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Harpeth Hall School • 3801 Hobbs Rd, Nashville, TN 37215 • Volume 37 • Number 4 • March 12, 2015

Hopping to Heal

ACT NOW 'saddles' up for second year on dance floor

BY GRACIE POPE AND SHELBY POTTER
News Editors

Last year, ACT NOW started hosting an annual Sock Hop to raise money for an organization of their choosing. Last year, ACT NOW supported "Abolition International," a Nashville based organization that fights sex trafficking in the Nashville area and works to help its victims.

The Sock Hop theme is characterized by the 1950s dress attire, where girls dress in poodle skirts and boys dress in white v-necks and leather jackets. Yet the fashion is not the only part of the dance; read on to find out about the extra events at the Sock Hop and the organization the Sock Hop is supporting this year. To learn more about the sock hop, read below to hear what Senior ACT NOW members Meredith Martineau and Anna Leigh Turner have to say about the dance.

What exactly is the Sock Hop? What activities are going to take place there?

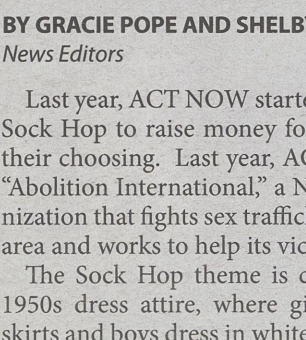
The Sock Hop is on Saturday, March 28 from seven to nine. It's a dance mainly, so you will dress up in 50s attire and come and hang out. When you enter the dance, you'll pay get a raffle ticket, which might get you prizes throughout the night. We draw prizes every 30 minutes. That ticket also gets put in the big raffle at the end of the night. You can also buy an extra raffle ticket for one dollar to put in the big raffle [along with your first ticket]. We'll have a photobooth and treats from Nothing Bundt Cakes as well.

What cause is the Sock Hop supporting?

ACT NOW is hosting the Sock Hop on behalf of Hope for Justice. They are an organization trying to stop and raise awareness towards sex trafficking in Nashville.

Why do you think people should come to this?

It is about supporting a good cause. Also, we didn't even know about sex trafficking in the Nashville area until someone spoke to ACT NOW two years ago. It's a huge problem in Nashville. Though all are not aware of it, it is really affectting our community. Helping people realize that will raise awareness, and other people will also be passionate about spreading awareness as a result. In 2014, Abolition International announced its merging with Hope for Justice Transitions Global. Together under the name "Hope for Justice," the non-profit company will expand its work across the Americas, Europe and Asia. The new partnership hopes to build a sex trafficking survivor care center for teenage girls in Nashville.





SLEDDING OUT THE STORM: Seniors Emma Alsup and Helen Mistler slide down a snowy Souby Lawn during school on Thursday, February 19 during X block. *Photo by Leah Portis*

Winter storm Octavia sets in

BY SHELBY POTTER
News Editor

In Tennessee, snow is rare and usually limited to light flurries. Schools remain open throughout the winter, and salt's biggest use is for food. However, from Monday, Feb. 16 to Friday, Feb. 20, Tennessee, among other states in the South and East, experienced crippling snowfall from Winter Storm Octavia. On the Feb. 16, meteorologists expected Nashville to receive three to 10 inches of snow. By Monday morning, it was apparent that freezing rain and sleet were creating thick ice on the ground and roads.

By Monday night, Tennessee, along with Kentucky, declared itself in a state of emergency due to the continued sleet and the persistence of ice on roads. I-40, a major artery of Nashville traffic, was experiencing icing, contributing to many accidents over the week. Numerous counties in Tennessee faced power outages as a result of the ice.

Metro public schools immediately closed for Tuesday, Feb. 17. Many Nashville private schools, including Harpeth Hall and MBA, also closed for Tuesday.

As a result of the ice, flights to and from Nashville were cancelled, among them Southwest and American Airlines, leaving numerous travellers who flew out of state for the President's Day weekend were stranded, such as Junior Kristen Barrett, who was stuck in Massachusetts and Maryland.

"I was supposed to come back on Monday but didn't come back until Wednesday," said Barrett. "The craziest thing was that I wasn't really stuck because of the Northern weather, but because [the] Nashville [International Airport] couldn't de-ice their runways."

Ice persisted into the week as temperatures stayed below freezing. As a result, Metro public school closures extended for the entire week. Harpeth Hall was open on Thursday.

On Friday, Feb 20, the winter storm began to lessen in Tennessee. As temperatures climbed to above freezing over the weekend, the ice began to melt off Nashville roads. The Nashville International Airport resumed all of its flights so travellers could return to Nashville. However, some ice remained on the roads throughout the weekend, leading to Metro public schools being closed for much of the following week.

Tennessee is unaccustomed to receiving large amounts of snow and ice. As a result, although the snowfall was less than in the Northeast, Tennessee did not have sufficient resources, like salt or heavy snowplows, to clear the snow effectively.

"The Emergency Operations Center was opened several times during the past few weeks to coordinate the city's response effort [to the snowstorm]," said Larry Vannozzi, the head of the National Weather Service forecasting facility for the Tennessee region. "They also deployed snow plows... The state highway department salted the highways before each of our snow/ice storms."

Many Harpeth Hall students were stranded in their houses due to dangerous ice on the roads. Among those trapped was Senior Leah Deakins, who was unable to leave her house for the week. Deakins missed school on Thursday.

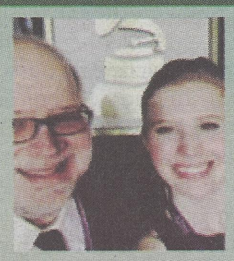
"My driveway and road were a complete sheet of ice...one to three inches deep in some places," said Deakins. "The snow trucks didn't come until Saturday morning."

Snowstorms returned to Tennessee on Thursday, March 5, where excessive snowfall closed both Metro and private schools. Approximately three inches of snow fell on Thursday night; yet Nashville did not experience the same levels of ice as the past week.

