LOGOS

The Student Voice of Harpeth Hall



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Volume 27 Number 3 March 2005

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Michael Renwick

Harpeth Hall's Basketball team huddled for a some words of advice from coach Karen Schwartz before winning the TSSAA Division II Basketball Championship on March 3. Over 75 HH students attended the game to cheer on their fellow classmates, who played agaist Father Ryan High School. The final score was 34-70, with Harpeth Hall winning the state championship for the third year in a row.

Ms. Jess Hill selected as new Director of Upper School

Anna Poss ('05)
Editor-In-Chief

Ms. Jess Hill, Upper School math teacher, will replace Ms. LaVoe Mulgrew as Head of the Upper School for the 2005-2006 school year. Ms. Teaff, Head of School, announced the appointment in an email to students February 19 and sent a formal letter to parents four days later. Ms. Teaff cited Ms. Hill's "warmth, good humor, poise, exemplary work ethic, and enthusiastic energy" as qualities that recommended her for the position.

Ms. Hill has been a math teacher at Harpeth Hall for ten years. A graduate of University of the South, she later earned her master's degree at Vanderbilt. Ms. Hill said, "I never really thought about doing anything but teaching, but when Ms. Teaff announced Mrs. Mulgrew's retirement, several people came up to me and said I would be good for the job. Over the course of a month, I decided to apply."

Ms. Hill explained that Harpeth Hall is the only school at which she would leave teaching for an administrative position. "I love my colleagues and respect them, and I love the students. By doing this, I feel that I am serving our community. This is not something I could do coming in cold."

Ms. Hill will spend the coming year learning about and acclimating to her new role. "Ms. Mulgrew has done an amazing job over the past few years. There really aren't any major changes that need to be made. Next year will be a time of watching and listening for me, so there will probably only be small changes."

July 10 is the official start of Ms. Hill's tenure. Ms. Hill says that while she is excited about the impending date, she is also nervous. Victoria Schwab ('05), a student of Ms. Hill's for three years, feels that her fears are ungrounded. "[Ms. Hill] is always approachable and friendly, and I'm confident that she will be a strong leader. I don't think a better mix of motherly kindness and poise could be found, and I am delighted that she has been chosen."

Mark your calendar...

Important dates to remember at Harpeth Hall from March to April

- March 17-27 — Spring Break
- April 3 — Father/Daughter/ Special Friend Dance
- April 8 — Student Holiday
- April 9 — Prom 8:00-11:00pm
- April 14 — One Acts 7:00pm Davis Theatre
- April 21 — Upper School Awards
- April 22 — School Holiday
- April 28 — AP Art Exhibit Opening

Harpeth Hall re-thinks weekly schedule for upcoming year

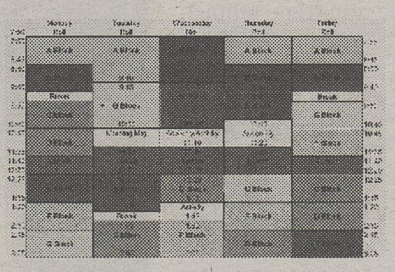
Anna Poss ('05)
Editor-In-Chief

The movement of changing class schedules is gaining momentum. In fact, it might actually become a reality.

Mr. Peter Goodwin, the photography and videography teacher, has been calling for improvements to the schedule for years. He says that 50-minute classes are not long enough and affect students adversely.

"50 minute classes are like a factory system: students move though them like an assembly line. This 'factory system' theory of classes dates back to the turn of the last century."

After studying various schools' schedules, Mr. Goodwin has learned different theories about block length. The University School of Nashville's schedule is borrowed from Harpeth Hall's but has a few changes. They have two 50-minute classes and two 70-minute classes a day, along with one class that meets every day.



Sample of revised schedule made by teachers who would like to see the schedule change. E block would be short on Thursdays.

A system of three private schools in Maryland follows the "10 day cycle". Each class meets for 70 minutes on a 10-day rotation, so the overall schedule is less impeded by the long block. This also allows for an hour-long lunch.

A group of teachers who are proponents of changing the schedule have been meeting voluntarily for the last few months. They are unified in the desire for fewer assemblies and longer lunches. The main argument has been that science and art classes need longer periods, but math and language are better in short blocks that allow for repetition.

This committee of teachers has developed a schedule that incorporates most of the needs raised. The schedule is similar to the current one in that all classes meet Monday and Friday and only four days a week. Order of classes remains the same as well.

In this version, there are four 75-minute blocks on Tuesday and Wednesday. There are four activity periods in a week, with two on Wednesday. Lunch would last either 40 or 60 minutes. Also, the school day would not end until 3:05.

This sample schedule will be presented to Ms. Teaff, Head of School, for consideration. A completely revised schedule may be too difficult to implement in a few months, but there is a chance for small changes for next year. Mr. Goodwin said."The only change for next year will probably be fixing E block."

Technology Department meets to discuss plans for next year

Melissa McCord ('05)
Sports Editor

Every year, the Harpeth Hall Technology Department is responsible for planning the various additions and improvements it will make for the upcoming school year.

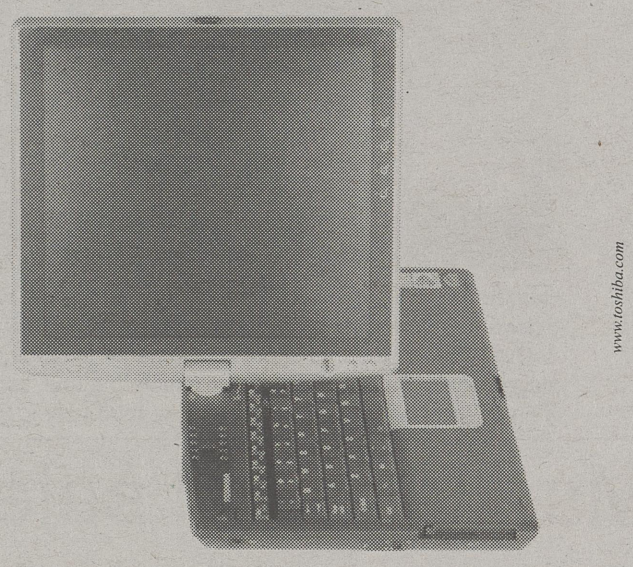
As Mrs. Karen Douse, Director of Technology, explained, "There is a committee this year to study technology needs for the entire campus for the next three years, and that committee will have a report by the spring that will guide us in making decisions on new technology."

Some changes are already in the works. During a past meeting, one of the prime topics was the new addition of the SmartBoards, installed last fall in every science and math class as part of the Massey renovations.

Mrs. Douse commented, "Because of the great reception that SmartBoards have received, we are certainly looking to put more SmartBoards and projectors into other classrooms."

Another topic under discussion is the addition of laptop "notebooks" for students. Such devices would be able to convert from ordinary computers into tablets for taking written notes.

The Technology Department had at one point planned to introduce the notebooks this school year, but ultimately decided not to. Mrs. Douse explained, "It still looks very promising, but we wanted to wait until it was tested a little more thoroughly before introducing it here.



www.toshiba.com

Pictured is the new "notebook" laptop, which the Harpeth Hall technology department is considering for years to come. The screen can be switched from an ordinary laptop screen to a writing tablet.

"We haven't decided yet for sure," Mrs. Douse continued, "but we are considering purchasing some of these tablets for teachers this summer so they can try them and see if they think that it would be a good choice for students. If they like them, we will consider them for next year for student purchase."

If the laptop "notebooks" are approved, they could further enhance students' scholastic experiences, especially in math and science courses.

Mrs. Douse pointed out, "I think that [the laptops] might be really great for taking notes in a science or math class where one can't use a keyboard easily. The tablets we have looked at have both a keyboard and a writing screen, so they can be used either way."

The versatile "notebooks" could be a major advancement as Harpeth Hall continues to utilize technology in the classroom. Currently, the Technology Department is finalizing plans for the 2005-2006 school year, and it will announce its decisions shortly.

For now, the rest of the community waits to hear about the ways in which Harpeth Hall will stay on the cutting edge of educational technology.

HH students raise money to helpTsunami victims

Amelia Higgins ('07)
Staff Writer

Bracelets, money jugs, casual days, and a dance are just some of the ways that Harpeth Hall has tried to raise money for the affected Southeast Asia countries from the tsunami.

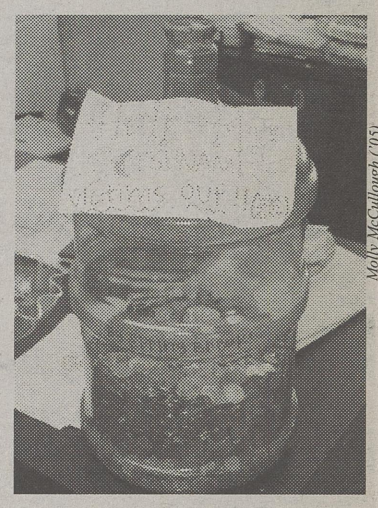
After the tragedy occurred during the winter holidays, freshmen and sophomores returned to school concerned and determined to help.

Both classes met to discuss ideas and after three weeks, a collective sum of around $800 was raised through three casual days, extra-change money jugs, babysitting, and even a hangman competition.

Of course, with the addition of the juniors and seniors who returned to campus in late January, an additional four casual days, the Valentine's Dance, and various other fundraisers boosted the donation by around $2,200 making a final sum of $3,000.

Recently, the freshmen class has decided to sell bracelets, similar to the yellow Live Strong bands, but instead multicolored and labeled "Tsunami Relief."

Each bracelet is $5. Rachel Mackenzie, freshman class representative, said, "Anyone that is lucky enough to go to a school like Harpeth Hall should be able to pay $5 to help these poor people."



Molly McCullough ('05)

Donate money in the Tsunami Relief Jug before it is sent to aid victims in Southeast Asia during Spring Break.

In selling the bracelets, the freshmen class aspires to raise $10,000 ultimately allowing Harpeth Hall to send a $13,000 check to the Red Cross, who will send the money to the affected countries.

Through large efforts and the strength of the community, Harpeth Hall will make a difference for victims in the aftermath of the tsunami.

Two Harpeth Hall teachers welcome new family additions, leave school

Emily Thompson ('07)
Staff Writer

Mrs. Ann Saylor, Community Service Director, and Mrs. Kristen Meltesen, freshman and sophomore English teacher, will not be returning for the next school year in order to focus on their new families.

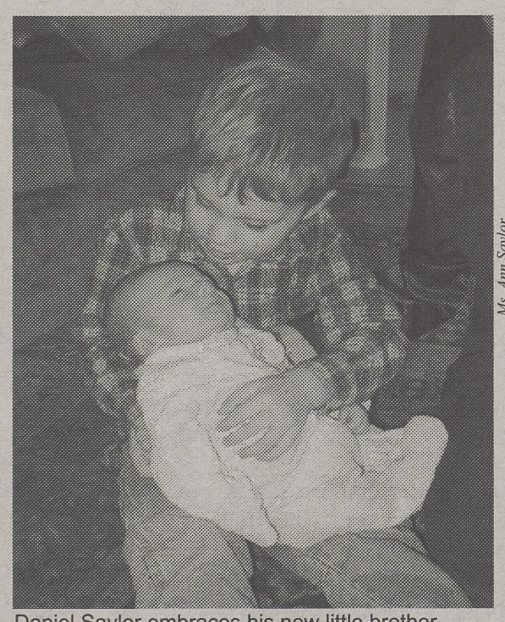
Mrs. Saylor has decided to take at least three years off from work to be with her children. As she put it, "They will only be little once, and I would like to train them to be good Godly boys now so that when they are older I could come back and work a little."

