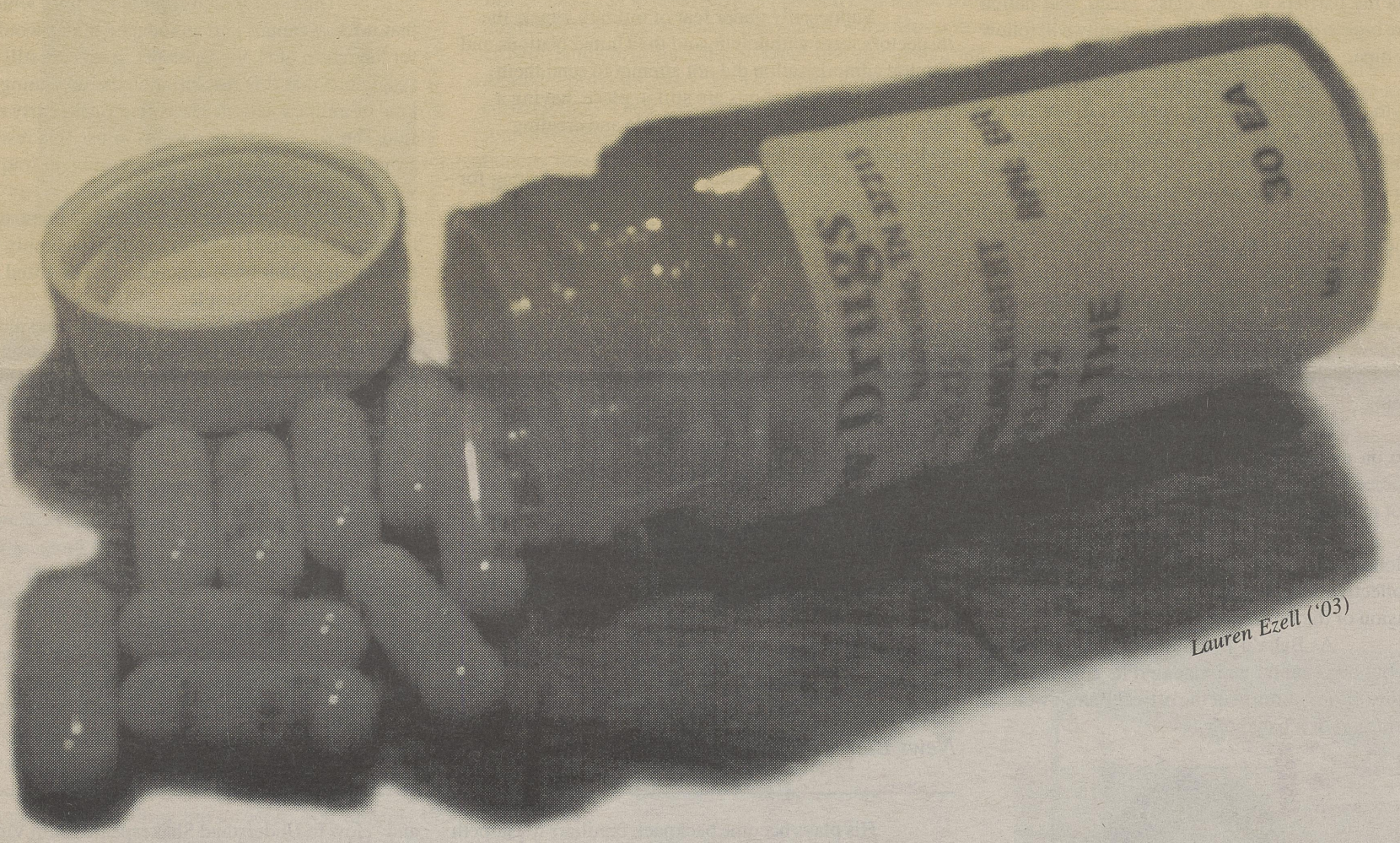
LOGOS

The Student Voice of Harpeth Hall

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Dangerous Doses



Lauren Ezell ('03)

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The Baha'i Faith:

The world's youngest independent religion seeks peace, unity

Kimia Ferdowsi
Contributing Writer ('03)

The Baha'i Faith is the youngest of the world's independent religions; independent meaning it is not a branch or faction of any other religion.

It was founded by a man named Baha'u'llah in 1863. Followers of Baha'i faith believe that throughout history, God has revealed himself to humanity through a series of divine messengers, each of whom has founded a great religion.

The messengers have included Abraham, Krishna, Zoroaster, Moses, Buddha, Jesus, and Muhammad. Baha'is regard Baha'u'llah as the most recent in the line of messengers of God. They believe that there is only one God, the creator of the universe, who has created all mankind to be equal.

While different people may have different concepts of God's nature, may pray to Him in different languages, or call Him by different names such as Allah, Yahweh, God, or Brahma, they all are speaking of the same God.

Regarding humanity as one single race, Baha'is believe that the day has come for unity. As the barriers of race, class, creed, and nation are broken down, they believe that unity will follow in time.

One of the purposes of the Baha'i faith is to help make this unity possible. A worldwide community of six million Baha'is, representing different nations, races, and cultures, is working to give Baha'u'llah's teaching practical effect. The Baha'i community has long worked closely with the United Nations, supporting many of its goals and programs.

Baha'i social and economic development programs Baha'i social and economic development programs not only focus on the material well-being of communities, but also on their spiritual well-being.

Every year thousands of Baha'i youth go on a year of service to any country of their choice to serve in any way they can. While it is not mandatory, it is encouraged.

The creation of a peaceful global society that fosters both individual and collective well-being is at the heart of the Baha'i vision of the future.

As Baha'u'llah himself said, "The earth is but one country and mankind its citizens." For more information, visit the offical Baha'i website at http://www.bahai.org.



Camille Grote ('03)

Kimia Ferdowsi ('03), who also spoke about Baha'i for Dr. Echerd's Religion class, continues to inform the Harpeth Hall community about her religion.

War and Peace:

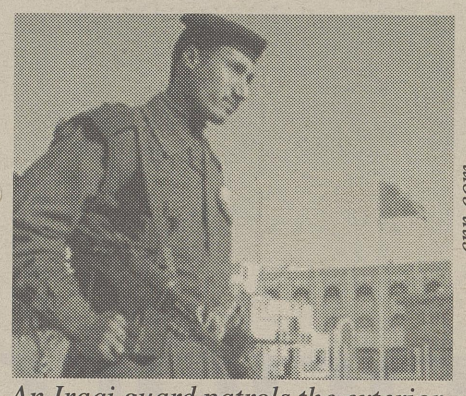
UN Security Council decides to send weapons inspectors once more to Iraq

Robin Steele
News Editor ('04)

On November 8 the United Nations Security Council (UNSC) unanimously passed a resolution giving weapons inspectors the support needed to search for illicit weapons in Iraq. This was an important triumph for the current Bush administration. It has been nearly four years since U.N. weapons inspectors left Iraq under threat of military attack.

At the end of the Gulf War 12 years ago the UNSC required that Iraq dispose of all weapons of mass destruction and long-range missiles. UN trade sanctions were established and were to remain in effect until the UN weapons inspectors were satisfied that Iraq had complied with all requirements.

But Saddam Hussein's Iraqi regime, the Baath Party, continually impeded inspectors. The Iraqis accused the inspectors of being spies. The Washington Post confirmed these accusations in 1999, reporting that "United Nations arms inspectors helped collect eavesdropping intelligence used in American efforts to undermine the Iraqi regime."



cnn.com

An Iraqi guard patrols the exterior of Baghdad's U.N. headquarters on November 18.

Supposedly under fear of military attack, the inspectors were withdrawn, and the United Nations and Clinton administration did not attempt to send them back. The trade sanctions are still in place, having a debilitating effect on the Iraqi people and creating suspicion of American actions.

Recently, President Bush has been pushing for support from Congress and the United Nations for the possibility of action against Iraq. Bush has called for the end of Saddam Hussein's regime, attempting to complete the overthrow that his father, the former President Bush, began in the Gulf War. "My administration still supports regime change. There are all kinds of ways to achieve regime change," said President George W. Bush to *Time* magazine.

A series of Republican victories in various congressional and gubernatorial elections on November 5 seemed to indicate that Bush had the country's support. On Friday, November 8, the UNSC passed a revised resolution that will give U.N. weapons inspectors the military force they need to effectively return to Iraq. This came after Russia and Syria surprisingly came out in favor of the resolution.

Inspectors will have until December 23 to begin work. Chief U.N. weapons inspector Hans Blix led an advance team of inspectors into Baghdad on November 18 looking for possible biological or chemical weapons. The Atomic Energy Agency will concentrate on looking for signs of a continued nuclear program. If they find evidence of illicit weapons, they will report it to the UNSC, which will decide how to respond.

France, Russia, and China, members of the UNSC, maintain that this resolution does not provide for automatic force against Iraq if violations are found. However, it also doesn't restrict the United States from acting independently.

The resolution disappointed Iraq, which denies that it has weapons and announced that it would allow for the return of U.N. inspectors. Iraqis are still suspicious that this resolution is the beginning of some kind of military action. The ruling Baath Party newspaper said Thursday, "America wants to use this resolution as a pretext and a cover for its aggression on Iraq and the whole Arab nation."

It remains to be seen what will come out of this resolution, but the UNSC urges Iraq to comply with the resolution so that trade sanctions can be lifted for the benefit of the Iraqi people.

"There must be no more games, no more deceit," said British Prime Minister Tony Blair to Associated Press writer Dafna Linzer in reference to the Hussein regime, "Cooperate fully, and despite the terrible injustices you have often perpetrated on others, we will be just to you."

All the World's a Stage...

HH to host Shakespeare competition in February

Dr. Derah Myers
English Department
Anna Smith
News Editor ('04)

His plays become backpack familiars to Harpeth Hall students, beginning with *Romeo and Juliet* and closing with *Hamlet*. His works are continually performed on theaters worldwide, and his characters' words have become imbedded in pop culture, from "What fools these mortals be!" to "The course of true love never did run smooth." Not bad for a man who lived over 400 years ago. The works of William Shakespeare are alive and well—and students have the opportunity to hear excerpts from these works in a February competition held here in Harpeth Hall's Davis Theater. And the only requirement to attend is a 20-line monologue.



Courtesy of Dr. Myers

Lilly Dushime ('04) sharpens her swordfighting skills during the 2002 Shakespeare Workshop.