The final burst of the winter of 2014-2015 occurred in these last two snowstorms, where the Southern states were caught completely unprepared. Temperatures above freezing are expected for the rest of March, however, negating any possible third snowstorm in the future. Yet the effects of the snow storm still remain in the piled up snow on the side of the roads and the numerous videos of sliding cars, falling snow and seniors sledding down Souby Lawn.



Harpeth Hall's own Leslie Knope
page 4



Cudds take Grammys by storm
page 10



Bearacudas victorious once again
page 11



ACCUSED ARE FOUND GUILTY IN SEXUAL ASSAULT TRIAL: Brandon Vandenburg is escorted by his defense lawyers after his trial over the sexual assault of a female Vanderbilt student. Vandenburg's sentencing, along with the other perpetrators, is still pending at this time. *Photos courtesy of huffingtonpost.com, wkrn.com, anchorlink.vanderbilt.edu and knightnews.com*

Vanderbilt students convicted

BY EMILY EDWARDS
Staff Writer

In recent years, sexual assault on college campuses has become one of the top social issues in the media. One case that has brought national attention is right here in Nashville: The Vanderbilt sexual assault case.

On Jan. 27, a Nashville jury convicted two former Vanderbilt football players, Brandon Vandenburg and Cory Batey, of multiple counts of sexual assault against a fellow female student. The two perpetrators are currently residing in the Davidson County Jail until their sentencing, scheduled for March 6.

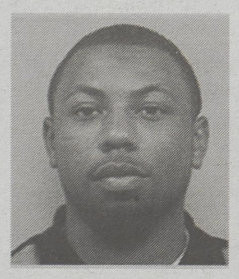


CORY BATEY

Batey, a native Nashvillian, was just about to begin his second year at Vanderbilt, and Vandenburg was a transfer student from the College of the Desert. As the nation's #1 junior college tight end, he was a promising football star and Vanderbilt's prize athlete in their recruiting class for football. To the Nashville community's dismay, Vadenburg had not even began classes at the university when the incident occurred.

Vandenburg had been dating the victim, whom he had met on his recruiting visit. One night in June 2013, they went to a bar, and the victim reportedly blacked out afterwards. On the way back to Vandenburg's dorm, he met his fellow teammates, Cory Batey, Brandon Banks and Jaborian Mckenzie. The three assisted Vandenburg in taking the victim back to his dorm, which is where the assault began.

During the trial, all four defendants pled "not guilty." Lawyers used high levels of intoxication and a promiscuous college culture to explain the defendants' actions. However, with the traces of the boys' DNA on the victim's clothing, the two were found guilty. Vandenburg and Batey are now facing a lifetime in prison. Banks and Mckenzie will be tried at a later time.



JABORIAN MCKENZIE

Vanderbilt University immediately expelled the four boys involved and is taking measures to convince the public that a crime like this will never recur on its campus.

Vanderbilt's chancellor, Nicholas S. Zeppos, sent an email to the Vanderbilt community addressing sexual misconduct and how they have updated their policy since the event: "As your Chancellor, I am personally committed to ending sexual misconduct at Vanderbilt, giving victims the support and assistance they need and sanctioning those found responsible. We will continue our comprehensive ongoing efforts to raise awareness of the importance of every student intervening when another student is at risk or distress."

According to the case, there had been six bystanders who had not helped the victim. To prevent bystander inaction, Vanderbilt is encouraging all members of their community to participate in the Green Dot bystander intervention program, which strives to decrease violence among people and make others aware of their friends' safety and wellbeing.

Vanderbilt is also opening a new Project Safe Center on campus. This is a new program that Vanderbilt has established in hopes of preventing sexual assault, stalking and other crimes that threaten students' safety. Project Safe Center is also open to anyone who needs to report or to talk about an attack.



BRANDON BANKS

"We can make a difference, and we must make a difference, because the consequences of sexual violence – shattered dreams and shattered lives - are intolerable," said Zeppos in his letter.

The university has since hired a staff of prevention educators and victim recourse specialists so that students will be able to find help on campus. On March 4, Vanderbilt also hosted a discussion about how witnesses to the beginnings of sexual assault or to the assault itself can prevent it or stop it. The discussion was open to the entire public, not just students.

Junior Kelly Short interned at the Sexual Assault Center in Nashville during her Winterim internship.

"It really made me angry, if anything, that there was so much going on," said Short. "I thought [the Sexual Assault Center] was a small business, but they have a waiting list of people wanting to be counseled."

Short and her Winterim advisor, history teacher Bonnie Moses, think it is important to have sexual assault education programs here. The two are working on implementing a program focusing on the issue for students during Life Balance classes. The classes will include learning about healthy relationships, bystander intervention, and disclosure.

"Be cautious, not scared," said Kelly. "With everything that is going on in the media, things will get better."

Mrs. Moses has two daughters in college, one of whom is a sophomore at Vanderbilt University. She said that she had been aware of the case before it hit newsstands and has been following the case since. Recently, she has partnered with Mr. Croker to bring the "It's On Us" campaign to Harpeth Hall. The "It's On Us" campaign is a national campaign aimed at ending sexual assault on college campuses.

"The problem that occurs on college campuses is more of a social issue, and Mr. Croker and I felt... that waiting until college to be educated about sexual assault [is hurtful]; to learn prevention, to learn bystander intervention techniques is almost too late because a lot of the problem occurs in the first semester as a freshman so we feel as though it should start high school or maybe even sooner," said Mrs. Moses.

The "It's On Us" campaign has been embraced by many Harpeth Hall students who signed up to do their part.

"Mr. Croker and I are really impressed with the enthusiasm that Harpeth Hall girls have," said Mrs. Moses, "We have approximately 60 students in just the junior and senior class signed up to do committees based on the It's On Us campaign."

With Harpeth Hall engaging in the "It's On Us" campaign as well as discussing the Vanderbilt case, awareness and prevention of sexual assault can spread among high school students as well as college students.