Also, having to put two children in daycare every day is financially demanding and an expense they will be able to avoid when Mrs. Saylor no longer has to come to Harpeth Hall.

She recently became the mother of two boys, Brendon, who was just born on January 16 and Daniel, who turned three in December.

She will be leaving after the conclusion of the summer volunteer trip to Arizona this summer.

Mrs. Meltesen is reluctant to leave, but her maternity leave begins at spring break . She is due on April 23 and will be leaving as soon as her baby boy is born because spending as much time with him at home as possible is important to her. She is thinking about returning to teaching after a few years. However, since most of her family lives in Atlanta, there is a possibility that she will relocate there.



Ms. Ann Saylor

Daniel Saylor embraces his new little brother, Brendon, who was born January 16.

Both are looking forward to the long-lasting memories they will form in the next couple of years with their children that they may have otherwise missed. For example, Mrs. Saylor's son Daniel thinks that his new baby brother Brendan is in fact *his* baby. He will actually go around the house and say, "Mommy, my baby is hungry. Mommy, my baby needs a diaper."

Students show some love at the Valentine's Dance

Noura Ismail ('07)
News Editor

Student Council hosted the Feb. 12 Valentine's Dance, earning and then donating $2,230 to tsunami aid. The dance was held in the Idanelle McMurry Center for Arts and Athletics.

With "the most awesome DJ Harpeth Hall has ever had" as Meredith Byrd ('07), explained, the dance was certainly better than last year's.

At last year's dance, the DJ hired did not show up. Instead, technical director, DJ Ranta, took his place. Fortunately, the same fiasco was avoided this year.

One of the highlights every year is Singled Out as Harpeth Hall's Cornelia Granbery ('07) and Ellen Hammer ('05) were chosen by the Student Council as contestants.

While most students left around 10:00 p.m., freshmen stayed until the close at 10:30. Freshman Mae Redha, said, "Most of the freshmen can't even drive yet so we have to wait until we're picked up. We didn't care, though, because it was a lot of fun getting to dance with friends!" Even those who weren't thrilled about dancing could simply chat with friends or hang out with the chaperones, including Mrs. Ward, Ms. Roark, Dr. Henderson, Mrs. Croker, Mrs. Mulgrew, Mrs. Maxwell, and Ms. Teaff.

Singled Out, the dancing, the music, and of course the socializing made this year's Valentine's Dance yet another success.



Ms. Marie Maxwell

Lauren Riegle ('07), Mary Helen Crafton ('07), and Stockton Beveridge take a minute to pose for the camera before they hit the dance floor.

logos

Please purge purses

Melissa Kim ('07)
Opinions Editor

Purses can be seen everywhere; from the hallways to the classroom, enroute to the cafeteria, and then back to the lockers. These days they seem to be everywhere at this school.

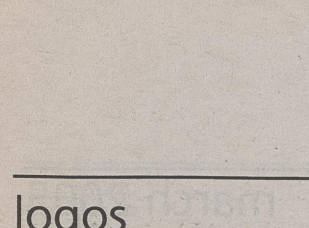
Although the origin of this phenomenon is uncertain, one can deduce that a drop of water made a rippling effect that is apparently still rippling away.

Purses were meant for use at shopping malls and basically anywhere that is not school.

I for one am not the first to be irked by this trend. Allow me to explain proper school purse etiquette.

Class to Class is NOT Acceptable

What do you need for



Melissa Kim ('07)

class in your purse anyway that does not fit with your binder and books? Could it be food? It's possible, but also too risky for the hallways and might cause interior damage to the purse.

You have a backpack; just stick whatever you need in there.

Despite the resemblance of the narrow hallways to a runway, there is a difference, which we all should have noticed long ago when we realized that we had a uniform.

Accessorizing is not an excuse; that is what your laptop is for.

Some are Actually Quite Expensive

Even if they are knock-offs or fakes, it is not worth advertising at school, and if you think that it is, I would just like to ask one question: who's paying you?

Plus, in the school environment, expensive purses can be easily ruined or even stolen, especially without any supervision. I have, for example, come across one Dior and two Chanel purses in an abandoned hallway.

Also, by flaunting our couture handbags, are we not proving the point brought up by many outsiders that Harpeth Hall girls are completely spoiled?

We must also take note of the fact that for some time now, purses have been status symbols, and the last thing we need are inferiority complexes among students.

If you insist of toting your purse around, get a cheapo one from Target.

What Could You Possibly Carry of Such Great Importance?

•Cell phone

There is plenty of room in that hunky backpack of yours that you also lug from class to class. Heck, my backpack has a specific cell phone pocket inside.

Of course, there's also that no-cell-phones-in class rule that could do the trick.

•Pencils

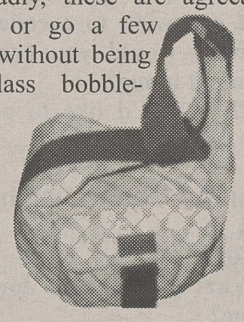
It's new word time: pencil-pouch.

•Car keys

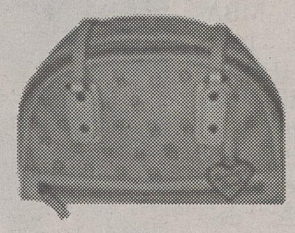
This is perfectly understandable, that is, if you have a car; but how quick of an escape are you trying to make?

•I-pod

Either keep it in your backpack (if you want the music that badly, these are agreeable terms) or go a few hours without being the class bobblehead.



Melissa Kim ('07)



Melissa Kim ('07)

•Wallet/License

Yes, this school costs money, especially if you want to buy extra food, but school is not a 24/7 shopping mall, and therefore stop clenching those fists full of money.

As for the driver's license, it is true that you do need it for when you are on the road, but it will not work as a hall pass.

Girls love purses, but this excessive exposure is completely ridiculous.

We must face the facts: girls are very sensitive about their purses. Now it is time to learn a lesson: get over it.

Do we really need to lug more things around than we



Melissa Kim ('07)

already do? Do we need the "I'm better than you" mentality insinuated by our purses (some of which just by the label cost more than $500)?

And then it comes down to the zinger: How attention deprived exactly are you?

It is true that some people just bring their purses to get attention. They should either join a club or mark their faces with sharpie if they are that desperate.

The German exchange students last year had a point: how shallow are we? Look at your buddy's purse and you will find out.

The purses featured in this article were those of HH students.

Fundraising follies

Caroline Hallemann ('07)
Staff Writer

A Harpeth Hall Prom costs upwards of $8,000. The class of 2007 has to raise more than half of that by April next year.

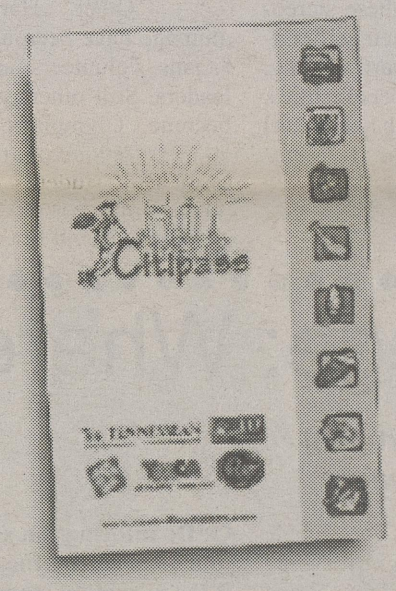
Those are two very scary sentences, both to the class of 2006 and myself, a sophomore class officer. Obviously we sophomores have some more work to do, but why are we so far from our goal?

It is frustrating to be a sophomore officer, because even though our grade has a lot of spirit when it comes to supporting classmates in sporting events, dance concerts, and plays, we could not bond together to sell Citipass books for our fundraiser.

Maybe our goal of selling 5,000 books was a little ambitious, but I thought we could sell at least 75% of that; unfortunately, my class fell short.

> "...I can honestly say that some people just did not care."

I understand that the product was not the best or easiest to sell, and I am not saying that people did not try, but when some girls sell ten or twelve, and others don't sell any, it is rather disappointing.



nashvillecitipass.com

Behold the beloved Citipass book, which is dear to all sophomores who had to sell them.

After interviewing several students, I can honestly say that some people just did not care. In the words of Sarah Hale, sophomore, "I don't plan on going to Harpeth Hall prom or any other Harpeth Hall dance for that matter; I just don't see why I have to sell these stupid books."

Hopefully next year, with the wrapping paper fund raiser, we will be able to come together as a grade and make enough money to put on a great prom for the current juniors. I know we can do it; people just have to give it a try.

For the current freshmen, here are a few tips on how to make your sophomore fundraiser a success.

1. Pick a product that will be fun and relatively easy for everyone to sell.

2. Let everyone voice their opinions about what you are planning to do; do not leave all the decision-making to the president. Allowing everyone have her say will make it a true class fundraiser.

3. Pick a product that is relatively inexpensive so that it appeals to a wider buying audience.

4. Offer incentives for selling the product.

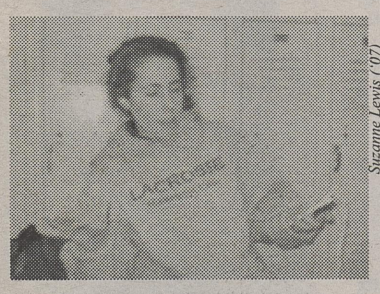
5. Keep on top of your deadlines.

6. Market your product to all of Harpeth Hall, including faculty, staff, and all students.

Highschooler in the hallway: A look at your opinions

Suzanne Lewis ('07)
Staff Writer

How do you feel about downloading and burning music illegally?



Suzanne Lewis ('07)

"Yeah, burning and downloading music for free is great. That way you only get what you want instead of buying whole CDs."
-Lauren McKinney ('05)



Suzanne Lewis ('07)

"I have many friends in the music business and I feel that it's wrong because it prevents them from getting the money they deserve."
-Molly Profitt ('06)



Suzanne Lewis ('07)

"I agree with burning and downloading music for free because it's cheaper and easier."
-Zuri Walker-Dinkins ('07)



Suzanne Lewis ('07)

"Even though it's easier, I disagree because the people deserve the money."
–Heba Gill ('08)

HH defies "wife training school" stereotype

Grace Herbert ('06)
Business Manager

Junior Melissa Woods gets home from cheerleading practice around 6 p.m. She begins working on her five hours of homework when her boyfriend calls. In the middle of the conversation Woods apologizes and says she needs to get off the phone in order to finish her work. Right before she hangs up, Woods hears her boyfriend comment, "I thought y'all didn't do any work over at that day care."

Woods is one of the many students at Harpeth Hall who is stereotyped. Because of Harpeth Hall's standing as an all-girls private college preparatory school, it is targeted with negative stereotypes. Some stereotype it as a "day care" or "wife-training school"; others believe that all of its students are rich snobs who drive nice cars.

