someone is hungry or in need of something, it’s always best to offer it," Lewis said, a philosophy by which she tries to live every day. "I recognize that I am able to have an impact on the lives of others because you can always have a second chance or more food, access to clothing or a warm house, while some people don’t have those same opportunities," Lewis said.

"Any chance you get to be happy, or give back to someone, or help someone else’s day, you should take it. Change is change, no matter how small."

Senior volunteer helps out around the community

KARLA MERCADO DORADO
People Editor

My freshman year I participated in cross country and made it to the regionals. This year I am running track. One of my training events in the 800-meter. That day, I did cross country again and I am anticipating doing spring track once again this coming spring. I did like doing sports as a freshman really enjoyed my friend group and being on the team. It was also nice to be with people which came in handy because they gave me support and advice.

Also, the track and cross-country coaches are unbelievable. They are so understanding and they know how to push you just enough for you to excel as an amazing runner. I would definitely encourage taking up track or cross-country because it’s such an empowering, positive community of people.

Something you may not know about me is that I am a world traveler with a diverse appetite and a deep love of history and the arts.以及在课堂上，我的最爱是英语。我渴望学习新知识，以开阔视野，丰富自己的文化背景。我还喜欢阅读和写文章，因为它们能帮助我更好地理解世界和历史。

"Any chance you get to be happy, or give back to someone, or help someone else’s day, you should take it. Change is change, no matter how small."
The hype was growing within the walls of high schools across the United States the day that this article had been posted on the internet. "Within a day that this article had been posted, Fortnite followed up and immediately banned the company," Elliot Merker, who would have been the chief operating officer, said.

Fortnite is a privately owned, California based video game company that gives high school students the opportunity to have fun and learn about the game. The company organizes League of Legends, Smite, and Rocket League tournaments, with its latest addition being Fortnite. The company also organizes other tournaments, including a new one that is called "Team 9." This action without authorization is a major issue for the XFL and the NFL, as the NFL has always had a bad reputation for being cheap, especially when it comes to the national game of football. However, there are also new additions to the game that are not considered to be violent games featuring guns.

Fortnite is not just a game, it is also a business. The company that gives high school students the opportunity to have fun and learn about the game is known as Fortnite. This company is based in California and has made a name for itself in the gaming industry. The company organizes League of Legends, Smite, and Rocket League tournaments, with its latest addition being Fortnite. The company also organizes other tournaments, including a new one that is called "Team 9." This action without authorization is a major issue for the XFL and the NFL, as the NFL has always had a bad reputation for being cheap, especially when it comes to the national game of football. However, there are also new additions to the game that are not considered to be violent games featuring guns.

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Fortnite is not just a game, it is also a business. The company that gives high school students the opportunity to have fun and learn about the game is known as Fortnite. This company is based in California and has made a name for itself in the gaming industry. The company organizes League of Legends, Smite, and Rocket League tournaments, with its latest addition being Fortnite. The company also organizes other tournaments, including a new one that is called "Team 9." This action without authorization is a major issue for the XFL and the NFL, as the NFL has always had a bad reputation for being cheap, especially when it comes to the national game of football. However, there are also new additions to the game that are not considered to be violent games featuring guns.

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Wrestling triumphs in playoff season

BY TYLER PLANK
Sports Editor

The Atoms have closed the season in a success- ful manner, even if it hasn’t happened the way they hoped.

The team finished second in the districts but only had four wrestlers into the region- al tournament.

Senior Patrick Lee (182 lbs), Brian Fowler (122 lbs), Dylan Weaver (170 lbs), Mihae Noe (285 lbs), and junior Gray Neoka (220 lbs) all repres- ented AHS in this year’s regional tournament.

 Weaver and Lee both took the regional championships for their weight classes.

Every wrestler ended in the top ten and were anxiously waiting for the state tournament.

“The mentality was to literally take one match at a time and not look ahead,” said Coach Adam Damico. “We’re trying to get the wrestlers to place high enough so we get the most points focusing on the next match or next position they will place in that.”

The strategy really worked well, and Weaver took second place in the state tournament. Mihae Noe also took fourth place in the tournament.

Michee won his first match but lost the next.

Although his match didn’t place, Michee won his first match and won by pin in his sec- ond-match.

From the wresting team, the season didn’t turn out the way they had hoped but also didn’t turn out the way their opponents had hoped.

As the team finished up on Feb. 22, the Atoms were preparing at high intensity with a single match.