HH News

- Harpeth Hall swimming and diving team, the "Bearacudas," are state champions in the Tennessee State Swimming and Divil Championship

- Senior Sophie Pilkinton receives the Nashville Sports Council Female Athlete Award for her accomlishments in swimming and track and field

- 38 Upper School students win awards in the 2015 Scholastic Writing Awards Competition

- HH and MBA partner up for the Alternative Spring Break trip to the Dominican Republic, where they will work with Mission Emmaneul, a service learning charity

TN News

- Sentencing in the Vanderbilt Sexual Assault Case is delayed to April 24 due to scheduling conflicts among the defense attorneys

- Metro government discusses whether or not to cut days out of the school year due to winter storms closing Metro schools

- College students sue the state of Tennessee after it prevents using student IDs as voter IDs

- The Nashville Zoo opens its exhibit of duikers, two rare species of antelope from central and west Africa

- Chris Ferrel is found guilty in the death of musician, Wayne Mills

US News

- President Obama returns to Selma, Al. to speak on the 50th anniversary of Bloody Sunday in 1965

- Ferguson police department facing charges of racial bias by the U. S. Department of Justice

- Trial of Dzhokhar Tsarnaev, a perpetrator in the Boston Marathon Bombing, begins on March 4

- Archaeologist discover ruins of lost city of an unknown culture or society in the Honduran jungle

- Delta flight 1086 skidded off its runway at LaGuardia Airport on March 5 due to icy conditions

- Harrison Ford hospitalized after his plane crashes on a Los Angeles golf course

Ally Carter brings poetry in prose

BY GRACIE POPE
News Editor

Ally Carter is the famous author of the Gallagher Girls, Heist Society and Embassy Row series. On Feb. 4, Carter visited Harpeth Hall to discuss her life, writing and how she came to be the woman she is today.

Carter began her visit by explaining to the students how she grew up and what inspired her to become a writer. She described her childhood in rural Oklahoma. Carter explained that from a young age, she knew that writing was her passion. Carter also knew that she wanted to pursue it.

Carter even told a story about the woes of perfectionism. She said that after writing the first two sentences of her first book, she started bawling. When her mother asked what was wrong, Ally Carter replied that "it was not as good as 'To Kill a Mockingbird.'" It was at this time that her mother gave her a piece of advice that she still remembers today. Her mother said that it is important to not compare one's first draft to someone else's final draft.

Carter also explained the methods that she uses to compose her stories. Like any artist, she pulls inspiration from the world around her. For instance, when the opportunity arose to write a young adult novel, she was so inspired by the show "Alias" that she wrote the Gallagher Girls series. Carter also explained that she keeps wall-to-wall white boards in her office where she writes the plot line of each of her series of stories.

Carter said that the only one of her characters inspired by a friend is in her new book, "All Fall Down." All of her other characters are derived from Carter's own imagination.

Another student asked Carter for her advice on combatting a woe known to many writers: writer's block. Carter replied that the best way to become inspired is to get out of the house and live life. She explained her own thought process, saying that her best ideas come when she has new experiences.

Though becoming a professional writer has been Carter's dream since she was a child, she also has a career in agricultural business. She used this to sustain herself until she found success in the writing world. Carter was adamant that this part of her life would be integral as well. She says that her time working in agriculture is part of who she is and that it is an important part of her life even though she is a professional writer now. Carter even said that she was working her day job in agriculture when she got the call from her agent saying that Gallagher Girls was on the New York Times Best Sellers List. She said that she struggled to contain her excitement until she was able to conclude and meeting and quickly escaped to the parking lot to partake in a "happy dance." Carter insists that no experience in people's life is a wasted one. She believes that every job and bump in the road is what helps people become who they are today.

As one last piece of wisdom, Carter encouraged the students to follow their passions: "If there is something that you want to do, know that there is somebody out there who looks like you who is doing it," said Carter, who made a point of telling students to follow their passions and to not be afraid to pursue them. "And if they can do it, so can you. And if there's not, then so what? You'll be the first."



ALLY CARTER EXPLORES HARPETH HALL: Junior Abby Sparrow took Ally Carter on a tour of the Harpeth Hall campus. Although Carter is not a Harpeth Hall graduate, she visited to speak about the creative process to students. *Photo by Marie Maxwell*

Staff Editorial

Gone are the days when T-Birds and Scorpions settled matters with dramatic standoffs. These days, you are more likely to see people dealing with disagreements with hashtags and mentions than with a good old-fashioned tête-à-tête. Unlike any before them, the new generation of high school students are finding themselves with their lives in their palms. The iPhone is mightier than the sword.

Seniors may look back on their middle school days with nostalgia for Webkinz, and for the lucky ones, iPod touches. Meanwhile, the freshman have grown up in a time when social media was already dominant. For them, Instagram and Youtube have always been a part of their lives.

Now more than ever, there is mounting pressure for teenagers to create online personas that offset their real lives. It is not so simple as going to school where you are surrounded by your peers for eight hours, then retreating to your home until the next day. Now, we are all constantly connected. At 7 o'clock on any given school night, Twitter is filled with sentiments on looming assignments (in 140 characters or less, of course) ranging from panic to downright defeat. The communities that students find on sites such as Twitter become our pods away from pods.

The upsides to this connectivity are obvious. However, we must be mindful of its consequences. The Logos staff has compiled a list of tips to help you check yourself and be the best online person you can be. So let us all go forth and put only good vibes out into cyberspace.

1. "Twitter beef" should not be a thing. We would challenge you to find one instance when something good has ever come out of putting your problems out on the internet. Chances are that whatever the issue, it is not that important.

2. Followers do not equal fans. Just because your follower number is in the hundreds or thousands, do not assume that people are interested in what you are doing every hour of the day.