Harpeth Hall graduate Gretchen Herbert ('77), offered insight as to why some outside the school's community have such ideas. She commented, "The reason the women of Harpeth Hall are given these stereotypes is because of their self-confident, assertive, hardworking, and overachieving personalities. These qualities [which help them] to succeed cause others to be intimidated". Whatever the case may be, Harpeth Hall girls are labeled.

Montgomery Bell Academy student Kafkas Everest, ('06), called Harpeth Hall "a wife-training school." Like Everest, some in the community think that Harpeth Hall trains girls to grow up and be conventional housewives. Contrary to this belief, each year 99% of its graduates go to college and obtain professional degrees.

Many distinguished alumnae have done more with their lives than become wives. Examples include Cornelia Fort ('36), the first woman pilot to give her life while in the service of the U.S. Military; Mildred Stahlman ('40), inventor of a baby-sized respirator; Idanelle McMurry ('43), first woman to be elected Chairman of the Board of the National Association of Independent Schools; and Jean Nelson ('65), General Counsel for the U.S. Environmental Protection Agency, Chief Deputy Attorney General for Tennessee, and director of President Clinton's Commission on Crime Prevention. The list goes on.

Other Harpeth Hall alumnae have been athletes, musicians, volunteers, and religious leaders. Still others graduated to become Olympians, Grammy-winners, marathon runners, comedians, actresses. Clearly the typical alumna is too talented and capable to spend her days only in the home.

MBA students have labeled Harpeth Hall with other stereotypes as well. Stephen Wiek, a senior at MBA, described Harpeth Hall as "a day care." People like Wiek think Harpeth Hall's curriculum is simple, painless and fun. However, 95% of the students have completed four years of math, and 93% have completed more than three years of science, which is more than twice the national average. The statistics do not end there.

Harpeth Hall offers thirteen Advanced Placement courses. Last year 104 students took 216 AP exams and, according to Harpeth Hall's official website, 84% earned scores eligible for college credit. Also, in the past five years 79 students have been inducted into the National Cum Laude Society, 53 students have been National Merit Finalists, and 165 have been AP scholars.

These statistics refute the "day care" stereotype; if Harpeth Hall classes were easy, students could not achieve so well on a national level.

Saint Cecilia student Natalie Crafton heard another stereotype of Harpeth Hall: that its student body "is made up of a bunch of wealthy, rich snobs." Harpeth Hall appears to be comprised of mainly affluent white students. According to the admission statistics, however, 10% of the students at Harpeth Hall receive financial aid and 8.6% of the students at Harpeth Hall are minorities. Again, the stereotypes do not correspond with the reality.

Ms. Herbert said, "To me, a Harpeth Hall graduate is a woman who is able to juggle all areas of life, whether [she is] a stay-at-home mom or [has] a professional career. These women can multi-task and have a means of balance in their home life, relationships, career, and community. The graduates have accomplished things in life that make each of them an important and worthy individual, thanks to their experience at Harpeth Hall."



www.amygrant.com, www.thsf.net, and www.imdb.com

Distinguished Harpeth Hall alumni include country singer Amy Grant, Olympic gold medalist Tracey Caulkins, and actress Reese Witherspoon, among others.

College: Where do you see yourself?

Grace Herbert ('06)
Business Manager

How do you decide what college is right for you? Searching for the right college is a tough process and there is a lot of pressure to make the "right decisions." But what is right for you? State or Private? North or South? Party school? Greek life? Big or small? Urban or remote? Where do you see yourself? These are the kinds of questions that Harpeth Hall students must consider. To gain insight into the application process, *Logos* asked 19 juniors and seniors about their college searches. These are a few of their responses.

Mary-Ross Bryant ('05)
Davidson College

Q: How many schools did you apply to?
A: One. I applied early decision to Davidson and was accepted. If I had not been accepted, I would have applied to several more.

Q: What do you look for in a college?
A: The kind of people that go there, location, size, academic level

Q: Which schools have the hottest guys?
A: Schools with smart guys

Q: Do information sessions and tours sell you on the school or is it the overnight stays?
A: Tours are helpful, especially if there are students on campus.

Lauren McKinney ('05)
University of Mississippi

Q: What do you look for in a college?
A: Boys and Parties…need I say more? I don't think I am going to go to class my first year.

Q: When considering a school, what are some deciding factors for you?
A: I was leaning towards Ole Miss but then realized after looking in my closet that I had so much more red and black clothing for Georgia. I wouldn't have to buy anything to wear until junior year. I thought about Clemson, but I looked at a student's webshots and was unimpressed.

Q: What schools were the most fun to visit?
A: Ole Miss and the Grove – it's like Steeplechase every weekend without the horses.

Q:Is food a factor in your decision?
A: Yes. I love food. I will miss SATCO so much. My parents are going to have to FEDEX me cheese dip.

Helen Rankin ('05)
Duke University

Q: How many schools did you apply to?
A: I applied early decision, so just one. If I had not been accepted, I would have sent in applications to eight others.

Q: What do you look for in a college?
A: I wanted great academics, a party scene, new facilities, professors in science and research, a reasonably sized city, and good science and math departments. I also wanted a well-rounded school so that I would have a fallback if I switched majors or interests.

Q: What schools were the most fun to visit and why?
A: State schools are probably the best visits. It's one big party.

Q: What schools have the hottest guys?
A: Probably state schools. But I'm sure that you can find them anywhere.

Q: Do information sessions and tours sell you on the school or is it the overnight stays?
A: Information sessions will sell you on the academics, but overnight stays will sell you on the partying.

Q: If you went to a college in Nashville would you consider staying at home?
A: NEVER. I'd like to get far away from my parents.

Monisha Chakravarthy ('06)
Undecided

Q: What do you look for in a college?
A: I look for small or medium sizes. How clean does the campus look? Is it pretty, or at least sort of? I look at the housing and parking situations. What is the demographic? Young? Old? Yankees? Red Sox? Southerners? Blacks? Whites? INDIANS? I look for extracurriculars like theater, music, and Cultural Indian Events. I want a school ranking in the U.S., Top 30 colleges, hopefully.

Q: Would you consider going to an all girl's college?
A: Yes. At gunpoint.

Q: If you went to a college in Nashville would you consider staying at home?
A: My mother really wants me to stay home, so I might have to anyway. I could go to Vandy with 70% off of tuition, practically free. It would be sort of pointless for me to live on campus, a waste of money.



Michael's Photography

Mary-Ross Bryant ('05)



Cameron Sweeting ('05)

Lauren McKinney ('05)



Helen Rankin ('05)



Monisha Chakravarthy ('06)

Monisha Chakravarthy ('06)

Top Ten...

Signs that it's Second Semester

Taylor Sitzler ('05)
Features Editor

1 **If you're a Senior...**
You have stopped doing your homework because it inter feres with the quality of your life.

2 You tell someone at least once a day that "you're a second semester senior" or that "you're already in college." It's the all-purpose excuse.

3 You recently realized that your grades are dismal. What happened to Senior Slide? Did the teachers not get the memo?

4 Mexico. Senior Spring Break. Graduation. College. Enough said.

5 **If you're a Junior...**
You wonder if "European Term Paper" can be listed as a cause of death.

6 You are twelve times more worried about Prom than neces sary.

7 **If you're a Sophomore...**
You have a driver's license, a car, and no parking space.

8 You are beginning to wonder if you can bypass Junior year altogether.

9 **If you're a Freshman...**
Forget looks, charm, intelligence, and sense of humor. Your new boyfriend's most valuable asset is his driver's license.

10 You've still got three years to go.

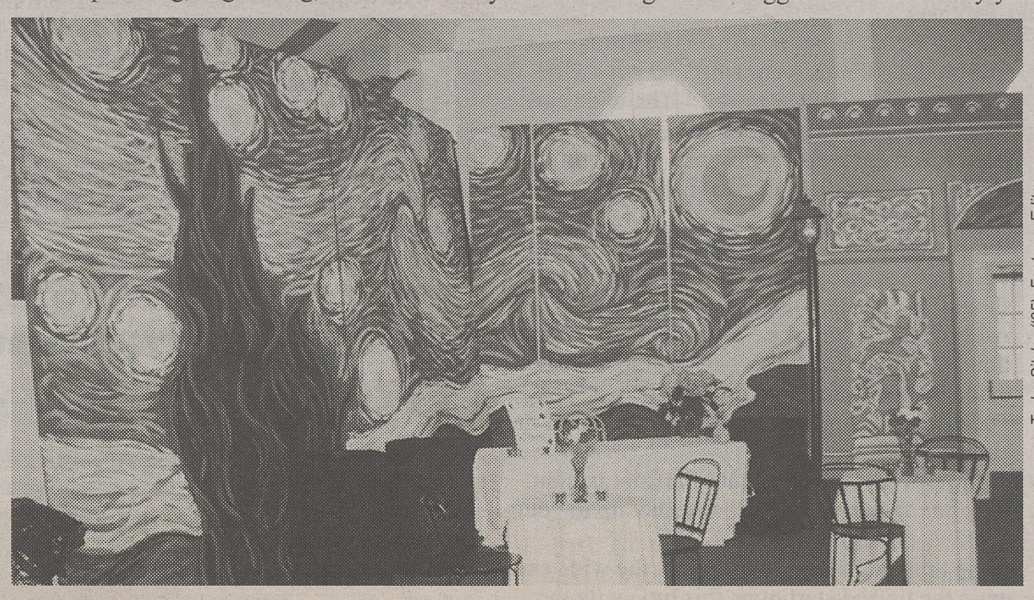
Prom in Perspective

Taylor Sitzler ('05)
Features Editor

Many schools hold their proms in hotel banquet halls or hire party-planners to decorate their gyms, leaving students relatively stress-free. At Harpeth Hall, this is not the case. The annual Junior-Senior Prom is a a long-standing tradition. It is also a lot of work. The junior class spends several years raising money to put on prom and several months planning, organizing, and decorating. The entire process is a valuable bonding experience for the upcoming senior class.

That is not to say that things always go smoothly. Seniors will remember the monsoon that struck Nashville on April 23, 2004, destroying the outdoor tent and flooding the gallery with sawdust and rain-water. Despite the seeming disaster, the gallery had been transformed into a scene from Paris by the following evening.

The theme for prom is announced in a skit on the last day of classes before Spring Break. But many students may not realize that prom has not always had a theme. This tradition began in 1981 with "Celebration." Then, decorations consisted mostly of balloons and streamers. It seems that each class tries to out-do the class before them, and prom gets bigger and better every year.



Taylor Sitzler ('05), Features Editor

Every year, the junior class spends countless hours decorating for prom. Last year's decorations included the student-painted recreation of Van Gogh's Starry Night and French chocolate shop pictured above.