On November 9, 2002, students from 25 different schools (some of which were located 100 miles away) visited the Harpeth Hall campus for the Annual Shakespeare Workshop. Students had the opportunity to advance their acting skills, meet youth from thoroughout Middle Tennessee, and even advance their sword skills. The workshop included a variety of interactive classes, including "How To Stage a Sword-Fight Without Putting Anybody In the Hospital" and "How to Understand Shakespeare From Videos." All sessions were conducted by some of Nashville's finest actors.

One participant is selected from the February competition to attend the regional competition at TPAC; the winner of the regional competition will advance to the national competition, along with 50 other state winners, on the stage of Lincoln Center in New York City. The winner of the New York competition receives an all-expense-paid trip to England the following summer to study Shakespeare. Last year's national winner was Alicia Collins from Clarksville, TN.

This event is not only an opportunity to learn more about Shakespeare; it is also an opportunity to show Harpeth Hall spirit. Look for further details about the competition from Harpeth Hall's English department in the spring. Who knows—next spring, you could find yourself onstage in Lincoln Center. Next summer, you might find yourself on a free trip to England, just by reciting a 20-line monologue.

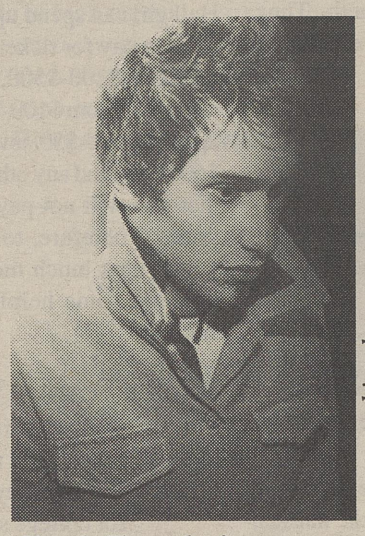
Painting the Town Red:
SADD sponsors Red Ribbon Week.

Robin Steele
News Editor ('04)
Kate Gregory
Staff Writer ('03)

Red Ribbon Week, a national event sponsored by Students Against Drunk Driving (SADD) was held the week of October 28 to November 1. The purpose of this event was to create awareness concerning substance abuse.

Harpeth Hall's new chapter of SADD, led by president Stephanie Compton ('04) was an active participant in this nation-wide event. Compton and others involved in SADD asked those who knew of someone who died in an accident caused by alcohol to write their stories and submit them to be posted in the hallway.

They also decked the school out in red. Says Compton, "We 'painted the town red' by putting red ribbon all over the campus, including on doorknobs, lockers, railings, and even car antennae." Red carnations were placed in the upper school office. Everyday more red was added. "Basically the idea was to start small and by the end of the week for there to be an overwhelming and constant reminder that drunk driving is a growing and ever-present problem," says Compton.



shirock.com

Chuck Shirock, frontman of Belmont band Shirock, was VP of his high school's SADD chapter.

SADD sponsored a November 14 all-school assembly in which Shirock, a band from Belmont University, played. The band has its own connection to SADD: front man Chuck Shirock was the vice-president of his high school's chapter of Students Against Drunk Driving.

The four-man band played a sampling of their songs during the 45-minute assembly. Towards the end of the event, they tossed band stickers and CDs into the audience. After the assembly, those who were unable to grab the free merchendise had the opportunity to purchase CDs in the gallery. Both merchandise and band information are available on Shirock's website, www.shirock.net.

SADD's next event is the national Lights on for Life Day in December. Drivers are encouraged to turn on their headlights while driving to commemorate the victims of drunk driving accidents.

Conference with A Cause:
Vanderbilt AIDS Conference

Allison Wiseman
Staff Writer ('05)

Saturday, October 19, Harpeth Hall students Kim Hogg ('04), Alice Campbell ('05), and Ashley Cole ('03) and faculty member Fatima Barnes attended the AIDS conference held at Vanderbilt University. They were educated about AIDS, which has become the most widespread disease in Africa.

The conference consisted of sessions addressing medicine, ethics, and politics. Says Ashley Cole, president of Harpeth Hall's Beyond Hate and chapter of Amnesty International, "The information presented was startling. The number of people who die everyday is equivalent to three World Trade Center attacks."

Today, approximately 12 million children in Africa are AIDS orphans, and 27 million Africans are infected with HIV or full-blown AIDS. Says Kim Hogg, "The conference was powerful; so powerful that a person like me who had no idea how big the epidemic of AIDS has become worldwide--especially in Africa--now feels that it is her duty to help and get others involved to do the same."

AIDS has become such a problem that in Liberia the life expectancy has been reduced to 35. Rachel Diggs, former Ambassador of Liberia, is scheduled to come to talk to Harpeth Hall about AIDS. Contact Ashley Cole for more information.

Spirit and Service:
From 5Ks to Angel Trees, Spirit of Service remains strong in the Harpeth Hall community

Taylor Sitzler
Copy Editor ('05)

Harpeth Hall's Spirit of Service club is off to a great start this year, having already participated in several service projects and having planned a variety of others for the upcoming holiday seasons.

Hunger Week, dedicated to educating the student body about the problem of hunger and to giving the Harpeth Hall community opportunities to give to hunger-related organizations and to volunteer with Second Harvest Food Bank.

The event took place October 10 through October 17, and successfully informed students about hunger through history class readings on Vietnam and dramatic readings in English class addressing inequality. The Harpeth Hall community donated 150 volunteer hours, 1000 pounds of food, and $840 dollars to Second Harvest Food Bank for their new freezer.

Harpeth Hall also participated in the 11th Annual Race for the Cure on Sunday, November 3rd at MetroCenter Business Park. Race for the Cure, sponsored by the Susan B. Komen Breast Cancer Foundation, is a nation-wide 5K with more than 100 different race locations throughout the country intended to raise both money and awareness for the fight against Breast Cancer. The Harpeth Hall Race for the Cure team consisted of more than sixty student and faculty participants. Students unable to participate in the walk but are interested in contributing to the research of Breast Cancer can make donations to the Susan B. Komen Breast Cancer Foundation.



Molly McCullough ('05)

Top: Runners sprint from the start line. Bottom: Students and faculty pose in front of the magnolia green Harpeth Hall tent after the race.

With Hunger Week and Race for the Cure behind it, Spirit of Service, headed by Ann Saylor, has a variety of service projects planned for Thanksgiving and the winter holidays. Harpeth Hall will be sponsoring Angel Trees for St. Luke's Community House.

Angel Tree is a program that provides participants with the holiday wishlist of a child who would otherwise not have gifts to open on Christmas morning.

Harpeth Hall will also be providing information on other ways that students can get involved with charities over the holiday season. For example, November 21 through December 18, Davis-Kidd, St. Luke's, The Martha O'Bryan Center, the McNeilly Center for Children, and The Bethlehem Center will be sponsoring a "Reading Reindeer Tree" at Davis-Kidd Booksellers.

During that time, shoppers can select a child's reindeer from the tree and purchase a book for that child at a 20% discount. Additional information on holiday service projects will be available through Mrs. Saylor and the Spirit of Service board.

LAPTOP TIPS

Harpeth Hall's Technology Team
Contributing Writers

The technology team thought it might be helpful to provide a few "tried and true" tips which address frequently occurring laptop problems. Suggestions for questions to answer in future issues of Logos are welcome—please e-mail Ms. Melissa Wert with suggestions.

If your machine is locked up or is exhibiting unusually weird behavior, SHUT DOWN the machine completely, wait 15 seconds, then start it back up again. A complete reboot solves about 80% of the problems sent to the Bear Cave.

If you cannot log in to the network, check the following:

- Is everything plugged in and turned on? Check electrical cords, network cables, and hubs.
- If you are using the wireless network:
  - For laptops other than Portegés, check to see that the lights on the network card are flashing. If not, the card is probably not functioning.
  - For Portegés, check that the wireless switch is ON (on the right hand side of the laptop).
- If all of these check out okay, SHUTDOWN and RESTART your computer.
- If you have a 2800 or a Portegé laptop, *be sure you wait a full 15 seconds before you try to log in at the Novell screen.*

If your computer is running slowly, perform the following disk maintenance steps:

- Run disk cleanup.
- Run error checking.
- Run the disk defragmenter.
- To do these, double click on My Computer; right click on Local Disk (C:); select "Properties". At the General tab, select Disk cleanup. Then, go to the Tools tab and select "Error Checking." When that step is complete, select "Disk defragmenter." This final step may take several hours to complete, so plug in the laptop to a power source and let it run overnight. It's a good idea to perform disk maintenance once a week.

Mistaking Meningitis

Olivia Peterson
Staff Writer ('04)

Feeling a bit woozy with a fever, a headache, or the shivers? Think it is just the flu? But what if it isn't just the flu? What if it is actually meningitis and you don't know it? What if what you mistake to be the flu causes you to lose your fingertips and toes and to look death straight in the eye?

One might remember Lipscomb University basketball player Kaia Jergensen's case of Meningitis in 1999 as striking close to home. Jergensen ultimately survived the disease, but she was forced to have both of her legs amputated in January of 2000.

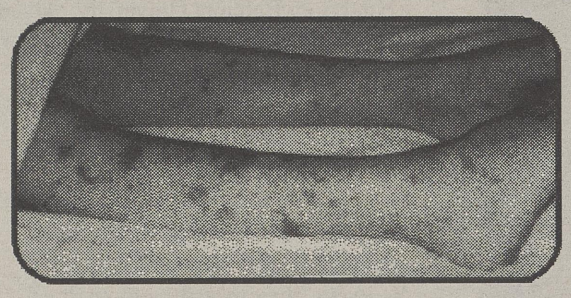
But why the sudden talk of this disease? The frequency of Meningitis is increasing rapidly, especially among college students. Meningitis strikes about 3,000 Americans each year, including 100-125 on college campuses and leads to 5-15 deaths among college students every year.

Many of the symptoms of meningitis resemble those of the flu or a common cold. Oftentimes this horrifying disease will begin with something as simple as a fever or a case of the "shivers." That's what University of Michigan sophomore, Adam Busuttil, experienced when he woke up one morning. He dismissed his symptoms as signs of the flu, skipped band practice, and went back to bed. However, that night he passed out in the shower. It then became evident that Busuttil was suffering from a serious illness that he might not survive. By the end of his hospital stay, he had lost seven fingers and four toes. Like many other teenagers, Busutill was not aware of the specifics about meningitis. Thus, here are some facts to get you more informed about this potential deadly disease.