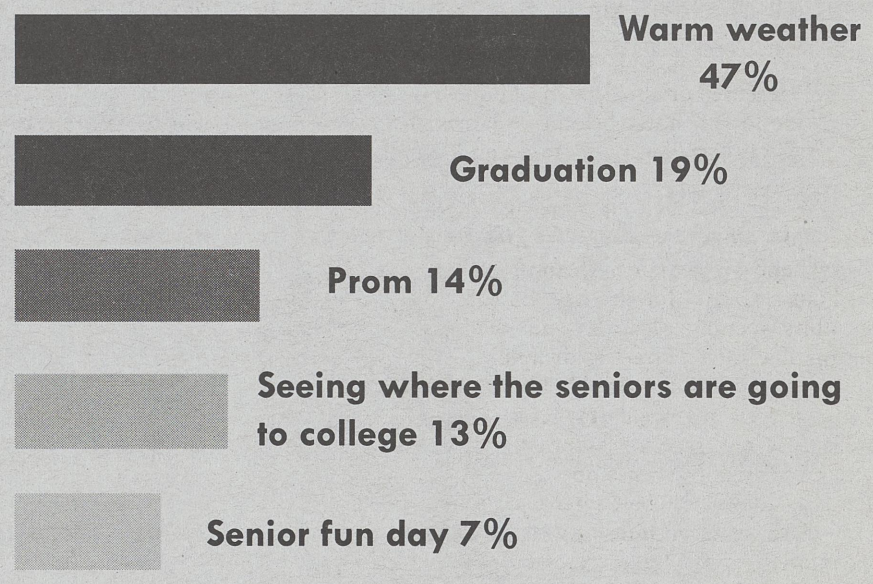
3. Do not find your worth in favorites. If you are tweeting for favorites, delete your Twitter. It is always obvious when someone is fishing for favorites. This never looks good--especially if it comes down to mean-spiritedness.

All in all, use your judgement when it comes to anything social media. Someone is always watching.

Fourth quarter fun

Students look forward to end of year

Logos asks: What aspect of fourth quarter are you looking forward to the most?



Petty political parties create gridlock

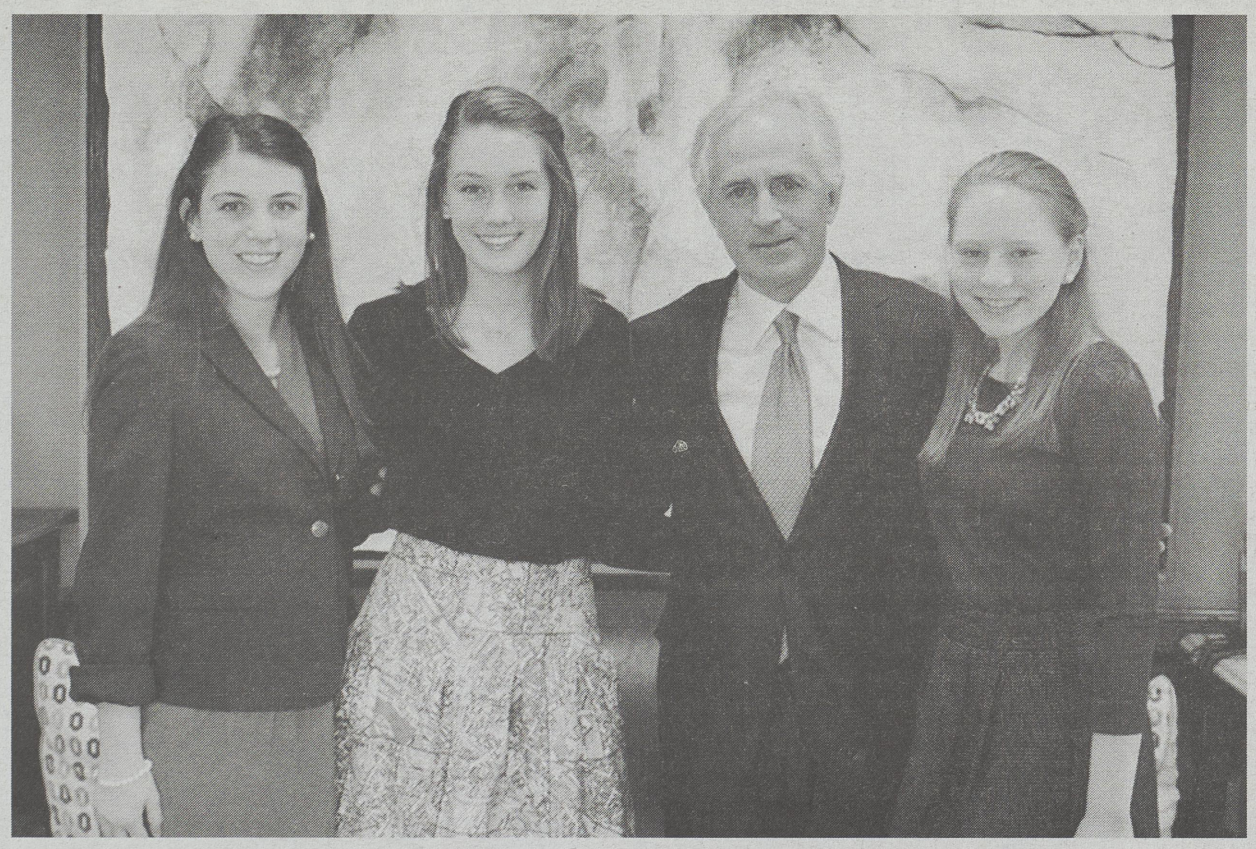
Senior's winterim leads to Capitol Hill insight

BY KIRSTEN QUINN
Staff Writer

The government of the United States of America is built on a system of checks and balances, but who is going to keep the political parties in check?

This is a centuries-old conflict. In 1793 our nation's first president warned against the dangers of parties. No one paid any mind to Washington's fears, as Thomas Jefferson and Alexander Hamilton's immediately disputed the role of a Federalist government.

The conflict between America's political parties has become a long-standing tradition in history; however, nothing compares to their current polarization. By nature, the Republicans and Democrats have always been at odds. Their basic design was set up to offer different political points of view, giving voters the choice to pick their representatives based on different ideologies. However, because of contradictory attitudes, the parties often do not advance in any political policy or discussion. Elections are used more as a means of acquiring offices on Capitol Hill and not so much as choosing the best person for the job. It is as if each election is a game and the goal to fill each side with as many seats as possible.