Prom by numbers

Costs:	
Prom Skit:	$150
Food:	$1,000
Senior Gift:	$1,000
Decorations:	$6,100
Miscellaneous:	$1,000
Photography:	$250
Slideshow:	$500
Publicity:	$500
Workers:	$1,000
Total:	**$11,600**

Number of:	
Saturday workdays:	4
School holidays:	1
Students invited:	352
Seniors presented:	86
Chaperones:	9
Hours long:	3

Date: April 9, 2005

Prom Themes of yesteryear: 1981-2004

1981:	Celebration	1993:	Hollywood: Night with the Stars
1982:	On Broadway	1994:	Arabian Nights
1983:	Casablanca	1995:	Mardis Gras
1984:	Mardis Gras	1996:	Las Vegas
1985:	A Midsummer Night's Dream	1997:	Shipwrecked on Treasure Island
1986:	Shangri-La	1998:	Welcome to Hollywood
1987:	Magic Carpet Ride	1999:	An Enchanted Evening
1988:	Underwater Fantasy	2000:	The Wizard of Oz
1989:	Mystical Mirage	2001:	Mardis Gras
1990:	Escape to Egypt	2002:	Atlantis
1991:	Paradise Lost	2003:	The Secret Garden
1992:	Neptune's Night Out	2004:	Paris: City of Lights

Tsunami: Time for a new celebrity cause

Aly Armistead ('05)
Features Columnist

On December 26, 2004, something horrific occurred. The tsunami that hit the islands of Southeast Asia was an unexpected disaster that took an unimaginable toll on property and lives, with death counts reaching toward 150,000.

In the midst of this disaster, however, beauty could be found. In the days that followed the tragedy, every news channel from ABC to CNN to CBS played story after story as more information became available.

The news channels showed not only the facts but also the personal side of the story, which was a surprising change from Americans' normal cynicism and hands-off attitude toward the problems of countries not in the West. The tsunami had a face that Americans saw daily for weeks, perhaps even incessantly, a face that refused to be ignored.

Immediately following the non-stop news reports chronicling the destruction, the Red Cross, the UN, governments around the world, and innumerable individuals pledged more money than anyone could have anticipated.

It is incredibly refreshing to see the outpouring of love and generosity that people have dedicated to this relief effort, but it begs the questions: why this disaster, why these people?

One might say it was the disaster that hit at the right place at the right time. That is to say, this disaster occurred at a time when people were looking for a cause to get behind.

Not to diminish the importance of this relief effort, but what about all the other people who need aid around the world? More specifically, what about those dying by the minute in Africa due to hunger, AIDS, and genocide? More people die every day in Africa than did in the tsunami, and it seems no one is eager to give aid to African nations.

The media is more than partially to blame for its constant coverage of the tsunami, while the issue of dying Africans has basically been accepted as a lost cause. Dying Africans and their personal stories aren't on newscasts every day.

It would be hard for anyone to honestly say he is not aware of what is going on. Another issue may be Americans' comfort level with a disaster that is "nature's fault". To many people, it is easier to address the issue of a natural disaster, because it doesn't bring the issue of humanity (or lack thereof) into the picture.

If the media pumped images of the human suffering caused by AIDS and genocide into American living rooms, we could begin to give these causes the aid they need. We could possibly revolutionize the way we address future problems like these

There are probably thousands of reasons why this disaster has become what some call "the celebrity cause" of the year. The tsunami struck during the Christmas season, and the holiday's spirit of giving was probably motivation for many people to give their time and money to this cause.

The AIDS epidemic and contuining genocide in Africa are serious issues that deserve serious attention. The Asian tsnunami, though truly devestating and worthy of attention, happened in one day. It was no one's fault. By contrast, the situation in Africa is ongoing. It is undeniable that Western colonization contributed to the current political situation in Africa. We must take ownership of the past.

Until we can face these issues, unpleasant as they may be, we cannot deliver crucial aid. Every single day that we turn a blind eye to Africa results thousands of deaths. It is time for a new celebrity cause.

You asked questions. Logos found the a

Is it tru

Q: How do you tie a tie?

Knowing how to tie a tie could come in good use for helping a prom/Winter Formal date, dad or little brother. It could also come in handy if a tie were added as part of the uniform, something that students have been asking for for years. Here's how to tie one accord-ing to a salesman at Brooks Brothers:

1. Lift up the collar of your shirt and put the tie around the back of your neck. The wide end should hang down about twice as far as the thin end. It can hang down closer to your right or left hand, depending on what is the most com fortable for you.
2. Wrap the wide end around the thin end twice, a few inches below your neck. The wide end should go over the thin end at first.
3. After wrapping the wide end around the second time, push it through the back of the V-shape made by the partially formed knot
4. Tuck the wide end through the front loop of the knot.
5. Pull down on both ends until the knot is tight.
6. Hold the thin end and slide the knot up to your neck.
7. If the thin end hangs down below the wide end, untie the tie and start over, this time with the wide end hanging lower than it did the first time.
8. Flip the collar of your shirt back down. -TS


Anna Poss ('05)

Step1


Anna Poss ('05)

Step2


Anna Poss ('05)

Step3


Anna Poss ('05)

Step4


Anna Poss ('05)

Step5


Anna Poss ('05)

Finished product

Q: Are daddy long-legs poisonous?

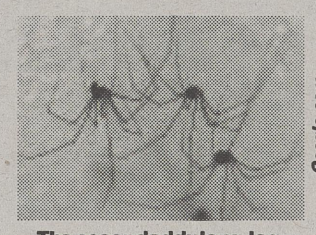
Upon asking this question, Dr. Schott gave me his simple but highly effective blank stare. Perhaps if I want his help I should pay more attention in Environmental Issues. After surfing the web for emails of entomologists (bug specialists), I was shocked to find that very few stop crouching over anthills with magnifying glasses long enough to answer email.

With help from Google, I struck gold. The problem with proving or disproving this myth is that in different parts of the world, several varieties of arachnids are known as daddy long-legs. Some of these do not even qualify as spiders.

The true daddy long-legs belong to a division of arachnids known as Opiliones. The spiders we know as such belong to the group Pholcidae and are called daddy long-legs due to confusion.

The true daddy long-legs are not spiders. They feed off insect corpses and have no fangs or venom glands. The myth is truely false there. For the daddy long-legs posers, the truth is less evident.

They do have poison glands but the scientific world has never encountered a case of a human being bitten by one. The only way to know about the venom's potency would be to milk a daddy long-leg spider and inject it into humans or mice. For these spiders the myth can also be declared untrue because there is no scientific evidence to back it up.


Google.com

The poser daddy long-leg.

The truth isn't definitive, but it's good enough for me. If you're still curious, go ahead and forge a scientific path. I'll milk it if you take the injection. - PD

Q: Are tomatoes a fruit?

Yes, tomatoes are a fruit. According to www.tomato.com, fruits are the parts of a plant that have seeds and are edible, so some other foods many people regard as vegetables, like pumpkins, are fruits as well. Vegetables, on the other hand, do not usually have seeds.


google.com

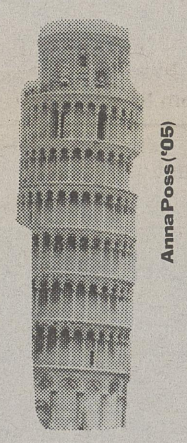
So if a pumpkin is a fruit, couldn't we just carve mangos instead?

Tomatoes are the best-selling fruit in the world, more popular than bananas and apples in second and third place, respectively. 60 million tons of tomatoes are produced every year. according to the California Tomato Commission.

They are also extremely healthy; the typical tomato has only thirty-five calories, is cholesterol free, and contains several vitamins. Lycopene, the chemical that makes tomatoes red, may actually help prevent cancer. - AP

Q: Why does the Tower of Pisa lean?

The Leaning Tower of Pisa was originally built as a campanile, or a bell tower. Most people do not realize that there is actually a cathedral right next to it, ergo, the reason for the bell tower's existence.


Anna Poss ('05)

According to the official Tower of Pisa website (http://torre.duomo.pisa.it), construction began in 1173 and soon after it began to tilt. The builders tried to straighten it using columns and slanting levels. That worked, but only for a little while. Construction had to be stopped in 1178 with only three stories finished. When they started work on it again in 1275, they realized that the Tower of Pisa was leaning in the other direction. Again, contractors attempted to straighten it, but when the structure was finished in 1350, it was still slanted.

For years general opinion held that they meant to make it slanted, but now scholars know that the earth in this area is extremely soft. The Tower of Pisa is still leaning, but sub-soil work and restoration that began in 1999 keep it from leaning farther. -AP

Q: Why do pigeons bob their heads?

No, they are not bopping to the music in their heads. Pigeons move their heads in such a motion because they have to, according to StraightDope.com.

Due to the fact that the pigeon's legs are far back on its body, bobbing the head helps it maintain its balance when walking. This could also be why they walk slowly, even when you are practically about to step on them. But with their balance, they can walk away, just in time. -MK

Q: Why isn't there a Channel 1 on TV?

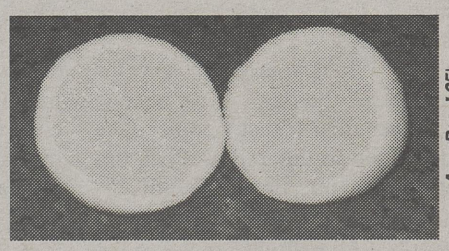
Cecil Adams from StraightDope.com says there used to be channel one in 1945, but these days, it is a no show.

The Federal Communications Commission (FCC) allotted this channel for television broadcast frequencies, but it took the channel away and allotted it to radio frequencies. An individual radio station's frequencies require 600 times less bandwidth than that of a television, and so in this way, both television and radio had plenty of space. - MK

Q: Does lemon juice makes hair blonde?

There are many myths about home hair treatments to help you get that Hollywood look. Some say lemon juice or beer will lighten hair, others even swear by mayonnaise as a conditioner. Sharon Spade, a beautician at the salon and cosmetic shop Aveda in the Green Hills Mall, explained that many hair treatments that may seem unusual actually work.

Ms. Spade commented that "Anything with a high concentration of vitamin A, B, C, and E along with zinc, copper, and biotin is great for your hair. Lemon juice is one of many organic food [products] that contains…vitamins that can virtually lighten the color of hair." Spade also mentioned that "100% of the hair products at Aveda contain these vitamins along with ethnic organic herbs to hydrate the scalp." Of course, these products are quite expensive, some costing $50.00 for just one bottle.


Anna Poss ('05)

Nature's answer to chemical highlights.

Joyce Wardwell's book *The Herbal Home* includes many hair "recipes" using everyday foods and herbs that can be found at a local supermarket. For blonde hair that has turned slightly green, Wardwell suggests rubbing ketchup around the entire scalp; massaging one's head with a cup of full cream milk mixed with two teaspoons of honey can treat dry hair. Other hair treatment recipes call for tomato juice, almond oil, and egg whites. Although hair can be treated by an ample amount of remedies, Mrs. Spade summarizes, "Including enough vitamins through one's diet is the easiest, cheapest, and most efficient way to have healthy hair." - NI

the answers and debunked the myths.

rue...?

Q: How do you get something out that is stuck in a vending machine?

Anyone who has ever tried to get animal crackers or popcorn out of the vending machine in the Bear Lair knows this is a serious problem. So serious in fact, the experts had to help: Worst Case Scenarios. They're the people who write the little yellow books that have instructions on how to survive a shark attack or how not to get hit by lightning. They also know a thing or two about vending machines. Here are some tips from the website (worstcasescenario.com):

1. Wait a minute before you have a nervous break down. Sometimes things will fall on their own.

2. Buy the same thing again. The wire spirals that hold the food will move again, causing the first item to become loose.