What exactly is bacterial meningitis? It is an infection that causes inflammation of the membranes surrounding the brain and spinal cord. It turns deadly when bacteria break through the membranes into a person's spinal fluid, which contains no white blood cells to fight an infection, or bacteria floods the bloodstream with toxin-releasing bacteria. There are two types of meningitis: bacterial and viral. Bacterial meningitis is far more serious and must be treated quickly with antibiotics.

Who is at risk? Anyone can contract the disease; however, for unknown reasons, certain age groups- children younger than 5, young adults in their teens to early 20s and those older than 55- are more susceptible. People who live in close quarters, such as dorm rooms or military barracks, are at a higher risk.

How is meningitis spread? Meningitis is not as contagious as a cold or the flu, but it is transmitted in the same way- through contact of the nose and mouth. Thus, coughing, sneezing, kissing, and sharing cups can spread meningitis.



Above: The rash caused my meningitis.

What are the symptoms? Symptoms include persistent high fever, chills, severe headache, stiff neck, nausea, vomiting, seizures, lethargy, confusion, an aversion to light, and, when the disease has progressed to a serious stage, a rash.

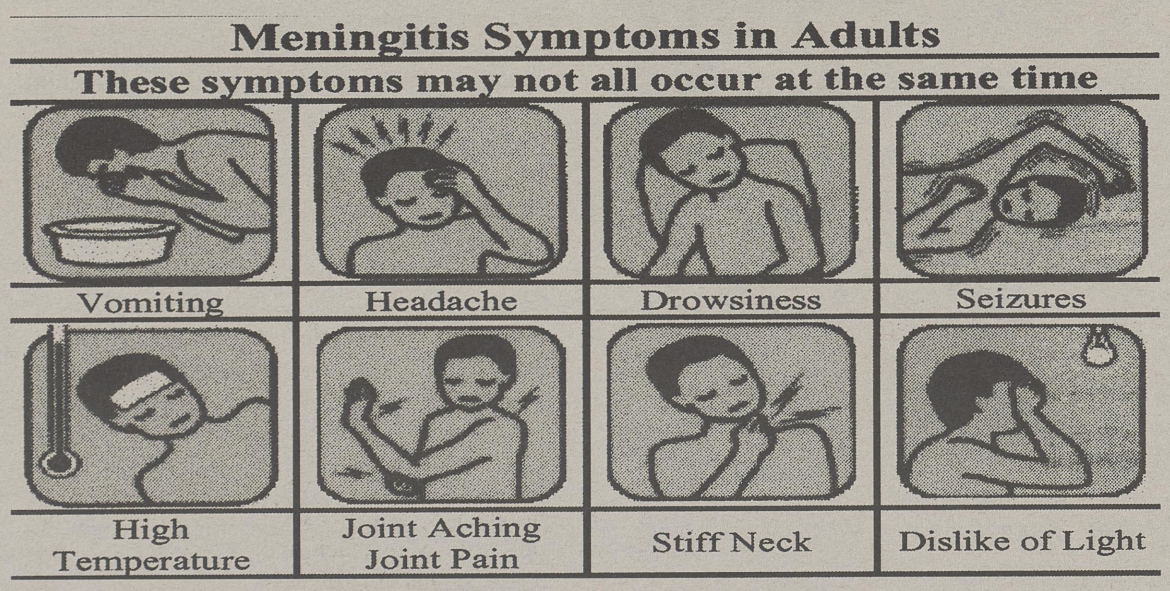
What is this rash? By the time a rash surfaces, medical attention is crucial. This rash is caused by tiny blood clots just below the skin. It looks like small clusters of pin-pricks and develops into areas of purple bruise-like patches that do not turn white when pressed.

What are the possible consequences of the disease? The consequences of Meningitis include permanent brain damage, kidney failure, learning disability, hearing loss, blindness, amputation of limbs (fingers, toes, arms, legs), gangrene, coma, convulsions, and death.

Can meningitis be prevented? Some vaccines, recommended for teenagers and college freshmen, are available to protect against some forms of meningitis. These vaccines last only three to five years.

To learn more:

- Meningitis Foundation of America
  www.musa.org
- National Meningitis Association
  www.nmaus.org
- Meningitis Research Foundation
  www.meningitis.org



How to Survive the Dreaded College Application

Jennifer Price
Features Editor ('03)

Our faithful college counselors, Ginny Maddux, Ophelia Paine, and Betty-Jane Barringer, have given some great tips on how to apply to college without pulling your hair out!

1) Remember that there is a wide range of colleges and universities. This means that there is a place for everyone.
2) Develop a system through the admissions process. Keep all applications organized.
3) Meet all deadlines on time!!!
4) Ask for help if you need it. That is what your teachers and college counselors are here for.
5) Do not focus on what you have not achieved. Instead, focus on your achievements.
6) Pay attention to announcements for the ACT, SAT I., and SAT II's.
7) Meet with college representatives from schools you are interested in attending.
8) Remember that the people reading your applications are real people just like you.
9) Remember that your parents are good sources of information for essays and activities lists.
10) Take things one-step at a time. Do not let the overall process overwhelm you. And remember that everything will work out for the best.

How to Make Your Savings Last the Holiday Season

Jennifer Price
Features Editor ('03)

With the holiday season approaching, loose pocket change can disappear pretty quickly. The holiday cheer can build up and cause people to scrape the bottom of their bank account. In addition to the excess spending on Christmas gifts for friends and family, Winter Formal can take a toll on people's holiday money supply. A Harpeth Hall girl can spend up to $500 or more on this dance. Girls have to pay for tickets- $15 a couple, dinner- $65, a dress- between $200-$300, a boutonniere- $10, a limo or bus- anywhere from $100-$200, manicure and pedicure- $45, hair appointment- $50, jewelry- anywhere from $10-$100, shoes $60-$150, and any other extras. You might try to tell yourself that you will not pay that much, but it is easier said than done. Therefore, to try to help you not get sucked into paying that much money all for just one holiday season, here are some helpful hints to help your bank account survive:

Winter Formal Tips

1) Borrow a dress from a friend or a family member. Alterations may cost much less than a $300 dress.
2) Make money on Winter Formal: As I was searching for college scholarships on the web, I ran across a full tuition scholarship sponsored by Duct Tape. The requirement was to make a dress out of Duct Tape for a formal or a prom. It is something to definitely think about.
3) Have dinner at a friend's house and make it pot luck style. Parents will actually really enjoy this.
4) If you want to take an even cheaper route, go to McDonalds. It will suit the guy just fine. Actually, he would probably enjoy it more than some $50 dinner at *The Bound'ry*. Who cares anyway?
5) Go to someone's house or farm afterwards instead of renting a limo or party bus. Limos and party buses can get claustrophobic while someone's house can serve as an escape route for an awkward date.
6) You're perfectly capable of doing your own hair for Winter Formal just like you are every other night. Plus, you will not have the threat of a potential hair horror story.
7) Get together with friends the night before and do each other's nails.
8) DO NOT USE SELF TANNER, ATTEND A TANNING BED, OR USE A TANNING LAMP FROM THE 60's. This is advice from first hand experience. It is in the middle of December; thus, you are not supposed to be tan or lobster red. Plus, the investment in aloes and lotions will be even more of an added burden.
9) Make your own boutonniere from flowers out of your mother's garden or from brightly colored tissue paper.
10) Remember it is just another night. It's not going to matter the next day what happened or how it all came together. Remember that having fun is much more important than aimlessly worrying about every detail of the night.

Ideas for Cheap Christmas Gifts

1) Copy a picture of you and your friend from a negative for $.25, buy a plastic $1 frame from Target, and decorate it with a paint pen.
2) Burn a CD with your favorite holiday tunes.
3) Wrap up a present you got last year from your grandmother that you did not want and give it to a friend.
4) Bake Christmas cookies or put candy in a Christmas stocking.
5) Make coupons for chores around the house and for a certain number of hours spent with the family.
6) Tell someone how much you care about them by making them a Christmas card.
7) For the super creative (or if you're just feeling really artsy), decorate your very own Christmas ornament.
8) If you're looking for a major investment, buy something you like and would want to use some day and give it to a sibling or a friend. No one ever said it had to be just for them.
9) Walgreens provides a great selection of holiday gifts for under $2.
10) Spread that holiday cheer with a little mistletoe!

A Day in the Life of a Sophmore

Helen Ramsey

Taylor Sitlzer
Copy Editor ('05)


Helen Ramsey

7:02 A.M.- Lies in bed for 2 minutes after the alarm goes off before she gets dressed and makes her way to the kitchen at * **7:11** to eat 4 bowls of cereal and have mom prepare a nutritious lunch * **7:33-** Drives over to Harpeth Hall while listening to either a) a morning rap mix, or b) a more soothing Dave Matthews Band CD of choice * **7:57-** Eases into the day by getting in some good chit-chat in her A period free before making her way to the Freshman hall for Chemistry by * **8:42** to labor over chemical equations for 45 riveting minutes * **9:22-** Assumes the role of Clodius, and is repeatedly beaten to death by mobs of sheet-clad Romans in Mrs. Ward's anything-but-boring Latin III class. "PFFIPP-PREPER-IP!" * **11:25-** Catches up on the latest news while inhaling Mrs. Ramsey's nutritious meal-of-the-day * **2:44 P.M.-** Stares blankly at hungarian logarithm problems, compliments of Mrs. Biegl * **3:06-** Hops in the car and heads over to Smooth Moves for an afternoon snack * **3:22-** Makes the 30 minute drive to Boardeux * **3:57-** Witnesses a couple of robberies before going to change into her bathing suit for workout and conditioning at **4:00** * **5:31-** Diving practice is over. Helen gives a fellow teammate a ride home before walking in the door to her house at * **6:13**, when she manages to squeeze in a quick nap before dinner * **7:22-** Again, labors over chemical equations and hungarian logarithm until she desperately needs a break and leaves home at * **8:31** to go to TCBY with fellow Cargaile Lane resident Nancy Sisk. Attempts to translate the writings of Cicero while enjoying a parfait * **9:22-** Finishes her last bit of homework and gets in some phone-time with cousin Mary and various friends * **10:58-** Sits back and relaxes while mom scratches her back. It has been a *looong* day * **11:14**- Puts her cell phone on silent and crawls into bed just in time to get exactly 7 hours and 46 minutes of sleep before her alarm goes off at **7:00 A.M.**





Photos courtesy of Helen Ramsey.