PROFESSIONAL IN POLITICS: Senior Kirsten Quin, Junior Isabella Grande and Junior Bailey McCarthy interned with Senator Bob Corker over Winterim. These upperclassmen were offered a glance into Washington politics during their three weeks. *Photo courtesy of Kirsten Quinn*

President Barack Obama's sixth State of the Union Address is a prime example of the growing pettiness amongst Democrats and Republicans. As President Obama mentioned in the speech, a president that has no more campaigns left to run and genuinely wants to make a difference working alongside a new Republican-controlled House and Senate creates a stifling atmosphere in Washington. President Obama advocates for things like equal pay for women, easier access to higher education and raising the minimum wage.

Even the president's ideas need the fine-tuning of vigorous debates between both Democrats and Republicans. The checks and balances system under which our government operates remediates this.

Unfortunately, what we have is petty squabbling that is beginning to resemble "fangirl" fights on social media sites such as Tumblr, Twitter and Facebook. For instance, the day after the SOTU, Speaker of the House John Boehner sent out an article comprised of Taylor Swift GIFs to the media, each one mocking the cost of the president's Community College proposal. The proposal is expensive, but social media ridicule does not adequately call attention to its issues. A debate between parties should be able to fix the problems and come to a compromise—that is how our government is set up to work.

I experienced this perpetual disagreement firsthand during my three week internship in the office of Senator Bob Corker. He is not afraid of taking an unpopular stance on something he believes in or even compromising with the opposing party, as seen in his partnership with Senator Chris Murphy on the Gas Tax Bill. Despite Senator Corker's bipartisanship, I was still able to feel the tension between parties within the office. It was rare for opposing parties to offer compliments to each other but criticism was all too frequent.

Capitol Hill is staffed with dedicated, well-meaning Americans, but everyone always wants to know, "what team are you playing for?" Teams, per se, should not matter as much as the results of their combined efforts. We need to break the gridlock that is American politics. It is not about the process—it is about the outcome.

My Idol: teen dream James Dean

BY ERIN SUH
Editor-In-Chief

As we exited highway 37, I grew silent and anxious. Laying almost a hundred miles away from Indianapolis, Fairmount, Ind. is not a destination you stumble upon. It is a place you have to seek out—a place that seems to be inevitably slipping farther and farther away from relevance because of its white-knuckled grip on the past. When you come upon the town's welcome sign, however, there are no advertisements for natural treasures or small town antiques. Instead, a faded sign reads "Welcome to Fairmount. Home of James Dean" and beckons you to the town's historical museum. Right on Main, then left one block at the traffic light.



At an age when young girls like myself were most vulnerable to the frenetic magnetism of boy bands, I saw James Dean in "Rebel Without a Cause" for the first time. In the film's opening, Dean lays his head on top of a littered street in drunken sublimity. Like thousands of bobby-sock clad girls in 1955, it only took those first few seconds before I was entranced by his embodiment of adolescent bafflement. As I devoured Dean films, documentaries and biographies throughout high school, he became much more than the handsome face of teenage disillusionment. Dean became a demigod of unabashed individuality and the zealous drive to overcome mediocrity.



It is a stretch to imagine how a young girl can find solidarity in identifying with such an enigmatic pop icon 59 years after his death. However, as I entered Fairmount's town square, I felt as if I had barely left home. I have grown up in a small town in Tennessee. Like Fairmount, my city's town square appears virtually the same as it did fifty years ago. With a mother from Seoul and a father from Washington, D.C., it perplexes me that our family ended up in a town where our jet black hair sticks out in a mélange of yellow and brown.

This was not lost on others. When I was twelve, my mom and I went to a little gift shop in town. After I spoke to the woman at the counter, she turned to my mother with a look of surprise and exclaimed, "How does she speak English so well?" Being young, my perceptions of prejudice were dim, but in that moment, I faced reality. Until that point, I had not truly accepted that I would never be able to just blend in or escape whatever conceptions people had based on my ethnicity. As I stood before her, my head was blaring with indignation and utter disbelief, but I found myself politely offering an explanation. Though I cannot say the same for her, I learned something important that day. Just because you cannot control how other people perceive you, it is not wrong to be different.

It is easy to conjure a romantic vision of Dean wandering through the foggy streets of Manhattan with a cigarette glowing between his teeth or in Los Angeles cruising among the shadows of the palm tree lined boulevards. In this image, the quote "live fast, die young" is inaccurately attributed to him. But after tracing his life through Fairmount by visiting his farmhouse, high school and church, I do not see that image of a malcontent. Instead, I see someone who was determined to escape the limitations of his small town roots but also maintain the person he had become because of them.

Don't judge books by their audience

BY LIZZY ASAD
Staff Writer

There is something magical about the process of reading. I am not exactly sure what makes it special to me, but I know that I will never stop loving the act of it. Over the recent years, I have evolved into a book enthusiast: I have multiple book-related shirts, over 178 books in my room alone and am a licensed GoodReads librarian. Whenever I am in the library, which is often, I get asked for book recommendations. I always steer people towards my favorite category of books: the Young Adult section.

The Young Adult, commonly known as YA, category of books includes all literature targeted for adolescents aged 12 to 18. It is important to note that YA is a category and not a genre; categories communicate broad labels, such as age range, while genres designate something about the book's overall content. For example, "Harry Potter" is included in the category of nonfiction but falls under the genre of fantasy. As a result, the YA category extends over the spectrum of genres.

The common characteristics of YA books reside in the choice of protagonists, plot and writing style. YA protagonists are teenagers facing teenage problems. Common conflicts that protagonists undergo include identity, sexuality, depression, drug and alcohol abuse, and bullying. Although not every teenager faces the obstacles mentioned above, these topics are constantly being discussed in today's society. Therefore, most teenagers can relate to YA books and their conflicts.

The plots of YA books are quickly paced, multi-themed and commonly include trends that reflect crazes of the adolescent community. For instance, after the Twilight franchise's commercial success, the YA category saw hundreds of new books dealing with love triangles and sparkly vampires.

Finally, the writing style of YA books can be viewed as cinematic. Generally written in first person, YA books include an abundance of dialogue, humor and emotional depth.