3. Buy the item above it. There's a chance it will hit the stuck food on the way down.

4. Hit the vending machine GENTLY from the side; never hit the glass. WARNING: Never shake a vending machine. People actually die every year from having vending machines fall on top of them. And don't stick your arm up through the door because it will get stuck. They're designed to do that. - AP



Anna Poss ('05)

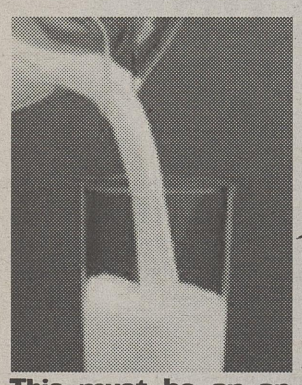
Relax. We'll tell youhowtogetyour animal crackers out.

Q: How much food does the cafeteria serve?

With Spring Break right around the corner, it probably comes as an unpleasant surprise that the amount of food consumed at Harpeth Hall has risen since last year. Milk purchases especially have risen considerably. 2% milk has increased from last year's 111 gallons to this year's 155 gallons, while chocolate milk has risen from 85 gallons to 400 gallons.

Besides fried chicken breast, whose amount of consumptions remains about the same as last year, the amount of meat has also increased. 65 more servings of chicken drumsticks, 50 more pounds of chicken strips, and 30 more pounds of taco meat have been eaten this year.

Interestingly, the intake of chocolate chip cookies has actually decreased. Last year, 276 servings were eaten compared to this year's 240 servings. One possibility for this decrease is the fat free soft serving yogurt machine, which has become a lunchtime favorite.



illustratorworld.com

This must be an appealing picture to Harpeth Hall girls. Milk consumption increasedalmost40%.

Overall, it appears that the Harpeth Hall community has drunk more milk and eaten more chicken than last year but has passed up on chocolate chip cookies. So feel free to slip on that new spring break swimsuit with the confidence that you will have a stronger body with all of the extra dairy and protein you've consumed since last year. -MM

Q: Do dogs see in color? How would you know?

Whether or not dogs can see in color sounds like a mystery that could go unsolved forever. Obviously, no one can ask, but one must wonder if Tinkerbell Hilton really cares if his diamond-encrusted collar is pink or green.

Some of the more determined scientists have actually tested animals using food linked with color to decide if they can really tell the difference.



AP News

Good thing Tinkerbell Hilton is colorblind and cannot see some of his owner's outfits.

Three from University of California at Santa Barbara used three screens lit by colored light, two of one color and one of a different color. If a dog touched the different color screen with his nose, he got a very tempting beef-flavored pellet.

As it turned out, the dogs had no trouble distinguishing between colors on opposite sides of the spectrum, like red and blue. They even learned quickly how to distinguish between blue and violet. However, they were unable to master yellow, orange, or red. - PD

With this in mind, the scientists concluded that dogs have a type of colorblindness known in humans as deuteranopia. Humans have three color receptors for red, green, and blue, and those who suffer from deuteranopia lack the green one.

Dogs don't see in black and white, but apparently they see the world through indigo-colored glasses. Don't tell Paris! -PD

Q: How do I check the oil in my car?

All drivers realize that a car needs oil to run smoothly and safely. The complex mechanical components within a car generate friction which might wear them down; oil lubricates these components and thus minimizes friction. Checking the amount of oil in a car is an easy process that any responsible driver should be able to perform.

Before beginning, just make sure you have a paper towel or rag on hand. Also, it is always preferable to check your oil when the motor of your car is cold, so do not attempt to do so if you have just been out driving. To check your oil:

1. First, open the hood of your car.
2. Find the dipstick. Look for a protruding crook- or ring-shaped piece metal. This is the top of the dipstick.
3. Holding the ring, remove your dipstick.
4. Wipe the lowest few inches of the dipstick clean.
5. Place the dipstick back in the hole. Make sure to push it straight down.
6. Pull the dipstick out again vertically.
7. Look at the tip. If there is no oil on it, you are out of oil, probably because of a leak; take your car to the mechaic, if it will roll that far.

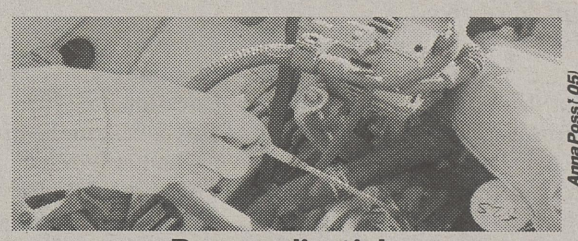
Most dipsticks have two lines marked on them; it is best for the oil level to be between these lines and no higher than the top line. Other dipsticks have holes instead of lines, but the same rule applies. If the oil does not reach the lower line, it's time for an oil change.

For maximum performance, get your oil changed every 3000 miles. Getting your oil changed is a sure-fire way to be certain you have enough. - CB



Anna Poss ('05)

Locate dipstick.



Anna Poss ('05)

Remove dipstick.



Anna Poss ('05)

Wipe off oil.



Anna Poss ('05)

Replace dipstick.



Anna Poss ('05)

Two marks at end. Oil should be between the two.

Q: Does Diet Coke or Olean cause cancer?

Diet Coke contains a sugar substitute called aspartame that is 200 times sweeter than regular sugar and has fewer calories. Also found in NutraSweet and Equal, aspartame was approved by the FDA in 1981. While most tests did not show any negative side effects, one test on rats seemed to connect the sweetener and cancer. According to the American Cancer Society, the average 150-pound adult should not exceed 2800 milligrams of aspartame a day. To put this into perspective, you could drink 28 Diet Cokes a day and still not consume that much. Unless you drink more than one Diet Coke an hour every 24 hours or have the rare genetic disease phenylketonuria, which prevents the breakdown of the amino acid phenylalanine, the ACS says you'll be fine.



Anna Poss ('05)

Diet Coke: caffeine fix or carcinogen?

Olestra is the generic name for a fat substitute in reduced-fat foods. You probably have seen potato chip bags with the term "Olean" on the front. Olean is a particular brand of olestra owned by Proctor & Gamble. In a statement released by the Institute of Food & Science Technology in January 2004, the potential problem with olestra is the fact that certain vitamins that help prevent cancer, like vitamins A, D, E, and K, are dissolved in its presence. The FDA now requires that ingredients containing these vitamins be added to any food with olestra. But like Diet Coke, olestra does not cause cancer if consumed in small doses. -AP

French Women and Harpeth Hall girls don't get fat, but France does it better

Perry Del Favero ('05)
Entertainment Editor

Undeniably, when February rolls around and the weather starts to warm up, another climate change occurs on the Harpeth Hall campus. A dark cloud has been cast over our heart, foundation, and unofficial mascot: food.

The food is still there as always, but it is clearly not as warmly embraced or quickly consumed. A typical tour of the campus reveals this sad truth.

On the walk across Souby Lawn to the dining hall, to-go boxes tend to contain more plastic than actual food. Upon entering the lunch area, the girls are congregated in a corner, forming a dense mass. Did someone fall? Are they hurt? No, that's just the eager crowd gathering at the salad bar while the cream of broccoli soup looks on forlornly.

What causes this sudden flip-flop of our attitude towards food is pretty obvious. Spring Break is fast approaching and the race is on to be the tannest, fittest, and thinnest girl on the beach.

As *Logos* noted this time last year, Harpeth Hall students could pen a how-to guide for crazy diets. Besides the glaring lack of nutrients, these diets also fail to include the complete attitude and lifestyle change many Americans require to maintain a healthy weight.

That's where Mireille Guiliano comes in. Guiliano is a native Frenchwoman who claims that American women have a lot to learn from France in her diet book, *French Women Don't Get Fat*.


Perry Del Favero ('05)

Although a hearty eater herself, one Honeybear showcases a tiny salad, the meager lunch choice that has become all too common in the halls. Instead of relying on starvation tactics, Guiliano instructs readers to enjoy all their food and even indulge.

It's a mighty big claim, but for many French women it's also true. Despite the heavy doses of wine and bread, not to mention pastries, in the French diet, French women as a whole are much slimmer than those in America.

The immediate response of many is that French women smoke like chimneys, helping them maintain their svelte figures. Wrong! While France does have slightly more female smokers than the United States, the numbers simply cannot account for all those croissant calories.

So what is it? Guiliano claims that the French attitude, not their food, helps the women maintain a healthy weight. American culture is much more fast paced, and Americans are more pressed for time, causing them to cram food in as quickly as possible with no regard to taste or quality. Guiliano suggests that dieters stop dieting and start eating. Really eating.

Pick the freshest produce and the highest-quality meats and enjoy cooking them. Once you sit down to eat, turn off the television and make it a sensory experience. Don't just taste the food but smell, feel, and hear it (okay, you can't hear it, but stop and try). This way, Guiliano says you will feel full faster and stay full longer.

To get the full effect of Guiliano's advice, you have to read the book. It doesn't contain a regimen, pull-out calorie counter, or exercise guide. But it does contain advice on how to facilitate this lifestyle change and even includes a few French recipes.

How does this apply to Harpeth Hall's Spring Break dieting trend? Guiliano isn't necessarily speaking to us, but the ideas are the same. Think about how many times you've cut corners and gone to Wendy's instead of having a salad or eaten on a Sunday afternoon because you're bored or maybe because you're putting something off ("I don't *have* to read *Gatsby*, but I *do* have to eat").

In case you haven't noticed, this isn't a diet or a lose-weight-before-Spring-Break gimmick. This also probably isn't something you can get into right now by giving your mom a shopping list; she will most likely be confused by your sudden interest in eating leeks. But in light of the crash dieting and subsequent bingeing, it's good to be reminded of what really works: a healthy, balanced diet and light exercise. We are the future, so who knows, if we keep this in mind, in 2020 America could be the new France.

Bandywood boutiques and how they stack up

Caroline Prince ('08)
Staff Writer

Many of us complain about the lack of good shopping here in Nashville, particularly in Green Hills; "deprived" of such stores as Urban Outfitters, Miss Sixty and Diesel, we repeatedly visit the Green Hills mall to purchase clothes at Bebe and Abercrombie and Fitch, where half the population of Nashville goes for apparel anyway.

Occasionally we will trek out to Opry Mills and spend an entire day wandering around a mall the size of Rhode Island, looking for somewhere to buy a cute mini or a pair of shoes.

However, those who take the time to explore will find a series of lovely boutiques tucked away right here in Green Hills.

Boutiques are great places to shop because they are less crowded, and if you buy clothes at one, you are less likely to see yourself walking around town.

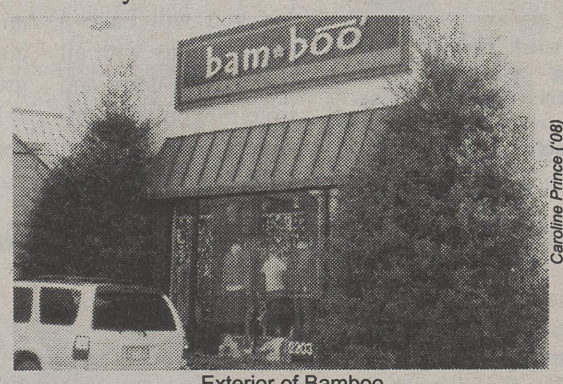
Also, several are located along the Bandywood Strip, which means you can get your shopping done quickly and without having to jump in and out of your car to go from one place to another.