“For the state tournament, we’re telling the wrestlers to win the next round or get the next position,” said Damico. “We’re trying to get the wrestlers to place high enough so we get the most points focusing on the next match or next position they will place in that.”

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The season for the Atoms has been very suc- cessful and it’s paid off in everyone’s eyes. They’ve taken lightly, that’s when upsets happen.”

They were all difficult opponents; if anyone got a little too comfortable, then they could fall apart.

It’s worked so far and they’re keeping goals in mind that they might not like as much could come out of the season and everything it had to offer.

I had a lot of fun and made a bunch of friends, but also with the sports here at high school.

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For the seniors, this was their last season ever and they had to face. The primary focus was to build confi -dence, so moving on to a separate sport that they might not like as much could come out of the season and everything it had to offer.

As for the physical training, they did the same thing. It’s worke and they’re keeping the same method. With weight season not being a problem, they’ve been able to practice strictly on wrestling.

Defending wrestlers and new wrestlers.

Even the wrestlers who didn’t place did a good job during the tournament, Lee came back from being behind by five points in his match, but still walked away with a point.

The season was over and it was time to move on. For the state tournament, we’re telling the wrestlers to win the next round or get the next position, said Damico. “We’re trying to get the wrestlers to place high enough so we get the most points focusing on the next match or next position they will place in that.”

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Varsity team prepares for regionals

BY EVAN BURITA
Sports Editor

As the Atoms’ regular season comes to a finish, the varsity team will compete in the regional tournament after qualifying from the district playoffs and finishing with a record of 11-13. They played an away game against the Farrington Rebels in the first round on Feb. 24. The tournament is single-elimination, meaning the Atoms lost to the Rebels in the first round with a score of 85-68. Overall, Fairfax had a strong season, and need to be taken seriously.

The Rebels defeated the Atoms with a small details that need to be fixed in the final minute of the game. This is something that the team will have to fix going into the next round in the playoffs. The final score was 76-53, as they defeated Mount Vernon. Game opened up and both offenses were on fire. Fairfax dominated their opponents and won with a record of 17-7. They dominated both in the first half and second half. Fairfax is a very dangerous team with a talented varsity roster.

The T.C. Williams season was not a success for regionals. The team finished the season with a record of 12-14, but their overall performance during the season earned them a spot in the Occoquan Region Tournament. They lost to the West Potomac Bulldogs in the final round of the district playoffs. Once again, the team completed their season with losses and the students and staff have to pay attention to details and mistakes.

The Rebels finished the season with a record of 17-7. Their dominant season in their district quarterfinals, 63-36. Fairfax was then defeated by Lake Braddock in the district semifinals with a score of 85-68.

The Rebels had a strong season and need to be taken seriously. The team has a chance at victory in the tournament. The team hosted senior night on Feb. 6, where players were recognized for their commitment for the basketball program and got to play in their final home game. The team’s next test was against Mount Vernon, with the varsity team winning with a score of 70-59.

Senior Ryan Adams scored 31 points and converted 8 of 12 free throws. He was 12 for 16 from the field and 10 rebouned. John Avles scored 8 points and had 4 of 4 from the free throw line. The freshmen and JV teams also played extremely well.

The freshman team beat Marcel Vernon 69-67 off of a great effort at the end of the game with a score of 97-87. They played an away game on Feb. 14, the Atoms rematched against Mount Vernon. The team dominated their opponents and won with a score of 68-77.

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Music world loses one yet another young artist

BY ALEXI BURTA
Entertainment Editor

In the late morning on Feb. 18, fans were shocked when they read about the death of rapper Pop Smoke, better known as Pop Smoke.

At the age of 20, Jackson was unexpectedly shot to death by masked figures during a home invasion of the Los Angeles residence he was staying in.

“It is another tragic loss,” said one fan on social media, expressing concern for the young artists. Another fan commented that they would never be able to live up to the potential he had, junior Alex Seok said. “At the age of 20, Jackson was unfortunately killed by four masked assassins. This tragedy again brings world attention to a trend that has been too common in recent years.”

Jackson’s death will never be able to live up to the potential he had,” junior Alex Seok said.

Earlier this month, Netflix released the second season of its crime thriller, Narcos: Mexico.

In the first season, the show depicts how Miguel Angel Felix Gallardo, one of the most famous drug lords in Mexico, as can be inferred by the title. This was proven correct with the trailer and was predicted by many fans to die was Han Lue.

For many Fast and Furious fans, it was sad to see that Fate of the Furious: F9, which will be released in theaters on June 25, 2021.

“Now we will have to wait until June 2021 to see what movie will come next,” Sophomore Trisha Tran said.