Like any other subject, opinions of young adult books are complex. Many critics have accused the YA category of being simplistic, immature and trivial for society. To me, YA books should not be viewed as less than literary. Put simply, they allow readers to live inside relatable characters who deal with relatable conflicts. The conflicts teenagers face in everyday society are presented in an honest yet hopeful manner. By witnessing protagonists overcome their dilemmas, readers are encouraged to face their personal demons. YA books communicate that no matter what, no one is ever alone in their battles. Everyone has a solitary journey towards their redemption, but can relate by common conflicts.

And so, I remain to be a lover of the YA category. If asked for recommendations, I will not hesitate to guide them towards the YA section.



Drawing by Brily Newell

LOGOS
Issue 4
March 12, 2015

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Logos is a student publication of Harpeth Hall. It represents the students' voices, views and opinions. It is in no way reflective of the faculty, staff or administration of the school. Any questions can be directed to Elizabeth Leader or Erin Suh, Editors-in-Chief, or Adam Wilsman, adviser.

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 the letters for length, grammar, and content. Letters may be submitted to Opinions Editors Claire Gould and Grace Turner.

TENNESSEE HIGH SCHOOL PRESS ASSOCIATION



51% of students think that Facebook isn't relevant

To po or not to p

Social media's soc

BY ELIZABETH LEADER AND
Editors-in-Chief

From Facebook and Instagram and Tumblr, countless social media pl Harpeth Hall students use Whether logging on to Fac couple of minutes to chec every half hour, students sites and apps in diffe Logos uncovers our relatio these virtual worlds.



UPPER SCHOOL - SIGN UP TODAY FOR *FIRST ANNUAL WINTERIM LIP SYNCING ASSEMBLY*!! The list is outside Mrs. Maxwell's office. 9th grade, 10th and faculty, each limited to 10 minutes total for a 30 minute assembly; performances approx. 2 minutes each; impartial judges; prizes and surprises!



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Logos The word of Harpeth Hall

17 posts | 195 followers | 332 following

90% of students use instagram

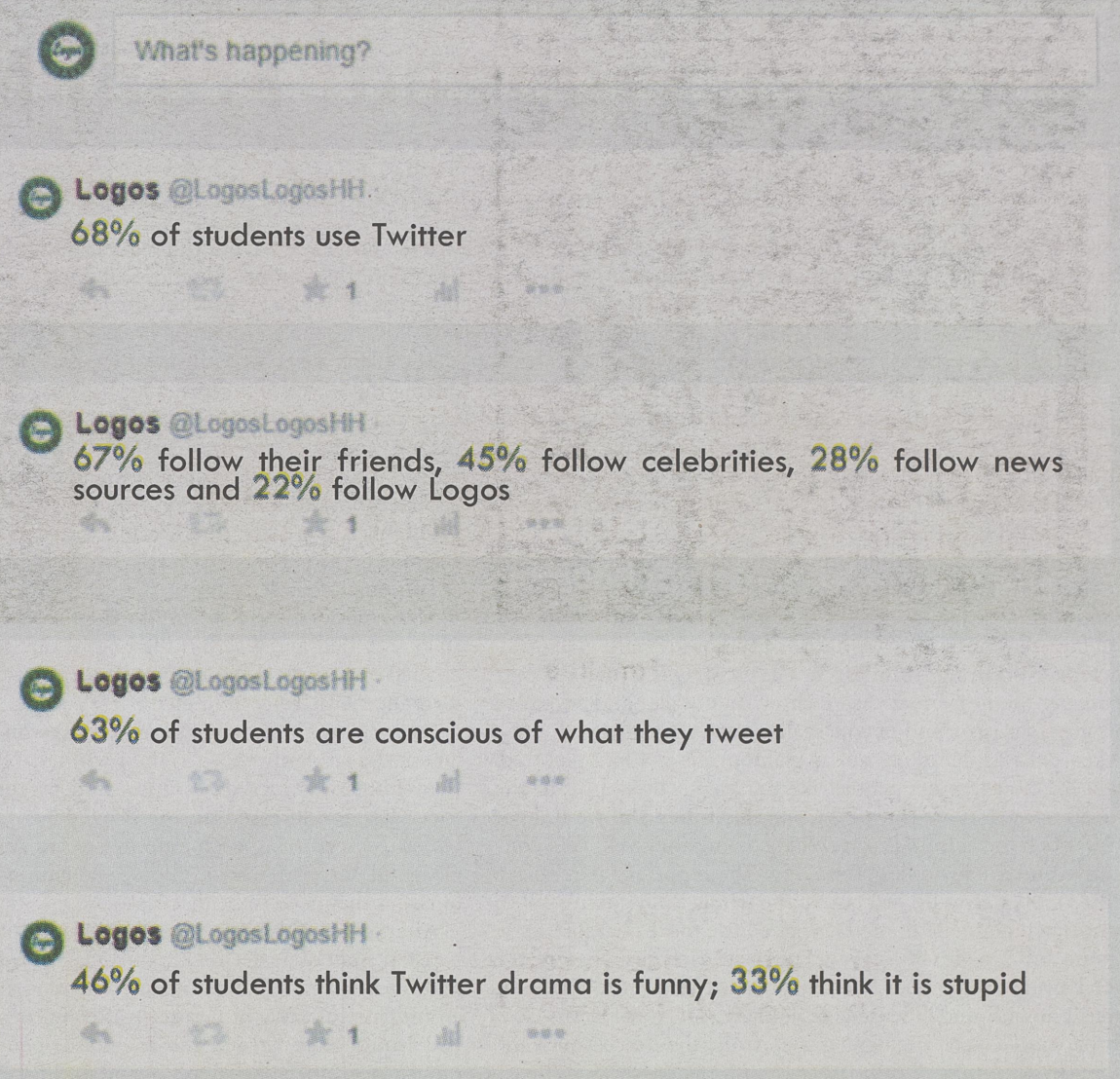
57% believe that Instagram is FAKE. People only post the best parts of their lives.