Suicide: The Forbiden Homicide

Nancy Sisk
Contributing Writer ('04)

Hearing the word can send chills running up and down your spine. The thought of it makes your head spin. Listening to stories about it can make you cringe. The palms of your hands begin to sweat and a feeling of helplessness can overcome you. Webster's Dictionary states that suicide is the act of intentionally killing oneself; but, in reality, it goes further than that – it is much more deeply rooted. Suicide cannot be defined in a couple of words.

In today's society, suicide is everywhere. It is in music. It is in the media. It is in our own neighborhoods and schools. That is why this action hits so close to home. Kids today can truly relate to suicide victims because they all have been exposed to them at some point in their lives. Whether it has been a family member, a close friend, or an acquaintance, chances are that everyone knows or knows of a person who has committed suicide.

Teen suicide is becoming more common every year in the United States. In fact, only car accidents and homicides kill more people between the ages of 15 and 24, making suicide the third leading cause of death in teens.

An "at risk" teen could sit next to you in English class, but would you know? If one of your friends were to come to you and admit that she had been considering suicide, would you know what to say and how to handle the situation? Hopefully, this article will help you understand suicide and how it can be prevented so you will never have to experience looking at an empty seat in English class.

Why do people commit suicide?

Suicide is not chosen; it happens when the pain exceeds the resources for coping with the pain. The number one cause of suicide is untreated depression. A teen who is feeling suicidal may see no other way out of her problems, no other escape from emotional pain, or no other way to communicate her desperate unhappiness. If a person talks about considering suicide, it is most likely a frantic cry for help.

What are the signs of depression?

- Persistent sad or "empty" mood
- Feeling hopeless, helpless, worthless and/or guilty
- Substance abuse
- Loss of interest in activities a person used to enjoy
- Disturbances in eating and/or sleeping habits
- Increased irritability, crying, anxiety and/or panic attacks
- Difficulty making decisions

What can I do to help?

The answer to that question is to get help! Suggest that your friend talk to a school counselor, a trusted teacher, a minister, a doctor, or another adult you respect. If your friend refuses, take it upon yourself to talk with someone about the situation. In some cases, you may find yourself in a position of having to get direct help for someone who is depressed or suicidal and refuses to go for counseling. If so, do it. Do not be afraid of appearing disloyal. When a person is depressed and/or suicidal, her judgment is impaired. She cannot see that there is a cure. Because of this, she is unable to help herself, so it could easily be your job to get help for her. Here are a few common **Myths about suicide**:

Myth: "The people who talk about it don't do it."
Reality: Studies have found that more than 75% of all suicide victims did things in the few weeks or months prior to their deaths to indicate to others that they were in deep despair. Anyone expressing suicidal feelings needs immediate attention.
Myth: "Anyone who tries to kill herself has got to be crazy."
Reality: Only about 10% of all suicidal people are psychotic or have delusional views on reality. Most suicidal people suffer from the recognized mental illness of depression; but many depressed people go untreated because they can adequately manage their daily affairs. The absence of "craziness" does not mean the absence of suicide risk.
Myth: "If someone is going to kill herself, nothing can stop her."
Reality: The fact that a person is still alive is sufficient proof that part of her wants to remain alive. The suicidal person is undecided - part of her wants to live and part of her wants not necessarily to die, but wants for the pain to end. It is the part that wants to live that tells another, "I feel suicidal."
Myth: "Talking about it may give someone the idea."
Reality: People already have the idea. If you talk with a despairing person you are doing a good thing for her: you are showing her that you care, that you take her seriously, and that you are willing to let her share her pain with you.

For more information, you can contact the school counselors Dana Long – Innes or Erika Radtke, or you can check out:

- The American Foundation for Suicide Prevention http://www.afsp.org/
- Light For Life Foundation http://www.yellowribbon.org/

http://www.emh.org/acadia/su.htm

Camille Grote ('03)

Roth Rocks!

Kelly Diehl
Staff Writer ('05)

Though many in the Harpeth Hall community are unaware of it, we have a blossoming celebrity in our midst. We know her as Ms. Rothrock, beloved middle school music teacher and head of the choral department. This school year marks her eleventh year in the music department at Harpeth Hall. Ms. Rothrock's claim to fame is that she is eagerly awaiting the release of her first CD, "This is Me," in mid November. Myriad events laid the path up to this moment in Ms. Rothrock's life, and sometimes even she cannot fully comprehend the magnitude of her success.

Nashville is the fourth place Ms. Rothrock has called home since moving from her hometown of Cedar Rapids, Iowa, to attend Luther College in Decorah, Iowa. She worked both as a teacher and a performer for two years in Minneapolis, and then for two years in Seattle. She has also lived in Michigan, where she earned her Masters Degree. Her interest in music eventually led her to Nashville, where her performing career continued to flourish. There, she frequently does shows at The Basement, Bluebird Café, and at Café 123, where Ms. Rothrock is throwing her CD release party on the 19th of November. The CD is best categorized as jazz than anything else, but her genre of music also includes musical theater, pop, country, and even a little bit of gospel.

This past summer, Ms. Rothrock joined pianist Russell to explore the windy city, among other places. In Chicago she sang at various open mikes, and her performances resulted in several other bookings for her cabaret show. Cabaret performers are more theatrical in their performances, which are slightly different from performances in the usual clubs. Ms. Rothrock's bookings included shows at a Lake Michigan resort, as well as one in Davenport, Iowa. She also traveled back to her alma mater, Luther College, to teach some workshops. The pinnacle of her summer experiences, however, took place when she returned to her hometown of Cedar Rapids to showcase "The Lynne Show." This show not only took place in biggest venue that she has ever played, but it was this show that spurred the idea of making a CD. After a high demand for CDs in Cedar Rapids, it seemed only natural to start the project once she returned to Nashville.


www. lynnerothrock.com

Currently, Ms. Rothrock is balancing her thriving new musical career with her responsibilities at Harpeth Hall. In making the CD, she is noticing that things are happening in different ways and on a different scale than she had ever anticipated. "You never know what's going to take off," Rothrock states. When Ms. Rothrock travels nowadays, she greatly enjoys having the opportunity to teach and perform. She also attributes her improvement as a teacher to her performance expertise; saying, "I've found that being an artist makes me a better teacher." Most importantly, Ms. Rothrock wants to express her gratitude for all of the support that Harpeth Hall has offered her in her freelance career. She is especially grateful to all of those who have come out to see her perform. The Harpeth Hall community will continue to support Ms. Rothrock's performing career and share in her excitement awaiting her CD release the week of November 10th. If you have questions about obtaining a CD, you can either contact Ms. Rothrock or visit her website: www.lynnerothrock.com.

DANGEROU

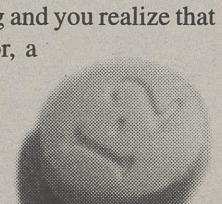
ABUSE OF LEG

Crunch Time

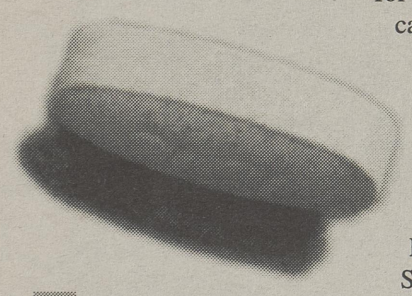
The Perils of Pulling an 'All-Nighter'

Cari Johns
Contributing Writer ('03)

It's ten o'clock in the evening and you realize that you have two more tests to study for, a paper to write, and twenty pages in history to read. For a junior, this may be the daily routine. For any other student, it calls for "pulling an all nighter." Such an event usually calls for a Starbucks run, diet coke, or red bull. However in extreme cases it calls for caffeine pills, diet pills, yellow jackets, *Adderall*, or Speed. Prescribed or picked up over the counter, these are drugs that are being abused more and more frequently by teens.



These drugs are medically referred to as stimulants. Stimulants enhance the brain's activity producing alertness, attention, and energy. However all of these perks are accompanied by increased heart rate and blood pressure, both of which can be detrimental to the body. Short term consequences of taking stimulants include feelings of paranoia and aggression, dangerously high blood pressure, and potential for lethal seizures or heart failure. Another popular stimulant is Crystal Meth, or Speed. Speed is a super energy drug that can be medically prescribed or sold on the black market. Since the 1990s the demand for this drug has skyrocketed. The physical effects of Speed can include organ damage, weakened immune system, and vitamin deficiencies. It can also alter mood and cause anxiety, depression, delusions, and exhaustion. Other prescription drugs such as *ritalin*, *adderall* and diet drugs, when used for recreational purposes, can have the same effect as speed.



The fact is that drugs used to stay awake or manufacture extra energy are dangerous for the body and mind. Even DDPs, *No-doze*, and Starbucks can be taken to extremes. Sometimes, the reality is that everything cannot be completed in one night. That is what free periods are for!

Ampheta-what?

The most commonly abused Prescription and Over-the Counter Drugs

Lauren Ezell
Managing and Layout Editor ('03)

According to the *National Institute on Drug Abuse*, students' abuse of prescription drugs is becoming more common. In fact, nine million people over age twelve abused over-the-counter or prescription medication in 1999. Furthermore, studies have shown that women between the ages of twelve and seventeen are more likely than men to abuse and are more likely to become addicted to psychotherapeutic drugs such as tranquilizers and stimulants. That puts Harpeth Hall at a disadvantage from the get-go. Here's a run down of commonly abused prescription and over-the-counter medications:

AMPHETAMINES: Amphetamines are stimulants that enhance brain activity, increase energy and focus, and simultaneously elevate blood pressure, heart rate, and rate of respiration. Commonly prescribed to treat Attention-Deficit Hyperactivity Disorder, or seemingly unresponsive cases of depression, amphetamines such as *Ritalin, Aderall,* and *Dexedrine* are widely prescribed. Often used to delay fatigue or increase performance, amphetamines are often chewed, swallowed, or snorted by students. As they are sometimes prescribed as appetite suppressants to treat obesity, amphetamines are also misused as diet pills. When taken by people who do not need them, amphetamines produce a sense of euphoria and a fallacious mood-elevation that eventually crashes into depression. In addition, they can lead to dangerous health risks associated with irregular heart rate. Prolonged use can lead to Anorexia Nervosa or physical dependence linked with hostility or paranoia.