The second season of the show, Narcos: Mexico, was revealed by Netflix earlier this month.

The main idea of the newer movies is that it was smart of the producers and directors to make it its own separate show,” Junior Sumaya Ahmed said. “Even though the concepts of the first two seasons are similar and they attract the same audience, there are a lot of differences in the plot and focus of the two shows.

Narcos: Mexico explores the growth and conflicts of drug cartels in Mexico, as can be inferred by the title. In the first season, the show captured Michael Angel Gallardo as the Guadalajara cartel.

Eventually, he builds ties with the DEA applying more pressure on the Mexican gambling to give him protection.

However, Narcos Mexico was eventually developed to its own show. “I think that it was smart of the producers and directors to make it its own separate show,” junior Sumaya Ahmed said. “Even though the concepts of the two shows are similar and they attract the same audience, there are a lot of differences in the plot and focus of the two shows.

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“Even though the concepts of the first two seasons are similar and they attract the same audience, there are a lot of differences in the plot and focus of the two shows.

In the second season of Narcos: Mexico, as can be inferred by the title, the fall of the drug kingpin’s success.

He faces many struggles, with most of his companions becoming disloyal due to presence from other cartels and the Mexican government.

However, he builds ties with Colombian cartels who need to see Mexico’s proximity to the U.S. to smuggle drugs across the border.

How she leads to the U.S. and her allies start applying more pressure on the Mexican government, who want to join and build an alliance with the U.S.

Overall, the second season promised a lot of good reviews. It was just as good as the first season and was easy to watch.

Fast and furious on another ride

BY ERIK RIVAS
Entertainment Editor

For many Fast and Furious fans, it was sad to see that Fate of the Furious: F9, which will be released in theaters on June 25, 2021.

The trailer starts with Vin Diesel’s character, Don Toretto, saying he can’t run, and if you get stuck, do something else.

The main idea of the newer movies is that it was smart of the producers and directors to make it its own separate show,” junior Sumaya Ahmed said. “Even though the concepts of the two shows are similar and they attract the same audience, there are a lot of differences in the plot and focus of the two shows.

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Boogie releases new album with new group

BY ERIK RIVAS
Entertainment Editor

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Which streaming service gives more?

Apple Music
With Siri and Apple Watch compatibility, Apple Music is a well-rounded streaming service that complements the user's Apple ecosystem; however, they listen on an Apple device.

Benefits
• Three plans: family, student, and individual
• Siri and Apple watch integration
• Over 30 million tracks
• Personal playlists

Amazon Music
For an ad-free, on-demand service, Amazon Music Unlimited can give you access to over 50 million songs. You can also discover Amazon music with Alexa as well.

Benefits
• Large music library
• Playlists curated to the user
• Alexa-specific features
• HD and Ultra HD sound quality for headphone users

Google Play Music
For those that have downloaded music from the internet, Google Play Music is right for you. With both free and paid services, it can upload over 100 thousand audio files and stream it as well.

Benefits
• Good quality for audio
• Hifi audio to choose from
• Affordable plan
• Easy-to-access music locker
• Option to buy from Store

LiveXLive
Previously known as Slacker Radio, LiveXLive gives you access to music, movies, and the usual music genres that other stations have.

Benefits
• Excellently stations
• Fan playlists
• Interactive DJs
• News updates from time to time
• Nice design

YouTube Music
One purchased, YouTube Music gives you access with or without any ads and you can finally play it with your phone turned off. Google users that like in-line music should purchase this

Benefits
• Decent library of music
• Integrate well with Google applications
• Convenient service
• A lot of artists and songs to choose from

“I stuck with YouTube because every artist uploads on this and it is pretty cheap as well.”

Watchlist of the Issue

Inception (2010)
Alice Cooper (2020)
Narrows: Mexico (2020)
6 Underground (2019)
The Lion King (2019)
The Word

The Mind of Aaron Hernandez (2020)
Arrow (2020)

To All the Boys I’ve Loved Before (2018)

“Cubicle Living”

4/10

ROCK LIST

PLAYLISTS OF THE ISSUE
THE A-BLAST

ENTERTAINMENT 19

THE A-BLAST

ENTERTAINMENT 19

THE A-BLAST

ENTERTAINMENT 19
South Block surpasses expectations

BY ELENA LEOPOLD

South Block offers a wide variety of foods, drinks and bowls. As healthier and more organic foods continue to gain popularity, the menu at South Block is a good example of that trend. In terms of service, orders are prepared fairly quickly. It took roughly 20 minutes for us to place our order and then for our food to be brought out.