Over 70% admitted to using Instagram strategies.

45% post at certain times to get more likes.

15% Expect likes for likes. 40% Unfollow those who do not follow them back.



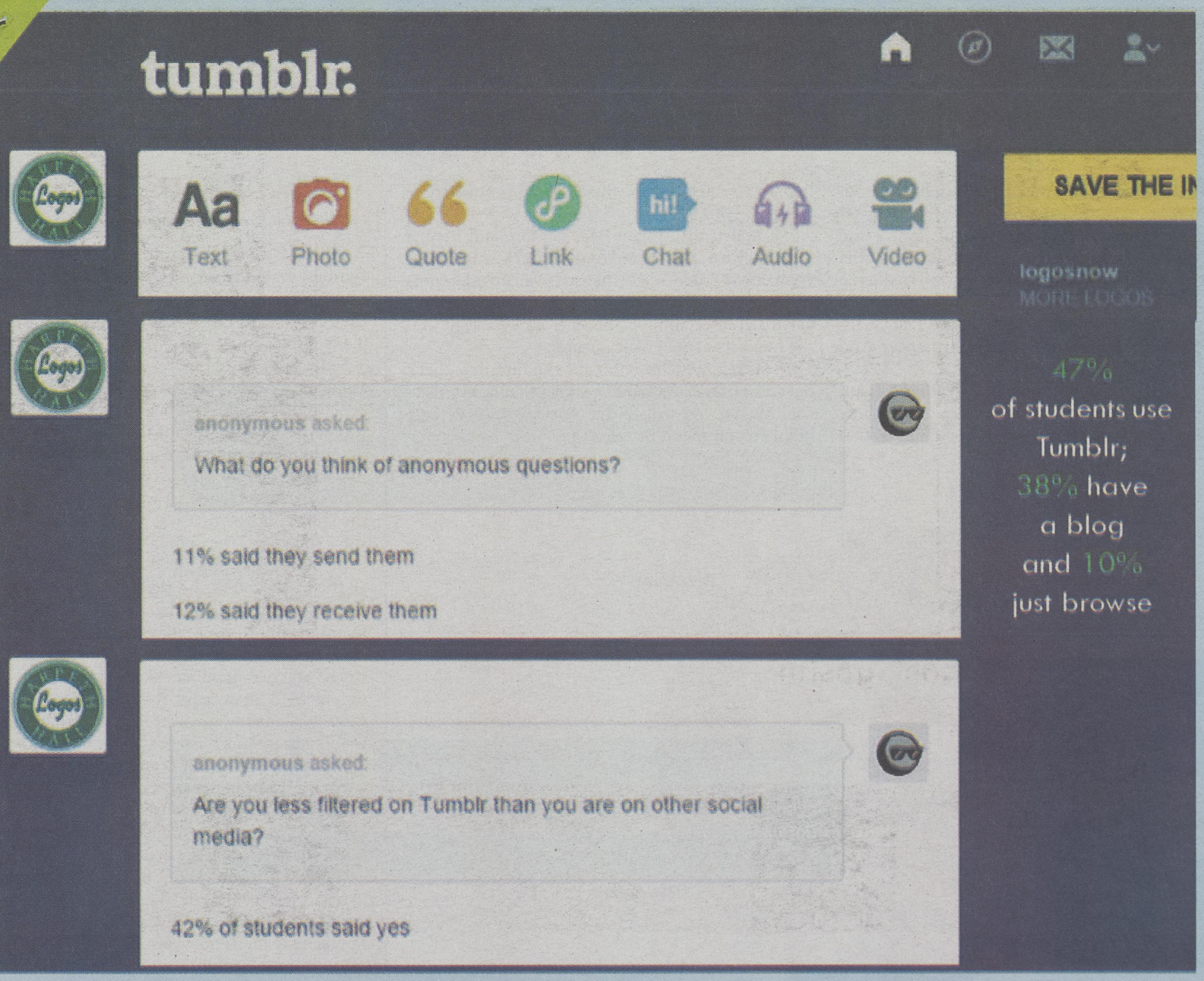


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Red carpet redhead: From Music City to LA

BY SOPHIE CUDD
Staff Writer

Floor Section 2, Row 7, Seat 11. This was my seat at the Grammys.

Yes, the Grammys. I was lucky enough to go because my dad, who works in the music business, is the agent for Old Crow Medicine Show -- one of the nominees for Best Folk Album for their most recent album "Remedy." My dad started booking Old Crow when I was three, so I have grown up listening to these men since I was in a car seat. It was incredibly exciting for us to see them honored and acknowledged for their wonderful music (and yes, they won a Grammy).

Our Sunday in Los Angeles started out pretty early. At 10:30 a.m., my dad and I left our hotel room dressed to the nines and ready to start the lengthy yet exciting day.

The reason for our early departure was that there are actually two different Grammy awards ceremonies: one from 12:30-4:30 p.m., which is not broadcasted, and then the 5:00-8:30 p.m. broadcasted show. The first ceremony is when most of the awards are given out, which include everything from Rap to Classical. Old Crow was performing during the non-broadcasted show, so my dad and I went to watch our guys perform, and of course, later win a Grammy.

The red carpet was definitely not as glamourous as I had pictured. First of all, the non-famous people like me are sectioned-off to the side so we do not get in the way of the real celebrities. But we still got a great view of all the action. Paparazzi are awful; they yell, take constant pictures and are just plain annoying. The reporters were much more civilized. My dad and I just cut up the whole time (taking selfies and whatnot), which made the red carpet a little more bearable.

Then came the broadcasted show. Fun fact: each time before the broadcasted awards show goes live, the broadcasters get really fussy. "Everyone sit down!" and "Please take your AC/DC devil horns OFF for the broadcast!" were frequent gripes from the voices over the speakers.

I am sure I do not have to be the first to tell you, but the show was quite the production. With performers such as Sam Smith, AC/DC, Paul McCartney and Madonna, it was pretty surreal. Not only did we get to see incredible performances, our seats were right in the middle of all the action--and the stars. Our vantage point was right next to circle stage, and we got to see many of the artists queue up to sing, such as Kanye West, Lady Gaga and Tony Bennett.