BARBITURATES: Barbiturates, including *Seconal*, *Phenobarbital*, and *Nembutal,* are a class of Central Nervous System Depressants generally prescribed to treat insomnia or anxiety. Often called "downers" or "barbs," barbiturates calm and relax the muscles in small doses and induce sleep. When abused in large doses to relieve stress, they can cause depression, slurred speech, slow reflexes, poor judgment, and in extreme cases, unconsciousness or death. In fact, one-third of all drug related deaths (accidental and suicidal) are attributed to barbiturate overdoses. The margin between a safe and dangerous dose is minimal and once addicted, withdrawal is more intense than heroin withdrawal.

BENZODIAZEPINES: Benzodiazepines are the most widely prescribed sleeping pills and tranquilizers. *Valium,* and *Xanax* are prescribed to treat anxiety, panic attacks, and stress. *Dalamine* and *Restotril* are prescribed to induce sleep. Benzodiazepines are sedative hypnotics that slow down the body. They are most likely abused by addicts and sold on the street. *Methaqualone* is the most commonly abused prescription drug. Use of benzodiazepines can lead to unconsciousness and death when taken in large quantities or when mixed with alcohol.

OPIOIDS: Opioids, also called narcotics, are prescribed to alleviate pain. *Morphine, Codeine Vicodin,* and *Demerol*



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No Way Out

Battling a Prescription Drug Addiction

Anna Poss
Business Editor ('05)

Millions of Americans find themselves in the black hole of depression – willing to do whatever it takes to escape. That is how it was for Sue*, a fifteen-year-old student at a private, non-denominational school in Nashville. Her escape? Prescription drugs.

Of all addictive substances, prescription drugs are the easiest to obtain – whether legally or illegally. Sue can name at least twenty dealers in Green Hills off the top of her head. During her bout of depression, Sue's life became unbearable. "Hope was no longer an option for me," she says of her experience, "I was living life as an automaton. I no longer could feel. I was just… there." Around this time, Sue began to make new friends. Friends, she now says, she would have been better off without. "Life was a constant party. Drinking, sex, and then, the worst. Drugs. I became very self-conscious. If I didn't have a boyfriend, I took it personally," Sue explains. "I thought I was fat and ugly. I couldn't look in the mirror without throwing up." Sue's partying and self-conscious personality became a lethal combination. She goes on to say, "My friend Jamie* found out that she had ADD and had to go on [medication]. I watched her lose tons of weight and became obsessed. I had to be the best. So, I talked to another friend whose dad is a doctor. He hooked me up with *Adderall*." Sue lost over 30 pounds taking *Adderall*, but her quick weight loss took a toll on her body. Sue became weak and pale. Her iron levels and blood pressure dropped drastically. Of her addiction, Sue adds,"My parents were constantly nagging. I was sent to doctor after doctor. I got so sick of it. [Then], a month or two after I started *Adderall*, my sister broke her arm and got *Valium*. I thought it was the best thing that ever happened to me. I'd crush and snort it before I went drinking. It increased the high… My life was a downward spiral from then on. It was one party after another. Boy after boy. I've never been as alone as I was then. [The drugs] were my only way of relief. For one brief moment, I could get away from it all. Nothing mattered… I was a wreck… It was just so easy to get [the drugs]. I couldn't stop. Man, it was the worst thing ever. It was like I was in some horror movie gone wrong."



Soon, Sue was admitted to inpatient rehab. Now, she attends AA meetings and regularly visits a psychologist. "My life is finally on track," she says, "I'll admit, every day is still a struggle, but I'm on my way… [AA] is great. I have a family who knows what I've been through and we're all there for each other 24/7. I am

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are commonly used after surgery or to manage chronic pain. Often abused because of the sense of euphoria they induce, opioids can produce drowsiness, constipation, and in large doses, suppression of respiration significant enough to cause death. Furthermore, opioids are particularly addictive and their use leads to distinctive and unpleasant withdrawal symptoms.

Unfortunately, even common over-the-counter medications are often abused and have drastic effects on long-term health.

LAXATIVES: In reasonable doses, laxatives are used to relieve constipation. However, extended uses of laxatives creates dependency – that is, the body needs the medicine in order to rid itself of waste sufficiently. Among the most commonly abused over the counter medications, laxatives are often used in excess to rid the body of calories and promote weight loss. However, the fact is that laxatives stimulate the bowels after the body has absorbed food and calories. Any decrease in weight is a result of water loss and can lead to extreme dehydration, irreversible by liquid intake. Other dangers of laxative abuse are colon infection, Irritable Bowel Syndrome (pain and gas), painful episodes of diarrhea and constipation, and an upset electrolyte balance resulting in spasms, tremors and muscle cramps. Ultimately, these dangers can lead to death by permanent muscle and heart damage.

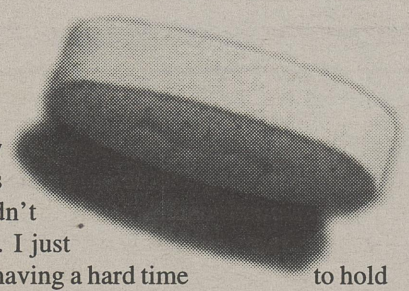
ANTITUSSIVES AND EXPECTORANTS: Used, respectively, to treat painful coughs and to clear the respiratory system, antitussives and expectorants are often abused to get 'high,' as they may contain up to 40% alcohol, or other narcotics (*Codeine*). Medications such as *Robitussin* and *Coricidin* are often used in groups and can result in liver problems, seizures, hallucinations, and death.

DIET PILLS: Perhaps the most widespread fad among female abusers, diet pills come in a number of forms. Ematics are used medically to induce vomiting in cases of accidentally poisoning. However, they have been known to be used as a means to lose weight. The dangerous side effects of emetics include prolonged vomiting (30 minutes), irregular heartbeat, diarrhea, and cardiac arrest. Diuretics or water pills are safely used to control bloating during menstruation, but when abused for the purpose of weight loss, can cause dizzy spells and extreme dehydration. Diet pills sold for the implied purpose, including *Metabolife* and other products offer only temporary solutions and can cause vomiting, anxiety, fatigue, and even heart attacks. Some pills can even be addictive and should never be mixed with other medications.

ASPIRIN: Even mind pain relievers can be dangerous! Some use Aspirin to get 'high.' Especially when combined with other substances – caffeine, alcohol, or coca cola – Aspirin produces a sense of euphora, and becomes very dangerous, resulting in dizziness, confusion, and bleeding. Aspirin can be chewed or snorted in combination with prescription pain medications to achieve a 'better high,' at a higher price – death.



Lauren Ezell ('03)



starting to make great new friends and my family has been so supportive. I couldn't have done it without them… I just want to tell everyone whose having a hard time to hold on and know they're not alone. There are so many of us. But if anything else, don't turn to drugs, even the prescription kind. It's been 6 months and I'm still trying to pick the pieces of my life back up. That temporary feeling of relief ends up doing more damage than anything else. If you're having a hard time, please, talk to someone. It could save your life."

*Names have been changed for privacy

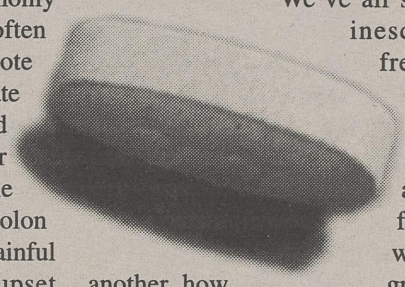
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Not-So-Healthy Weight Loss

The truth about diet pills

Claire Berry
Staff Writer ('05)

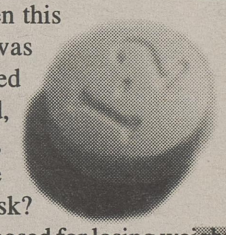


We've all seen those pictures - those inescapable images that so frequently grace the glossy pages of magazines. The gorgeous, ultra-thin models, posing seductively, advertising the latest fashions. And we've all wondered, at one time or another, how great our lives could be if only *we* could be that thin and beautiful...

The seemingly-neverending quest for a perfect body - for many high school girls, this goal becomes an obsession. In a recent survey of over five hundred girls, 51% of the respondents admitted to frequently skipping meals, and 52% said they kept strict tabs on their caloric intake so as not to exceed 1200 calories. In the same study, 14.5% said they had resorted to more drastic measures, using over the counter diet pills. One of the most frequently sold diet pills is *Ephedra*, which contains the chemical ephedrine, found in most herbal supplements. Ephedrine is a stimulant that helps the body burn calories by speeding up heart rate and heightening blood pressure. Other side effects of supplements that contain ephedrine are anxiety, dehydration, insomnia, and psychosis.

For those who choose to take prescription diet pills, there are also risks. In most prescription pills, the active ingredients are amphetamines, stimulants that promote physical and mental activity; if abused or used over a long period of time, they can cause serious harm. Of course, under the supervision of a medical professional, these risks are reduced. However, the abuse of prescription diet pills can breed severe or even fatal consequences; and in a society where young women seem to be pressured from every side to lose those last ten pounds, it can be easy to get carried away.

A growing practice among teenagers is the use of *Adderall*, an amphetamine for the control of ADD and ADHD, as a diet pill. In fact, when this combination of four chemicals was originally conceived it was intended to be a dietary medication. If abused, *Adderall* can cause fatigue, depression, and even death. Are the supposed results really worth the risk?



Out of all the solutions proposed for losing weight, there is still only one that is truly safe and effective: eating right and exercising regularly.

If you or someone you know needs help…

CONTACT
1. **A local doctor**
2. **Dana or Erica**
3. **Alcoholics Anonymous**
   Call: (615) 831-1050 (24 hour answering service)
   E-mail: mtcoaa@aol.com
   Visit http://www.aanashville.org for more information

OR VISIT
1. **Pills Anonymous** (Yahoo): an online 12-step program and discussion board for recovering prescription drug addicts
2. **Prescription Anonymous** (Yahoo): an organization focusing on recovery from prescription and over-the-counter drug abuse.

Rewind

Cross Country

Running on empty? Hardly! The cross country team bounded through the regular and post seasons capturing the region title and pushing forward to the State Meet. Senior leader, Marion Granbery ('03), finished first for Harpeth Hall in third place.

After placing all seven bears in the top fifteen, a feat rarely, if ever seen in the Cross Country world, the Harpeth Hall Honeybears cruised to yet another State Championship, making them the first team to win three consecutive state titles. Congratulations!

Soccer

With a rocky start to the season, the Harpeth Hall Soccer team and their critiques saw little hope for a postseason birth. However, the bears defied all odds, captured a City Championship, and miraculously rose from fifth in the middle region to second in the state.