Bamboo
Location: 2203 Bandywood Drive; next to the Fire Fly Grill
Style: Earthy, chic
The Upside: Bamboo carries a good selection of jeans, including Rock and Republic and Miss Sixty. It carries some unique (if slightly pricy) jewelry as well as handbags. Bamboo also has makeup on sale; it carries Too Faced, the Balm, and DuWop (maker of the best lip gloss in the world, Lip Venom).
The Downside: Bamboo has a pretty limited inventory; though the clothes are cute, there isn't a great deal to choose from. Clothes can also be a bit expensive.
Star Rating (out of 5): ***1/2

Perfect Pair
Location: 2202 Bandywood Drive
Style: Urban
The Upside: Perfect Pair, which exclusively sells accessories, is perfect for shoe shopping, carrying à la mode mules, stilettos, and sandals. They sell some lovely handbags as well. The highlight of the inventory is the jewelry, which is all very distinctive and well-priced. The staff is very friendly and fashion-conscious. I myself spent fifteen minutes talking with one of them about vintage purses.
The Downside: None.
Star Rating: ****1/2

Sherod
Location: 2209 Bandywood Drive; two shops away from Perfect Pair
Style: Clean-cut, sophisticated
The Upside: Sherod is well-kept, with a nice staff. It has both women's and men's clothing, so you could even try to make your boyfriend shop there. This is a good place to get clothes for church, synagogue, weddings, etc. Sherod also sells jewelry and sunglasses.
The Downside: The boutique seems to be aiming at 25-30 year olds rather than high school students, but even so, it's definitely worth a look.
Star Rating: ***1/2

The Pink Door
Location: 2225 Bandywood Drive
Style: Colorful, springy
The Upside: If you like Lilly Pulitzer, then The Pink Door is heaven. It's completely full of casual clothing, children's apparel, jewelry, and even bedding, all of which reflect the bright patterns that are Lilly's trademark.
The Downside: Most of the merchandise is aimed at either young children or middle-aged women, but it's a good place to find gifts.
Star Rating: ***



Caroline Prince ('08)

Exterior of Bamboo


Caroline Prince ('08)

Interior of Perfect Pair

logos

Evaluating the Oscars

With all due respect to the Academy, sometimes they get it wrong. Monisha sets things right.

Monisha Chakravarthy ('06)
Staff Writer

This year at the Oscars, with *Lord of the Rings* safely out of the way, the smaller-budget movies, lesser known actors, and less cultish movies had a shot at getting the little gold guy. The competition was fierce in several categories, and the winners would be determined by the sympathies and biases of the Academy voters, not to mention the "buzz" that is always mandatory for serious Oscar contenders. In the grand tradition of awards shows, however, those who won and those who should have won were not entirely one and the same. In a just universe, the following contestants would have gone home victorious – and several of them did.

Best Supporting Actor: Clive Owen (*Closer*) should have won, because his role is what keeps this character-driven story rotating in the right direction. The character he plays is not a caricature; he's a regular guy. Owen sinks into this more challenging role with ease. **Winner: Morgan Freeman (*Million Dollar Baby*)**

Best Supporting Actress: Cate Blanchett's perfect mimicry of Katherine Hepburn in *The Aviator* is a perfect example of a good character study. Aided by a facial structure and height similar to the late actress's, Cate owns her character and isn't overshadowed by the grandeur of her movie or the rest of her cast, something that supporting actresses often struggle with. **Winner: Cate Blanchett**

Best Actress: Hilary Swank (*Million Dollar Baby*) deserved this award for putting up an Oscar-worthy performance as a female boxer struggling to make it. Even during the last parts of the movie, which are lacking in dialogue, she manages to convey her emotions using just her face. Although the movie itself is very sentimental, she keeps it from falling into mawkishness. **Winner: Hilary Swank**

Best Actor: This was the most crowded category, but Jamie Foxx (*Ray*) made another perfect mimicry of a late and great entertainer, Ray Charles. *Ray* doesn't have much merit outside of his performance; but from his singing, to his gestures, to his piano-playing, he captures the essence of Charles perfectly. **Winner: Jamie Foxx**

Best Director: Martin Scorcese deserves an award, since *The Aviator* soars due to his vision as a director. The other nominees rely heavily on acting or storyline to give them their punch, and the coordination of their elements is less than perfect. Although the movement of *The Aviator* is a little jigsaw-ish, Scorcese is able to meld everything to fit the period and the mood of the era and life that Howard Hughes lived. **Winner: Clint Eastwood (*Million Dollar Baby*)**

Best Picture: *Finding Neverland* could never have won considering how little attention it got, but it truly is a great movie. It has the perfect dose of Oscar sentimentality, humor, and great acting. *Million Dollar Baby* has much of the same, but is darker and drags on towards the end, while *Ray* is more of a one-man show, and *Sideways* has no Oscar grandeur. *The Aviator* is the exact opposite: an epic story and style, but no cohesive plot to rely on. **Winner: *Million Dollar Baby***

Quick Book Reviews: Extra reading for all your extra time

Grace Wright ('08)
Staff Writer

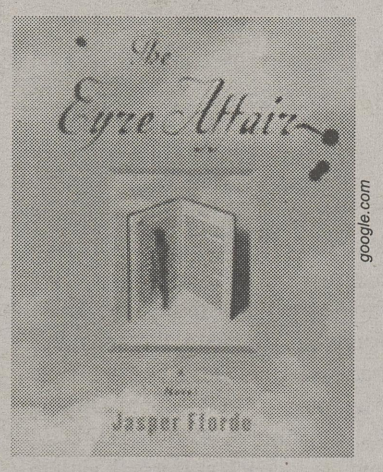
***Eragon* by Christopher Paolini**

This book is a work of pure fictional genius, and I mean that literally; Mr. Paolini wrote this first installment in his fantasy series at the age of fifteen. Eragon begins his journey with the discovery of a special stone, which serves as catalyst for a series of events that change the lives of two beings, a boy and a dragon. One thing to be wary of is the long list of names, but if you can get past that, you are in for a treat.



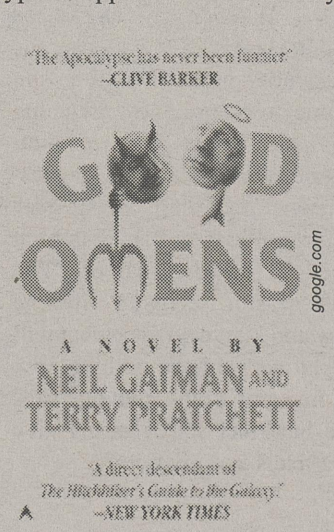
***The Eyre Affair* by Jasper Fford**

Set in an alternate England, this novel is sure to pique the interest of everyone, especially literary nerds. Thursday Next is a Litera-Tech, a book detective, who is on an extremely urgent mission: to stop Acheron Hades from permanently changing literary originals. It reads like a crime novel, but has much more depth and wit. This book is a literary feat that is unique and fun to read.



***Good Omens* by Neil Gaimen and Terry Prachett**

This book is for those who love sarcasm and exciting plots. This is a book about the Apocalypse on Earth. In starts out with the birth of the Antichrist, who, upon being misplaced, continues on in a merry jaunt making fun of anything with in his reach. This book might be offensive to some in its sarcasm, but otherwise please enjoy. If you believe everything you read, the Apocalypse happens in eleven days.



Winterim: Mixing business with pleasure

Liza Darwin ('06)
Staff Writer

We all know Winterim is about gaining insight into future careers, but it never hurts to meet celebrities while doing so! On Winterim trips to Washington D.C. and New York City, several Harpeth Hall girls met and got to know various celebrities.

While in Washington, most girls met numerous Senators and Congressmen. Senior Abby Rudd, however, talked to the most influential political figure of all: President Bush. She told *Logos*, "I met a lot of cool people, but the best I met was definitely the President."

Abby's job interning with the Secretary of the Senate, Emily Reynolds, allowed her to attend the Inaugural Luncheon, where along with the President, she met former presidents Bill Clinton, George Bush, Sr., and Jimmy Carter. She also talked with First Daughters Jenna and Barbara Bush about the dresses they were wearing for the Inauguration. Because the luncheon was directly after the Inaugural Ceremony, Abby noticed that everyone was in a good mood, especially President Bush, who she said seemed "incredibly sweet…he's such a Southern gentleman!"

Not only did Abby meet the President, but she also talked with other celebrities including cyclist Lance Armstrong. Armstrong was speaking on fitness at the Capitol and Abby met him after his speech. She says they talked for several minutes, and he even gave her his Live Strong bracelet.

For Abby Rudd, interning over Winterim was a chance to mingle with influential Americans in positions of greatest prestige.

Because New York City is so prominent in the entertainment industry, it is no surprise that the girls working there saw celebrities as well. However, it is shocking just how many famous people they met.

For instance, Juniors Diana Wallace and Elizabeth Bohannon went to Saturday Night Live, where they met Tina Fey, Kenan Thompson, and other SNL cast members. Diana and Elizabeth complimented the cast on a great show and took pictures with everyone. Diana says she chatted with Kenan about Kel, his former costar on the TV show Kenan and Kel. Although the entire cast was friendly, Diana noted that "Tina was especially nice. She was so appreciative that we came to the show and was happy to pose for pictures."

While Diana and Elizabeth saw stars at TV shows, Senior Ellen Hammer met celebrities at work. Ellen worked at Gucci over Winterim, where she met rapper Kanye West, actress Sophie Okenada (*Hotel Rwanda*), and TV personality Katie Couric. She also talked on the phone with Oscar-winner Nicole Kidman and actor Orlando Bloom. Ellen commented, "Orlando Bloom has the hottest voice I have ever heard."

According to Ellen, everyone she met was very nice and personable, especially Kanye West. Because she was working, she had to act in professional manner and thus could not ask for pictures or autographs.

However, outside of work, the girls in NYC were fortunate enough to catch a glimpse of stars as well. Some saw actress Gwyneth Paltrow and her infant daughter, Apple; others spotted actors Pierce Brosnan, Topher Grace, Dennis Quaid, Clint Eastwood, and Kevin Bacon.


Diana Wallace ('06)

Elizabeth and Diana pose with Tina Fey, the co-host of Weekend Update and writer/star of Mean Girls

Transsexual pro golf player faces policy controversy

Melissa McCord ('05)
Sports Editor

In May 2004, the executive board of the International Olympic Committee (IOC) changed its rules regarding transgender athletes before the opening ceremonies in Athens. The board adopted the IOC Medical Commission's proposal to allow transgender athletes to compete under the stipulations of sex reassignment surgery, hormone therapy, and a two-year waiting period. Transgender athletes were allowed compete in the Olympic games for the first time.

In response to the IOC's ruling, a string of professional women's golf organizations followed suit by abolishing the female at birth requirement, thereby allowing transsexuals to apply for membership. These associations included the Ladies Golf Union, which conducts the British Women's Open, the ALPG, the Women's Golf Australia, which invited Bagger to join the Women's Australian Open, and the LET.