The South Block menu offers a wide variety of options. We were able to customize our bowls to our liking and add a variety of toppings to our selection. The employees were very attentive and helpful, answering any questions we had about the menu and the bowls. The food was delicious and we were able to customize our bowls to our liking.

Overall, South Block is a great place to get a healthy snack. The prices are reasonable and the service is friendly. We would definitely recommend South Block to anyone looking for a healthy meal option.

SPORT ROCK CLIMBING CENTER

Rock climbing at Sportrock may be perfect for you if you’re looking for a unique and challenging workout. Sportrock Climbing Center in Alexandria, VA offers a variety of climbing walls, boulders to free-climb and a regular gym that works the center. You can choose to climb on the main wall, which has a selection of routes to choose from, or you can join a group. Regardless of your knowledge and experience, there is something for everyone. Climbing shoes and harnesses are required to climb walls and are available for rent at the front desk.

In a class, you learn different techniques depending on your age and skill level. The employees working at the Sportrock Climbing Center are very friendly and helpful. They can provide guidance and advice on how to improve your technique.

The best part about rock climbing is that it’s not just a fun and healthy activity, but it’s also a great way to build strength and improve your mental health. Climbing involves pushing yourself to your limits and overcoming obstacles, which can be very rewarding.

In addition to climbing, Sportrock also offers yoga classes. This is a great way to relax your mind and body after a workout. Yoga is one of the most relaxing activities you can do, and it’s great for people of all ages and skill levels.

Overall, Sportrock is an excellent place to try rock climbing. With a variety of routes and climbing styles, there is something for everyone. The employees are friendly and helpful, and they provide guidance and advice on how to improve your technique. Whether you’re a beginner or an experienced climber, Sportrock has something for you.

Streatch out at Spark Yoga

Yoga is one of the most relaxing ways to exercise. It helps you to relieve stress, improve your flexibility, and increase your blood flow, which can improve your overall health. If you’re looking for a way to stretch your body, Spark Yoga is a great option.

Spark Yoga, located in Alexandria, VA, is one of the best yoga studios around. They offer a variety of classes that cater to different skill levels. Whether you’re a beginner or an experienced yogi, there is something for you at Spark Yoga.

Spark Yoga is a great place to go if you’re looking for a way to relax your mind and body. The employees are very friendly and helpful, and they provide guidance and advice on how to improve your technique.

Overall, Spark Yoga is a great place to try yoga. They offer a variety of classes that cater to different skill levels, and their employees are very friendly and helpful. Whether you’re a beginner or an experienced yogi, there is something for you at Spark Yoga.

How should you workout this weekend?

To determine the best way to workout this weekend, we asked people to check one box for each of the options provided. They were then given a score based on the options they checked. The options included:

1. Do you have any plans for the weekend?
2. Where do you like to spend most of your time?
3. How often do you exercise?
4. When you wake up in the morning, what do you do?
5. Pick a dessert

The results showed that the most popular option was doing something active, followed by spending time with friends and family.

If you picked mostly A’s: Take a Yoga Class (See above for more information)

If you picked mostly B’s: Go for a run (See above for more information)

If you picked mostly C’s: Take a spin class at Zengo Cycle (See above for more information)

If you picked mostly D’s: Take a Kazaxe class (See above for more information)

Museum and the music and instructor direction fill the room while you cycle. Unlike riding a normal bike, you don’t feel any resistance until you hit a turn very smoothly. The instructor and people around you provide motivation, push you and push you to be your best.

ZENGO CYCLE

Go for a spin at Zengo Cycle

One of the most underrated ways to exercise, cycling is a full-body workout that anyone can enjoy. At Zengo Cycle, classes are aimed to be fun and energetic. You’ll be burning calories and working every muscle in your body. The dance moves and cardio exercises are very fast-paced and dynamic. At certain points in a song, the instructor will pause and let everyone get a quick water break.

The best part about rock climbing is that it’s not just a fun and healthy activity, but it’s also a great way to build strength and improve your mental health. Climbing involves pushing yourself to your limits and overcoming obstacles, which can be very rewarding.

Your favorite clothing brand is...

1. Nike
2. Lululemon
3. Forever 21
4. Athleta

10. What is your dream vacation?

1. Hiking in the Grand Canyon
2. Taking a hiking trip in the Rocky Mountains
3. A romantic getaway in Paris

The employees working at the Sportrock Climbing Center are very friendly and helpful. They can provide guidance and advice on how to improve your technique.

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