Their road to the championship began with a rainy match up against Huthchison, followed by 110 minutes of scoreless soccer in the State Semi-Final game, in which sophomore Katie Gallagher launched a penalty kick into the back of the net defeating GPS in the second sudden death overtime. The following day, Harpeth Hall fell to Baylor, 3-0 in the State Championship. This was Harpeth Hall's second trip to the state finals in the school's thirty year history, and the second trip to the state finals for senior members of the squad. Don't stop them now!

Volleyball

Bump, Set, Spike, that's the way they like it. The Volleyball team pounded their way through the season knocking all rivals out of their way.

After knocking Father Ryan out of their own tournament, the Ryan Invitational, the Honeybears cruised to the postseason becoming Regional Runner-Ups on their way to state competition. Their they fell in pool play to the Irish who were apparently luckier this time around. Congratulations to the Volleyball team for a great season!

Golf

Tiger would be proud! The Harpeth Hall Golf finished off their season in "full swing", sending two girls to State Tournament competition in mid October.

PAUSE

Predators:

After an overwhelming victory over the reigning NHL champs, the Detroit Red Wings, the Predators began a seven game road trip. The Predators completed their seven game trip with only one win. The squads last game on the trek was a rematch against the Red Wings with a final score of 1-4 with Detroit putting a "W" in the win/loss column.

Titans:

The Titan's have had less than a spectacular showing this season with a current record of 5-4. However, with the addition of an expansion team, redivisioning has helped Fisher's club and allowed them to tie for first place in the AFC South with the Colts.

Fast Forward

Basketball
Swimming
Bowling
Riflery

Let the 'spirit' shine as the season begins!

LOGOS

Close to Home:

A Student Athlete Talks About Drug Abuse in Nashville High Schools

Lilly Dushime
Staff Writer ('02)

Many athletes are too smart to jeopardize their futures and their performances by doing drugs. Of course, in our corrupt environment, only a few exceptional athletes think this way.

When asked, an exceptional football player from Hillsboro High School said, "I would not be stupid enough to put myself in the danger that my friends are constantly putting themselves in. I think for myself and I know that drugs, including alcohol, are most dangerous to an athlete, and they do not enhance performance; in fact they only slow you down." If only all of our society's athletes thought this way.

"I would not be stupid enough to put myself in the danger that my friends are constantly putting themselves in. I think for myself and I know that drugs, including alcohol, are most dangerous to an athlete, and they do not enhance performance; in fact they only slow you down."

-Hillsboro Highschool Student

It is absolutely shocking that when asked another good athlete from another school that excels in athletics, said, "I know I'm putting myself in danger period, I know I could be ruining my chances of going on to higher things; but you should see me out there on the field, the things I take help me do better and I know it."

You can't deny that I'm an excellent athlete; and you can't prove that it's not the drugs that are helping me."

Since the 1950s athletes have taken steroids to build muscles and boost their athletic performances. There is no need to say that the statistics show that the number of athletes who use these performance-enhancing drugs has been steadily rising and the number of athletes who think like the player from Hillsboro has been steadily falling.

Of course, coaches try educating their student athletes about the unhealthiness and stupidity of doing drugs; but we all know that that talk only goes so far with athletes. An athlete has reasons for taking or not taking drugs, and of course each and every single athlete thinks that his/her reason is the better one.

Where ya going?

The basketball game and swim meet, that's where!

Harpeth Hall Varsity Basketball Home Games

December 3	Henry County	6:30 (at MBA)
December 9	David Lipscomb	6:00
December 10	John Paul II	6:00 (JV 4:30)
January 10	Father Ryan	5:30 (JV 4:00)
January 15	Saint Cecilia	6:00 (JV 4:30)
January 21	Ezell Harding	6:00 (JV 3:30)
January 24	Brentwood Academy	6:00 (JV 4:30)
February 4	BGA	6:00 (JV 3:30)
February 8	Baylor	5:00 (at MBA)
February 11	USN	6:00 (JV 4:30)
February 15	DCA	2:30 (JV 1:00)

Harpeth Hall Swim Meets

Nov. 19	Father Ryan @ TSU	4:00
Dec. 3	Oakland @ TSU	4:00
Dec. 6	McCallie Invitational Diving @ McCallie	5:45
Dec. 7	McCallie Invitational Swimming @ McCallie	8:30 (prelims) 5:30 (finals)
Jan. 9	Brentwood High @ TSU	4:00
Jan. 14	GPS @ TSU	4:00
Jan. 25	St. Ursuline, Ohio Sacred Heart, Louisville @ Mary T. Meagher Aquatic Center, Louisville	2:00
Jan. 30	Hendersonville @ TSU	4:00
Feb. 6	Middle TN Region Diving @ Williamson County ISC	5:30
Feb. 7	Middle TN Region Swimming @ Williamson County ISC	5:30
Feb. 21 Feb. 22	TN State High School Swimming & Diving Championships @ Centennial Sportsplex	TBA

Cut From the Squad?

Learn these cheers and shake your pom-poms from the stands

Lauren Ezell ('03)
Managing and Layout Editor

The Will to Win
Fans: *"The will to win cannot be beat! You gotta wanna win! Go HH!"*

The Bear Boogie:
Fan #1: *"Bears, Bears, are you ready?"*
Remaining Fans: *"Ready"*
Fan #1: *"Bears, Bears, are you ready?"*
Remaining Fans: *"Ready"*
Everyone: *"Boogie-woogie-woogie, a-boogie down! Boogie-woogie-woogie, a-boogie down!"* (Boogie accordingly and repeat)

Idol Interrupted:

Perfomance-Enhancing Drugs Taint the Image of the American Athlete

Raleigh Anne Blank
Sports Editor ('03)

The American athlete: a clean-cut, country boy (or girl to be politically correct and title VIX savvy) baring a striking resemblance to a Greek god (or goddess); a person who enters a room, paparazzi in toe, and creates a frenzy… and oh yea, he's involved in athletic competition too. The American image of an athlete is one held in high regard. Athletes are often perceived to be well-tuned machines, brilliant entertainers, or quite possibly even marketing ploys. They are idolized by generations and inevitably identified as 'perfect supernatural beings.' However, would you believe that athletes are mere humans? And could you stretch your mind further to believe that these humans that we place on a pedestal make mistakes in the same way that you and I do?

Sticking with this issue's theme I thought it beneficial for you to be aware that this summer these shortcomings and mistakes came forward in full force and athletes from every realm were bombarded at their press conferences with question after question pertaining to whether they had used steroids or any other performance enhancing drug.

The questioning began when Ken Caminiti, former major league baseball standout for the Texas Rangers and later the Atlanta Braves, not to mention National League Most Valuable Player in 1996, told *Sports Illustrated* that he had utilized steroids throughout his 15-year career.

Steroids are not only banned for use in athletic competition, but are also banned in the United States unless otherwise prescribed by a doctor for medical purposes.

Steroids cause the increase of muscle mass and, when accompanied with a strict training regiment, can allow one's performance on the playing field to sky rocket to unbelievable levels.

However, the use of such steroids has been linked to liver problems, high cholesterol levels, as well as altered behavior; not to mention the breakdown of important ligaments and muscles.

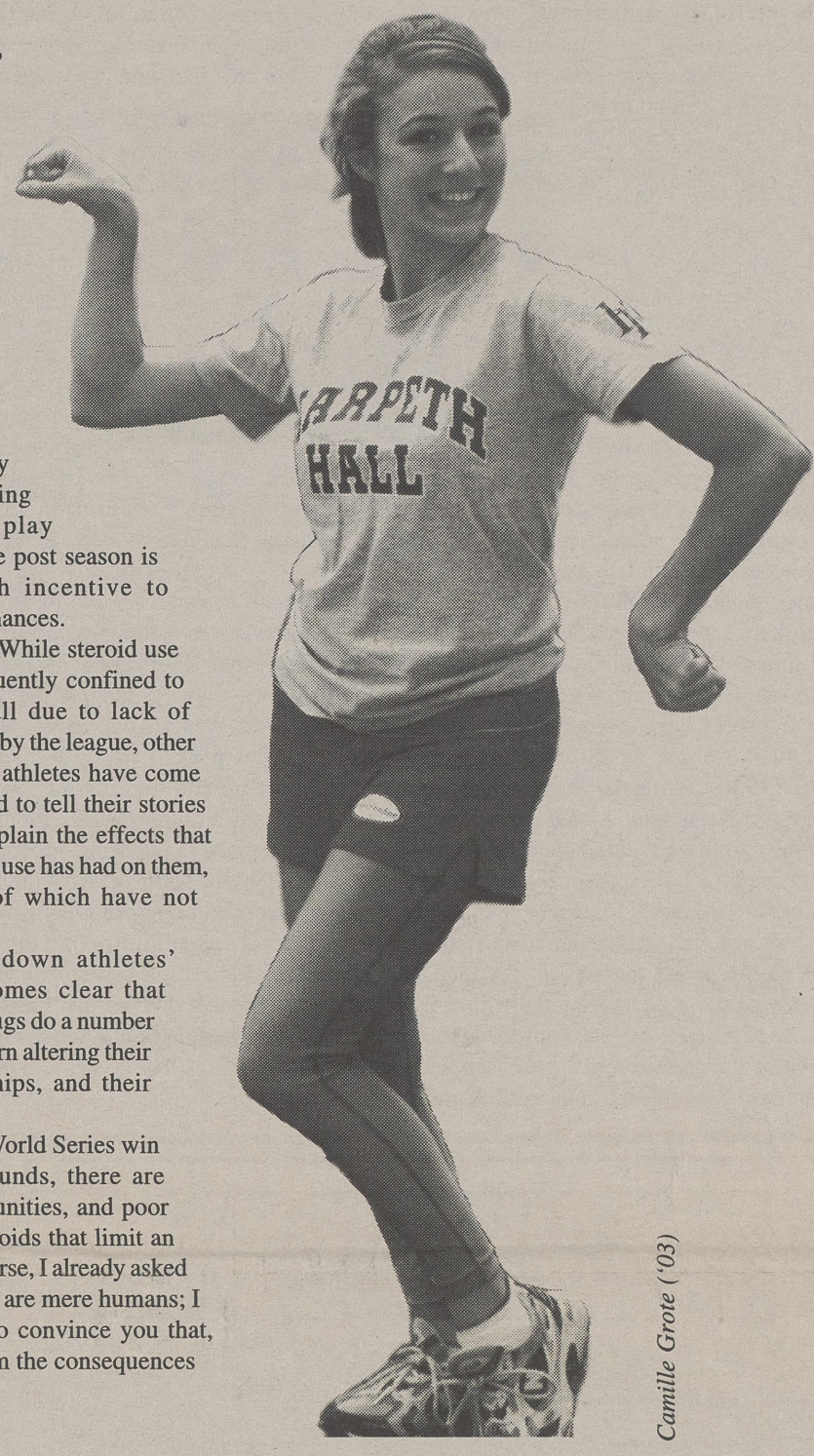
Why take chances and risk making mistakes that could cost athletes their careers or, more importantly, jeopardize their reputations? Most athletes, many of them baseball players like Caminiti, say that while the side effects and risks are great, the rewards are greater. The prospects of not merely breaking, but shattering records, winning regular season match-ups and possibly extending their play into the post season is enough incentive to take chances.