The organizations that have not currently changed its policies include the American Ladies Professional Golf Association (LPGA) and Asian tours. Both still require their players to be females at birth in order to play in tournaments. The LPGA was to hold a general meeting regarding membership qualifications and vote on the matter early in 2005, but the outcome has not yet been released. However, prospects appear hopeful. The LPGA executive director, Warren Sevil, said, "Obviously, [the European] decision is going to have an impact on what my membership decides."

That would be welcomed news for Danish born professional golf player Mianne Bagger, who captured international attention when she became the first transsexual to join the Australian Ladies Professional Golf (ALPG) Tour and play in the 2004 Women's Australian Open. Shortly after joining the Australian tour, Bagger received full playing privileges for the upcoming 2005 Ladies European Tour (LET), becoming the first transsexual to qualify for membership.


www.golfonline.dk

Bagger flexes her muscles

Bagger, 37, has played golf since she was eight years old, initially participating in the sport as a 4-handicap male player. In 1992, Bagger began sex reassignment surgery in Australia, her home since her early teens, and completed the transformation in 1995. She resumed playing golf in 1997 as an amateur and became the first transsexual to win the South Australian State Amateur Championship in 1999. After turning professional in August 2004, Bagger asserted that the main obstacle she had had to face was "a condition on entry forms stating a player had to be female at birth." Bagger's decision to turn pro in August proved to be perfect timing.


www.smh.com.au

Bagger, a supporter of transgender athletes, said, "I want to play professional golf and have the same opportunities as other women."

In her pursuit of a professional career, Bagger has endured problems commonly addressed by other professional athletes, including financial uncertainty. After joining the LET, Bagger sold all of her possessions in her Australian home in order to fund her European tour. Despite current monetary issues, Bagger does not regret choosing a professional golf career. "I was in the same job for 16 years with a nice house, a nice car and nice things, but I used to come home from work, shut the door and cry. I just felt I had to break free, run away and do the things I really wanted to do."

At this point in her career, Bagger is also in need of sponsorship. A handful of golf critics speculate that her open attitude about her transsexuality could discourage potential sponsors. In addition, critics and players alike question Bagger's motives for her sex reassignment surgery, suggesting she underwent the process in order to join women's golf teams while retaining the greater physical strength found in male players. Bagger acknowledges such comments but dismisses them entirely. "The idea [that] a man would go through [sex reassignment surgery] to be a pro golfer is a total misunderstanding of who and what we are. Strength is the first thing to go because of the drugs and surgery. I am one of the shortest hitters, but I have a good short game and I can putt."

Following participation in the ALPG and the Women's Australian Open, Bagger concluded the 2004 year with the women's Telia Tour and the Oijared Ladies Open, Swedesh tours that have never had any transgender rules. Bagger finished as a runner-up in the Telia Ladies Final.

Whether by choice or default, Bagger is an advocate for transgender athletes, a title she assumes with pride. She remains optimistic about the pending American and Asian golf leagues' decisions regarding transgender female golfers, and she has high hopes for her own career. "The 2005 season seems a lifetime away and I have no idea what will happen next. I have nothing now bar my golf clubs and my suitcase, but I feel rich because I have my friends and my family."

Martin receives athletic honor

Melissa McCord ('05)
Sports Editor

Maddie Martin ('05) received the Female Scholarship Award from the Nashville Sports Council Foundation on Feb. 10 at the annual O'Charley's Dinner of Champions, hosted at the Opryland Hotel. The night was dedicated to celebrating talented Nashville athletes in high school, college, and professional leagues. Maddie accepted a monetary award of $1,250 for excellence in athletics, scholarship and community service. Shortly after receiving the award, she participated in a live interview with retired Tennessee Titans wide receiver Frank Wycek. For more information, visit www.nashvillesports.com.


Melissa McCord ('05)

Maddie Martin ('05)

Baker is Miss Basketball for second year straight

Melissa McCord ('05)
Sports Editor

The title of Miss Basketball is the highest honor given for interscholastic basketball. Sarah Baker ('05) has received this honor twice, first as a junior, and again as a senior.

The criterion for a Miss Basketball nomination is based on the student athlete's performance on the court, in the classroom, and in the community. Many former Miss Basketball athletes have also played for Amateur Athletic Union (AAU) teams. Baker is no exception.

Her dedication paid off this past summer when she was named an AAU All-American athlete, which is the highest award possible for AAU.

Middle School English teacher and varsity basketball coach, Karen Schwartz, said, "Sarah Baker has achieved so much in her stint at Harpeth Hall because of her tireless work ethic and her intense competitive drive. Sarah epitomizes a team player and receives true satisfaction from the team's successes. She leads by example both on and off the court, and she has set the bar high for future HH players."


Maddie Martin ('05)

Baker sinks a free throw at this year's state semi-finals, helping HH beat GPS

With a school record of 1,717 career points, Baker's legacy will last long after she becomes a Paladin at Furman University in the fall on a basketball scholarship.

Russ inducted into Sports Hall of Fame

Melissa McCord ('05)
Sports Editor

Athletic Director and track coach Susan Russ was inducted into the Tennessee Sports Hall of Fame at its annual awards banquet on February 18. Before moving to Nashville in 1979, Russ had founded the women's track program at the University of Memphis in 1969. After assuming the position of Athletic Director and track coach at Harpeth Hall in 1986, the Honeybears track team won eleven State Championships, six State Cross Country Championships, and two Team Relay State Championships. Throughout her career, Russ has coached 19 teams to state championships, more than any other coach in any sport in the history of Tennessee sports.

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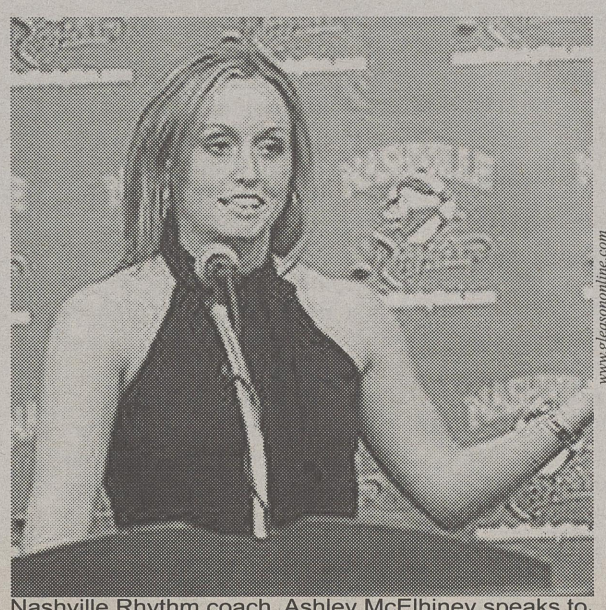
Nashville Rhythm out of synch

Emily Crowell ('05)
Contributing Writer

I recently found myself at a Rhythm game. For those of you unfamiliar with the Rhythm, the squad is Nashville's own professional basketball team, a member of the American Basketball Association (ABA). The purpose of my presence was two-fold. Firstly, I wanted the opportunity to see former Vandy heartthrob Matt Freije play in one of his first games since being released from the NBA. Second, after hearing of the Rhythm's family-oriented environment, I was determined to prove that somewhere basketball offered an alternative to the slumping embarrassment known as the NBA. At the close of the game, both of my purposes of attending had been fulfilled. However, I had come to the conclusion that maybe the ABA was not the answer I had been looking for.

I decided to go on this quest for wholesome basketball after the appalling brawl on November 19 between Indiana Pacer Ron Artest and fans pushed me over the edge. I began to wonder, "What is wrong with professional basketball today?" It seems that the NBA today is filled with high school hot shots, criminals, and money-crazed maniacs who care more about their own personal accomplishments on the court then those of the team. It pains me to see young athletes looking up to these players as role models. I fear that the game of basketball has changed in the last ten years for the worst. Not only has the game gone from a team effort to and individual talent show, but looking back over the last ten years of the NBA one may find that there has been an unreasonable increase in uncalled-for behavior. Players are not above physical assaults on coaches, players, fans, reporters, and photographers, and they participate in seemingly countless criminal activities off the court.

So, I arrived at the Nashville Rhythm game with high expectations of proving this professional league was nothing like the NBA. How could it be when the players have to hold other jobs in order to pay their bills? The ABA players are definitely out there on the court for pure love of the game, not the money. In that respect, I was pleased with what I saw. There were no bursting egos on the court and the players seemed to respect their fans, acknowledging young ones during pre-game warm-ups. The game was very entertaining, with numerous opportunities for fan interaction. Please note: by "fan interaction" I mean music and games, not slug-fests. At halftime, I was confident that I was right in my assumption that not all professional basketball was going downhill. However, I was put in my place during the second half when a bit of drama unfolded. Team owner Sally Anthony, who appeared to be intoxicated or on drugs, stormed the court mid-game to fire Rhythm coach Ashley McElhiney, the first female coach of a men's professional team. Apparently, there was some disagreement between the two over whether Freije, the particular Vandy graduate who drew me to that game, should be allowed to play. Several weeks of accusations and drama ensued, and I sadly realized that maybe my mission had been hopeless: professional basketball would always have its share of controversy.



www.gleasononline.com
Nashville Rhythm coach, Ashley McElhiney speaks to the media at a press conference

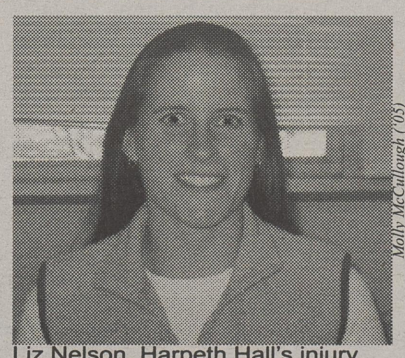
I still had faith in the college game, but as I sat with my 79-year-old grandmother watching our very own Bears take on David Lipscomb, I came to realize that this was the basketball I had been searching for. It was pure and wholesome. My grandmother said it best when she remarked, "This is better than college basketball." I agreed. If you really want to see basketball played how it is supposed to be played, without the interference of money, fame, and the media, then high school basketball is the way to go. Come out and support Harpeth Hall's own stellar basketball team – you'll see an exciting display of teamwork and superior talent.

Nelson's Knowledge

Melissa McCord ('05)
Sports Editor

Q: Do sports drinks improve athletic performance?
A: Athletes can perform well by only drinking water to an extent. It is very important for athletes to hydrate during the day, especially the day of a competition. During a competition, it is important to drink some sort of a sports drink because of the electrolyte concentration and sodium. As you compete and sweat, you are also losing sodium. On those really hot and long days, you can actually overhydrate yourself with too much water and not replenish the salt you lose. That's where the sports drinks fall into place. I personally like to mix half Gatorade and half water.

Q: Is it better to drink a sports drink with protein, such as Accelerade, or sports drinks with electrolytes, such as Gatorade?
A: Drinks with protein, that's a new one. I guess it would be like drinking a protein shake. You have to remember that protein is much harder for the body to break down than carbohydrates. If an athlete is already eating a well balanced diet, they don't really need the extra protein. A good pre-game meal consists of some protein but mainly carbohydrates and eaten at least 4 hours before game time. It's pointless to eat a protein bar right before a competition because it takes so long for the body to break down the protein and may give the athlete stomach cramps because all of their blood and energy is breaking down and digesting the protein. I would lean towards a drink with electrolytes because you lose more of them and sodium.