After breaking down athletes' internal systems, it becomes clear that performance-enhancing drugs do a number on athletes' behaviors, in turn altering their lifestyles, their relationships, and their futures.

While steroid use is frequently confined to baseball due to lack of testing by the league, other retired athletes have come forward to tell their stories and explain the effects that steroid use has had on them, most of which have not been positive.

After breaking down athletes' internal systems, it becomes clear that performance-enhancing drugs do a number on athletes' behaviors, in turn altering their lifestyles, their relationships, and their futures.

So as sweet as a World Series win or a Super Bowl ring sounds, there are downsides, missed opportunities, and poor choices, such as using steroids that limit an athlete's boundaries. Of course, I already asked you to believe that athletes are mere humans; I would not even dare try to convince you that, yes, they in fact suffer from the consequences of their mistakes as well.



Camille Grote ('03)

Senior Lauren Salerno is a clean competitor

Whitson's Wisdom

Harpeth Hall's in-house trainer gives us her "two cents" on the recent increase in knee injuries

Nancy Sisk
Contributing Writer ('04)



Liz Tackles an Unidentified ankle

Anna Schwaber ('03)

Nancy:
ACL injuries are becoming more common every year in female athletes. Are there any reasons as to why the number is increasing? How can athletes prevent this hindering injury from occurring?

Liz:
ACL (anterior cruciate ligament) injuries to the knee have been on the rise over the past 10 years, especially among female athletes. Numerous studies have been conducted to try and pinpoint the main cause, but the evidence has only led researchers to believe it is multi-factorial. Many researchers believe some of the leading causes of ACL injuries are genetics, hormones, menstrual cycle, playing surface, fatigue, Q-angle, femoral notch shape, quadriceps to hamstring strength ratio, and joint laxity.

In terms of prevention, I do not feel there is anything specific that can be done. Some female athletes will be more prone to this type of injury than others; however, it obviously cannot be predicted. For any female athlete, it is very important to eat a well balanced diet and maintain good muscular strength and flexibility. If an athlete does present any signs or symptoms of knee pain or joint laxity, there are certain rehabilitative exercises that can be done to help prevent, but not stop, an ACL injury.

Post It!

The Coach T Obsession

Raleigh Anne Blank
Sports Editor ('03)

Fired up about the referees at your DCA game? Want your season to continue until the Holidays? Have an urge to know who Spike is?

You can find all this and megabytes more at CoachT.com. Originally created in 1998, by Coach Jim Thompson to cover his Lawerence County, Lady Wildcats, basketball team, the site erupted into state-wide coverage after the Lady Cats won the Class AAA State Championshops.

Since then the site has been converted to a state-wide free-for-all. Formerly in conjunction with rival.com, the site has gained the reputation as being a place where anonymous 'fans' can post anonymous messages to other competitors or converse candidly about the seasons of certain sports.

The site boasts such features as a photo gallery, interactive pages and historical archives of certain sports. Log on to CoachT.com for more, until then, happy posting!

Congratulations to the Harpeth Hall Cross Country team for winning their third consecutive state championship!

Logos would also like to congatulate all the Harpeth Hall fall sports teams for their dedication and determination. You made us proud, represented us well and most importantly, showed us your spirit.

Wide Open Spaces in Marcic's Presentation

Sarah Mayhan ('04)
Contributing Writer

I finally understand why Professor Marcic's hour-long presentation on the history of women through song made me livid. It exasperated me because I found it to be a total simplification of the history of gender relations. To give Professor Marcic some credit, she was working within the limitations of a certain medium of art, and it *was* a creative idea. Anyone can tell you that music is life, but it is undoubtedly life in a crystallized form – a sliver or fragment of a picture. For example, you're not going to find a serious study of racism and its effects on society in *Bye Bye Birdie*; but that's not to say it doesn't have a message or isn't perfectly enjoyable. However, my point, within the limitations of my form, is this: maybe the past wasn't always that bad, and maybe the present isn't quite that good.



Camille Grote ('03), Photo Editor

From what I understood, Professor Marcic did not believe that the history of women began until the 1960s. While that was certainly a time of change and we should be glad as women that we don't have to blaze the trails our foremothers did, she eclipsed a whole span of history. What about Eleanor of Aquitaine, Elizabeth I, Catherine the Great, Joan of Arc, Clara Barton, Harriet Tubman, Marie Curie, or any number of fearless pioneer women who did not just wait and whine, but who took care of business and accomplished great things in spite of their positions? I was skeptical when she lambasted women who one would think should be examples to us all. Annie Oakley's tale should be the ultimate empowerment story; after all, she was able to outshoot any man, and when she married, she had a husband who gave up his career to manage hers!

I'm not quite sure what Professor Marcic had against Lucille Ball, who helped pioneer a television production company when many Americans thought TV was just a fad. As the only woman sitting in on executive board meetings, Lucy managed a great deal of the business, and gained a reputation in show business as one shrewd lady.

Furthermore, if this presentation was about woman's history, it was extremely surprising that the women's suffrage movement was absent – I always thought that getting the vote was an important, tangible event. Up until that point, women nevertheless exercised political activism through the abolitionist and temperance movements. Professor Marcic's discussion of the 1940s had little or no mention of the WACs, the WAVES, or any other organization of women in the military – again, another important achievement completely unnoted. Basically, a whole series of events had to occur for the '60s to happen. It doesn't just break down to the Dark-Ages-When-There-Was-No-Self-Esteem, and then The-Golden-Ages-When-There-Was. Throughout history, most ordinary people have done the best they could with the circumstances they were given, and we should not ridicule them for the choices they made, but instead try to learn from them.

> *"Furthermore if this presentation was about woman's history, it was extremely surprising that the women's suffrage movement was absent – I always thought that getting the vote was an important, tangible event."*

To look at the issue from a different gender perspective, life for men throughout history hasn't always been altogether pleasant either. Just ask anyone in Amnesty about the thousands of men who are tortured, imprisoned, or killed for their political or religious beliefs. Remember that only recently in America did it become socially acceptable for the male half of society to question their "duty as men" to lay down their lives in any war their country deemed of value. Even today, I could see how being male might be very confining. Think about how difficult it might be to be gay in a society that hypes steroid-enhanced machismo. It serves little constructive purpose to anyone to simply demonize men.

Moreover, is today really the pinnacle of women's value in America? I'm curious to see if Professor Marcic would find Britney Spear's song "I'm a Slave 4 U" an example of just how far representation of women in the entertainment industry has come. See a preview for *The Bachelor* and you may wonder if we're backsliding. My little soapbox message here is that we women are in control of the images that are shown of us. Those former popular hits we were serenaded with may have been demeaning to women, but they hit the airwaves because women agreed to sing them. The same is true today.

Are we hitting a rock?

Laura Lee ('03)
Staff Writer

It's a touchy subject, and you don't hear much about it in our halls. An occasional grumble or cynical remark surfaces, but the topic quickly changes. No one knows what to do with Iraq, abandoned by the world, led by a tyrant. Iraq and its problems can be deceptively simple: should the United States rout Saddam Hussein's government or leave it alone? Before you answer with patriotic gusto, think about our world for just a minute.

Arguments for and against U.S. military action in Iraq cite risks. Immediate military maneuvers, nation-building, and regional resentment stack up against possible nuclear threats, ethnic hatred, and terrorist funding. However, the United States has long worked from a position that required headlong dives into murky conflicts around the world. Perhaps risks are *not* the most important aspect of this debate.

Instead, people across the world are most mystified by U.S. motives for attacking Iraq. In September, President Bush presented a plan for attack before providing reasons for violence. Some call Bush's refusal to elaborate or confer on the topic of Iraq wise; besides, he is a man of action. However, the policy abandoning diplomacy—also called unilateralism—has created a void in international relations with the U.S. Justified war is threatening enough, but violence without any form of legitimacy challenges the values of people around the world. Thus, Bush has discovered that to receive *any* support for a campaign against Iraq, he must offer supporting evidence. The explanations recently provided still fail to move beyond simplistic rhetoric about evil and freedom.

The United Nations Security Council has yet to express its support with a resolution against Iraq. The UN Charter clearly states that a country may "resort to force only after direct attack." Iraq has not attacked the U.S., and this directly challenges preemptive policy: can a country lash out at a *perceived* threat? The world readily acknowledges that traditional policies of deterrence and retaliation are ineffective against diffused, anonymous terrorist groups. However, the unilateral preemption suggested by recent White House statements wreaks havoc on international order. UN authorization of preemptive military action by the U.S. would be dangerous, opening the door for the execution of long-term grudges around the world.



http://www.cbsnews.com

> *"Iraq has not attacked the U.S., and this directly challenges preemptive policy: can a country lash out at a perceived threat?"*

More revealing than the opposition of large diplomatic organizations like the United Nations is worldwide hostility toward Bush's policies on Iraq. In recent years, German Prime Minister Gerhard Schröder was a firm U.S. ally. However, many cite his abrupt opposition to military action in Iraq as the deciding factor in his recent reelection. Within the United States, protesters have been making themselves heard. From local demonstrations, such as those in Ithaca, NY, to large, national campaigns, they parade slogans like "Drop Bush, not Bombs." Congress struggled to pass a bill authorizing President Bush to command military action in Iraq. Legislators' phones began to ring off the hook.

Nothing is universal, and an attempt to create an absolutist foreign policy is foolish, at best. Clearly, when nations across the globe voice discomfort with U.S. policies, something is wrong. And when the American people lack the confidence of their President, something needs to change. The U.S. needs to seriously re-evaluate its plans for Iraq, perhaps after consulting the rest of the world.

In the next issue of Logos...



Caimlle Grote ('03), Photo Editor

Is the cost of Winterim trips too outrageous?



Melissa McCord ('05), Staff Photographer

The latest frustrations with laptops and how one junior keeps it together.

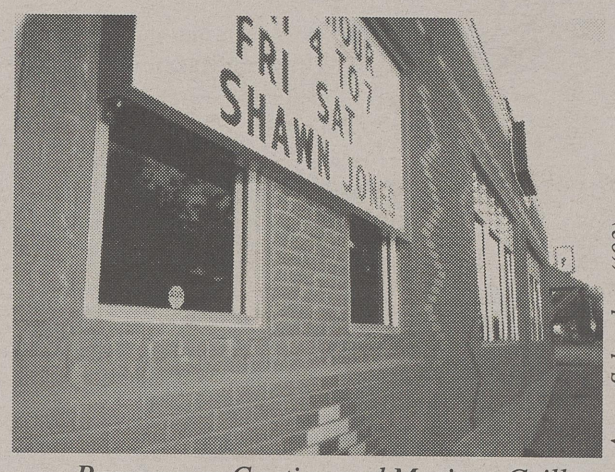
Look for the next issue after Winterim!

Revealing the Restaurants

Anna Schwaber
Contributing Writer ('03)

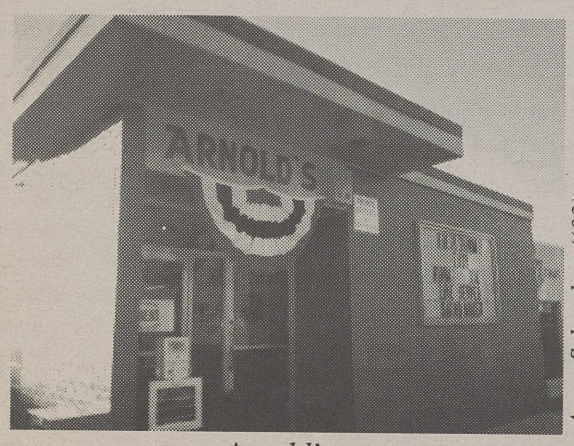
Rosepepper Cantina and Mexican Grill
(1907 Eastland Avenue)

Rosepepper Cantina and Mexican grill is a growingly popular treat. This Mexican style restaurant offers reasonably priced "Sonora style" food such as Los Originales, $7.95, and their Burrito Asada, $8.95. They are famous for their Rosepepper rings (friend sweet peppers) and their live music. Their veranda style dining is also an option for warm and breezy nights.Come Friday or Saturday to hear their featured musician and eat some of their great enchiladas, tamales, taquitos, flauntas, and chimichangas.



Anna Schwaber ('03)

Rosepepper Cantina and Mexican Grill



Anna Schwaber ('03)

Arnold's

Arnold's
(7th and Division St.)

Looking for a little taste of Music City's finest? Arnold's is a buffet style "meat and three" type restaurant. Just blocks away from Riverfront park and near Music Row, this lunch-time treat is always patronized by the Music Row crowd. Known to be Chet Atkins' favorite restaurant, Arnold's provides music history along with great home-cooking food. Their great-priced specialties include macaroni and cheese, smashed sweet potatoes, beef, and their famous desserts. With a friendly staff, this restaurant is ranked among the best!



Anna Schwaber ('03)

Eat. Drink. Reflect. at Mirror

Mirror
(2317 12th Avenue South)

"Eat. Drink. Reflect." is the motto of this trendy restaurant called Mirror. If you are looking for a nice and classy dining experience, Mirror and its sleek interior is the place! Some of their specialties are the Maple Grilled Salmon, $15, Grilled Filet Mignon, $19.75, Pan Seared Mussels, $6.75, and a variety of "Tapas". "Tapas" are appetizers that come in two to three bite portions priced around $2 per order. If you are dressed to impress, then come to Mirror where their drinks and service are ranked among the best on Nashville City Search!

Stores and Salon Secrets

Abby Gallagher
Contributing Writer ('03)

Curious Heart Emporium
(2832 Bransford Ave.)

The Curious Heart Emporium is a wild shop for all of those crazy knick-knacks that you can't find at any store in the mall. It sells great products such as "Dirty Girl," "Primal Elements," "Wash Away Your Sins," and "Burt's Bee's," making it a great one-stop shop for gifts. On top of their great line of products, The Curious Heart Emporium sells cool hand-made key chains, unique jewelry, crazy lamps and festive Christmas décor. However, with hanging dragons, turtles, and a spaceship hovering in its front yard, this shop is kept anything but a secret. You can find this hot spot on Bransford Avenue, off of Thompson Lane, located behind the Amoco. Believe me, you can't miss it!

Venus and Mars
(2830 Bransford Ave.)

Venus and Mars is a great find for all of you vintage lovers. It was voted as "One of Nashville's Best Vintage Stores" in 2002. The store has great jackets and belts that are back in style today, antique jewelry, hippy beads, framed pictures of old movie stars, and classic posters-all at very cheap prices. Venus and Mars also allows customers to trade clothing; an even better reason to get rid that old dress that is collecting dust in your closet. It's located right next door to The Curious Heart Emporium, with a big pink giraffe in the front. So stop by and give it a visit!

Salon YaYa
(2827 Dogwood Pl.)

Salon Ya Ya is Nashville's trendiest beauty salon. This hip shop is a hot spot for all of the Vanderbilt students. In addition to haircuts, Salon Ya Ya also offers waxing, manicures, and facials. It also sells exclusive makeup products and designer purses. Salon Ya Ya is definitely the place to go to get that haircut that you've always wanted at an unbeatable price.

Things to Check Out

Sara Morris
Entertainment Editor ('03)

Concerts:

Jars of Clay-- November 23 at Nashville Convention Center

Nashville Symphony "Happy Holidays"-- November 23 at War Memorial

Charlie Daniels Band-- November 24 at Ryman

Rolling Stones-- November 25 at the Gaylord

Michael W. Smith-- December 2 at the Gaylord

Manheimm Steamroller-- December 8 at Gaylord

Martina McBride-- December 13 at the Gaylord

Theater:

Radio City Christmas Spectacular-- November 23, 24, 25 at Grand Ole Opry

Nashville Opera "La Traviata"-- December 5, 7 at TPAC

A Christmas Carol-- December 11, 12, 13 at TPAC

Nashville Ballet's Nutcracker-- December 13, 14, and 15 at TPAC



www.nashvilleballet.com

The Nutcracker



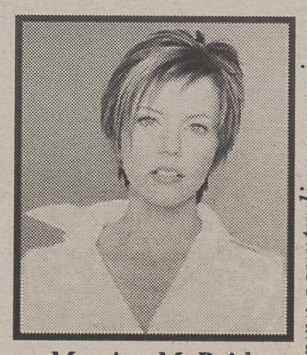
www.nashville.citysearch.com

Radio City Christmas Spectacular



www.the-rolling-stones.com

The Rolling Stones



www.countrylinemagazine.com

Martina McBride

LOGOS

Meet the Editors

The Seniors Who Run the Show...

Sara Morris
Entertainment Editor ('03)
Lauren Ezell
Managing and Layout Editor ('03)



Raleigh Anne Blank
Sports Editor

Besides being actively involved in sports at Harpeth Hall, she is also an avid supporter of them. Raleigh attends games and turns over the report to the *Logos* team. After editing the articles she does not write herself, she lays out her page.



Lauren Ezell
Managing and Layout Editor

So did we really nix the Editor-in-Chief position? Lauren's countless hours spent in the media lab counting picas would make it hard to believe that there was not just one person in charge. She is the one who pulls it all together and puts all of the finishing touches on all the things we forgot to do. Hail to the "chief".



Camille Grote
Photography Editor

Camille and her photojournalism team take the majority of th e pictures featured in *Logos*. After assigning all of the pictures, she scans in the ones she recieves from her other photographers. Then she takes the pictures that people failed to turn in.



Sara Morris
Entertainment Editor

Getting bored with your typical weekend plans? Look to Sara to keep you up to date on Nashville's hot spots and upcoming events. Working aroud a packed schedule, Sara logs in those extra hours to make sure the paper is looking great.



Jennifer Price
Features Editor

Jennifer is dedicated whole-heartedly to the *Logos* cause. She was spotted in the media lab one Saturday mornig, after having her wisdom teeth extracted the afternoon before. She distributes, writes, and collects the lengthy in-depth articles about various topics, edits them, and lays out her page.

You Know You're a Sophomore When...

Raleigh Anne Blank
Sports Editor ('03)

Jennifer Price
Features Editor ('03)

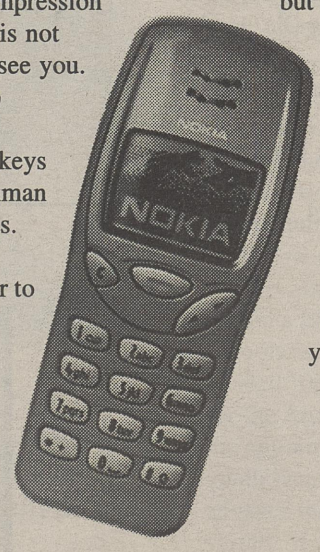
1) You see Ms. Roark in the hall everyday and while you may be happy to see her, you get the impression that she is not happy to see you. (Quiet Ladies!)

2) You jingle your keys and almost take out freshman with your massive swings.

3) You think you're superior to the freshmen when really you were just one last year.

4) Every free moment is devoted to glittering and coloring, all to make the perfect MBA sign.

5) You get a cell phone before you can drive.



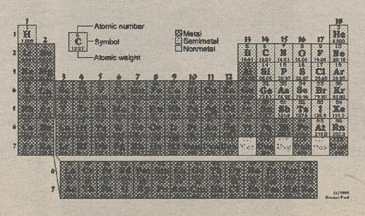
6) You find yourself cruising by the former Funscape since you have a car now, but there is nowhere to go.

7) AOL is still the number one week-night activity.

8) Chemistry is the worst thing known to man.

9) You are selling pecans.

10) You are lost trying to figure out what your purpose is in high school.



The Rest of the Team...

Stephanie Compton ('04)—Opinions Editor
Perry DelFavero ('05)—Web Manager
Anna Poss ('05)—Business Manager
Taylor Sitzler ('05)—Copy Editor
Anna Smith ('04)—News Editor
Robin Steele ('04)—News Beats Editor

Thank You!

A special thanks to our sponsor, Mrs. Meltesen for all of the hard work she does. Last but not least a huge thanks to Mr. Croker who spends countless hours in the media lab fixing all of our mistakes!