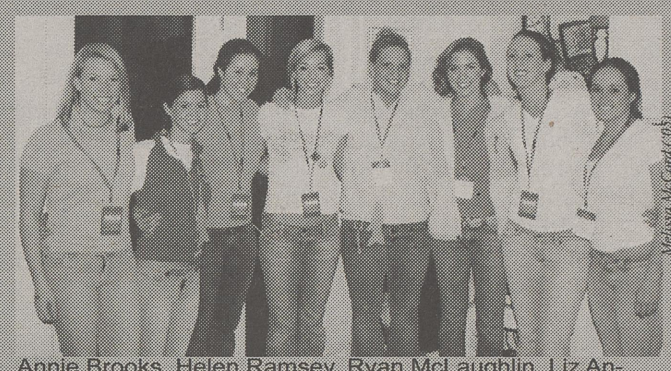

Molly McCullough ('05)
Liz Nelson, Harpeth Hall's injury guru

Instant replay

Spring sports start as winter wraps up

Melissa McCord ('05)
Sports Editor

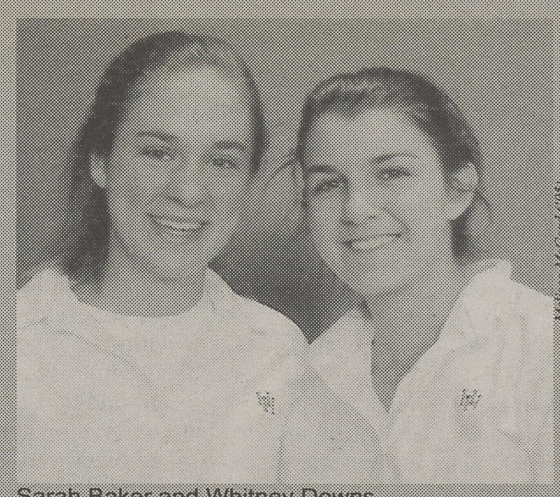
Swimming


Melissa McCord ('05)
Annie Brooks, Helen Ramsey, Ryan McLaughlin, Liz Anderson, Jacqueline Martin-Lacey, Estee Simpkins, Caitlin Heyman, and Cacky Tate

1st in Regions, 1st in State for fifth straight year, Swim coach, Polly Linden, named Tennessee Swim Coach of the Year

Seniors: Annie Brooks, Helen Ramsey, Ryan McLaughlin, Liz Anderson, Jacqueline Martin-Lacey, Estee Simpkins, Caitlin Heyman, and Cacky Tate

Basketball


Melissa McCord ('05)
Sarah Baker and Whitney Downs

1st in Regions, 1st in State

Seniors: Sarah Baker and Whitney Downs

Lacrosse

Season record (win/ loss): 2-0

Seniors: Augusta Cole, Katie Gallagher, Anne Granbery, Melissa McCord, Lauren McKinney, Katie Shaub, and Elle Worsham

Track

Season record: First meet March 15 and 16 against FRA and BA

Seniors: Ceci Creagh, Ellen Hammer, Sarah Rowe, Lizzy Shell, Morgan Stengel, and Erica Yartz

Softball

Season record: First game March 15 against St. Cecilia

Senior: Maddie Martin

It's the little things...

Ginny Perkey ('07)
Staff Writer

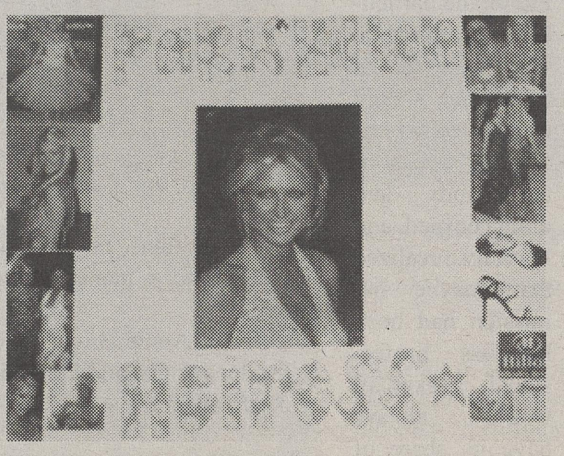
I knew that coming to Harpeth Hall in my sophomore year would be an adjustment; particularly considering that I was coming from a heavily integrated, co-ed, public school, literally across the street from the projects. Granted, it was a magnet school—we had more geeks than gangsters—but I still expected that at least a little adaptation would be needed.

Did I ever miscalculate. I was correct in expecting an adjustment; I just underestimated how much adjustment would be needed. From the very first assembly that I experienced at Harpeth Hall, I knew things were going to be very different. No one laughed when Ms. Teaff spoke of her joy in seeing all of the "crisp, white shirts filling the auditorium," and no one spoke, whispered, or giggled during the "literal minute of quiet reflection" that began the school year.

I thought that I was finally getting into familiar territory when it was announced that we were to give a "Harpeth Hall welcome" to a speaker. I had given plenty of MLK welcomes before—I figured this was simply the same applause, only with less yelling and whooping. Imagine my shock when I began to clap, and the whole auditorium stood up at once! When this mind-bogglingly polite and well-organized assembly finally came to a close, a feeling of intense relief spread over me.

The seniors were then dismissed. This, of course, had to be normal. We had similar dismissal by class at my other schools. Then, clapping and song began to break out! Spirit? At school? Never! I probably would have fainted from the shock, had I not been surrounded by my fellow sophomores who, to this day, do not know the words to their class song.

Thus began my Harpeth Hall experience. After this astonishing assembly, I was ready for any surprise that would befall me. The next shock that would come my way was how affectionate the Harpeth Hall students were.



Melissa Kim ('07)

Casey Robinson, sophomore, displayed her love for Paris Hilton via quarterly book report.

Everywhere I went, there were hugs, smiles, and pleasant attempts at conversation with the new girl. I can honestly say that I have never received that many hugs in such a concentrated time period in my life. I am not the only one who has noticed this unusual affection. Chelsea Ardisson, a new freshman this year, said, "Everyone is overly affectionate with each other. It catches everyday people off guard."

In addition to these immediate observations, I have noticed some other traits foreign to me. Harpeth Hall girls seem to have an unhealthy obsession with Paris Hilton. There are the girls who adore Paris Hilton—who seem to be in the majority—and there are the girls who hate Paris Hilton. There are no girls without feelings for Paris Hilton (affectionately known simply as Paris, of course). Another observation deals with the personal hygiene of the students. Going to an all girls' school with uniforms, I have reached new heights of laziness.

A parently I am not alone in my somewhat lax habits of personal grooming. An anonymous student mentioned that some girls are known for "going days without showering." Kristie Chang, sophomore, said that she had observed many students going to school "without brushing their hair." Dean of Students, Marie Maxwell, believes that one oddity is that "Even though at the beginning of the year, [students] sign a contract saying that they have read the handbook, when you tell them that they have broken a rule, they say, 'I didn't know that!' "

Harpeth Hall, I am coming to love these abnormal traits. Please, never change. These oddities bring a character to the school that is unique and will last for years to come.

From the Editors

Recently, the hot topic around campus has been assemblies. And we here at Logos agree with the general consensus: there are too many assemblies.

The number of assemblies has gotten out of hand. We sometimes spend two hours a week in our assigned seats, enough time for the cushions to mold into the shapes of our derrières.

Students resent having to trek down to the theater in freezing or wet weather several times a week only to sit and be forced to listen to something that neither interests nor applies to them. Repetition also seems to be a big theme as we often hear the same thing. People grow restless and shifty.

Demerits are given for sleeping in assembly, which is sometimes the most productive thing happening in the auditorium.

Since we meet so often, assemblies have lost their overall effectiveness. They are no longer unique or special; they all seem to run together in everyone's minds now. People use that time to think about the million other things they could do with that half hour or worry about their test next period.

The consumption of all the activity periods for assemblies has left many clubs on life support. They are forced to meet during lunch, making attendance scarce. The purpose of lunchtime is not to rush to a meeting and scarf down your food as quickly as possible. It is supposed to be a break in our jam-packed day where we can sit down and relax.

We humbly ask that assembly time be cut back. It will save our clubs and our sanity and give us more time to breathe during the school day.

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Logos encourages Letters to the Editor. Letters should not exceed 250 words, and they must be signed by the author to be considered for publication. *Logos* reserves the right to edit letter for length, grammar, and content. Letters may be submitted to Opinions Editor Melissa Kim at mkim@harpethhall.org

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JEA

LiveStrong bracelets popular – but at what price to humanity?

Kate Gregory ('05)
Staff Writer

You're probably familiar with the LiveStrong bracelets-- yellow, rubber, only $1. You might even be wearing one now. If you're unfamiliar with LiveStrong bracelets, a refresher: Nike produces LiveStrong bracelets and sells them. All profits go to the Lance Armstrong Foundation, which supports cancer research and programs to help cancer survivors and their families.

Most people find LiveStrong bracelets appealing: they have the Lance Armstrong cache and proceeds support cancer research. It's not often that one can be philanthropic and trendy for just a dollar.

My family has a long history with cancer. My grandmother has had cancer six times and is still alive. My mom is a social worker at the Minnie Pearl Cancer Foundation. Before the LiveStrong bracelets garnered national publicity, she brought home bags of them that littered our house for weeks. Clearly I am familiar with and sympathetic to Armstrong's cause. However, I cannot support their manufacture and sale for two rather substantial reasons.

LiveStrong bracelets are made of synthetic silicone rubber. These bracelets are going to exist, in one form or another, for a long time. Technically, synthetic silicone rubber is recyclable., but unlike paper, plastic, or metal, there isn't a big push to recycle rubber. It's simply not on most people's radar, including mine. The LiveStrong Foundation and its website offer no information on recycling the bracelets.

According to the LiveStrong Foundation, 33 million bracelets have been sold. Try to imagine where 33 million bracelets will go after the novelty wears away. Years from now, cancer will be cured, but landfills will still be full of LiveStrong bracelets.

The second and main reason I oppose LiveStrong bracelets: they are manufactured by Nike factories in China.

• Nike is infamous for its sweatshops. (Yes, most of our clothes are made in sweatshops; Nike factories make many of these sweatshops look like day spas.) But Nike has a long and well-documented history of extreme labor violations: low wages, long hours, dangerous working conditions, denial of workers' rights, verbal abuse, and unusually numerous reports of sexual harassment.

International watchdog groups have repeatedly called on Nike to reform its working conditions. Several high profile lawsuits have been brought against Nike, including one in 2001 that ruled consumers could sue Nike for falsely advertising that it had fair working conditions.



Nike has repeatedly promised great changes. Nike has also repeatedly failed to make any noticeable changes. Though the official company policy has strict regulations, Nike factories in third world countries largely ignore them.

LiveStrong bracelets were meant to raise money for cancer research. This is a noble cause. However, their implications cannot be ignored. These bracelets contribute to the mistreatment of Chinese workers and the destruction of the environment.

If you want to learn more about Nike and sweatshops, Sweatshop Watch (sweatshopwatch.org) and Responsible Shopper (responsibleshopper.org) provide accurate information from reputable sources.