On the other side of us was the "celebrity bathroom," a.k.a. the place where all the stars avoid the regular Grammy attendees, like me. Therefore I got an up-close look at Nick Jonas, Iggy Azalea, John Legend and Taylor Swift while they were lined up to "powder their nose" during the commercial breaks.

The Black Keys sat in front of us, and LL Cool J sat next to us during the Beyonce performance. As you can probably tell, it was easy to get starstruck.

One thing that my eager ears discovered that night was that the awards they hand out on stage are actually fake. The actual awards are later sent out to the lucky winners with their names engraved on them. Apparently, one too many artists lost their Grammy celebrating at parties afterward, which is not surprising. They are human, after all.

Many performers also sing to themselves before going on-stage. My dad and I sat on the end of our row, and were serenaded by Lady Gaga singing to herself to warm up for her performance with Tony Bennett.

Overall, my Grammys experience was wonderful. I liked whom the academy chose as their winners (especially Old Crow) and was incredibly impressed by the number of social issues addressed during show. From the domestic violence survivor's speech to John Legend and Common's powerful performance of "Glory," the nation was exposed to issues that need to be discussed.

After the awards show, the Old Crow entourage was exhausted. Half of us decided to go and celebrate at Chipotle, and the other half, which included my dad and me, went to an industry afterparty. Grammy after-parties are just what you would expect: loud music, lots of people (some famous, some not), dark lighting and exclusive access. Nevertheless, almost as soon as we arrived, we left because my dad claimed "there are too many humans here." We just ended up ordering room service at 12:30 a.m.

The whole experience was definitely surreal, but honestly, the best part about it was spending the day with my dad, and our Old Crow friends. I would not have had it



OMG MOMENT: Sophie gets her moment on the red carpet.
Photo courtesy of Sophie Cudd

Entertainment honeypot

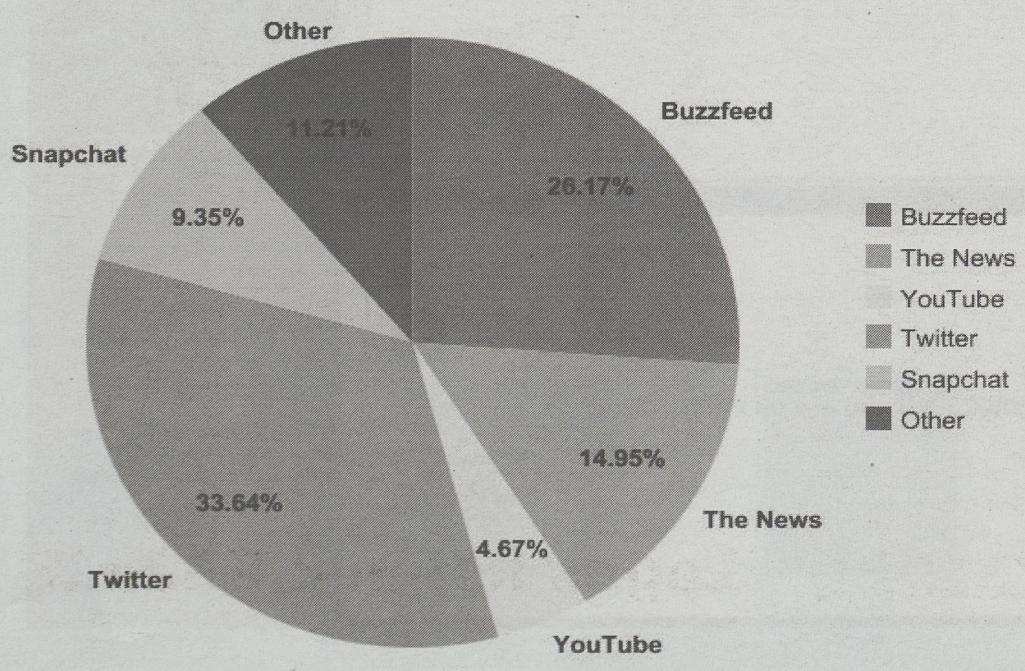
BY AVA BONEY
Staff Writer

Did you hear about Miley at the VMAs? How about Jay-Z's and Solange's elevator brawl? Kimye's wedding? Or Shia LaBeouf wearing a paper bag on his head to the red carpet? You must have heard about Amanda Bynes' (many) meltdowns! Who could forget Left Shark from Katy Perry's Super Bowl performance? And of course… THE DRESS.

Teenagers especially are constantly flooded with an abundance of entertainment news. All of these trending events aren't someone's wild ideas that happen to catch on. So where does this news come from?

We polled the Honey Bear Nation, and here is what they said: 5% from Youtube, 10% from snapchat,12% of students get their news from other outside sources, 16% from the news, 28% of students get their entertainment news from Buzzfeed and the majority at 36% from Twitter.

So, next time Kim K breaks the internet, check out some of the news sources that other honeybears use. Maybe you will find a new favorite (Psst... I highly recommend Buzzfeed).



SMASHing success

BY AMBER STEIGELFEST
Staff Writer

"Smash," directed by our very own Janette Fox Klocko, is one of the funniest plays to ever hit the Harpeth Hall stage. Even though the catch phrase of the main character, Trefusis, is "Love and politics don't mix," they certainly do in this production, and the audience would not have it any other way.

Sadly, because of the ice-apocalypse, the cast lost much rehearsal time and had to cancel the first of their three showings.

"I think it would have been different," said Junior actress Corinne Gibson about whether or not the show would have been better with more practice. "We would have had more time to fine-tune last minute details in posture, and the way we said our lines." Luckily, in the words of Junior actress Ashlyn Dentz, "It was really hard missing so many practices to the snow, but the cast was then forced to work as a team and pull the show together." The saying "the show must go on" has never been truer.

In addition, it must have been extremely difficult on tech for getting all the lights and sound right in limited time, but thanks to the amount of skill from the crew members, it turned out excellent. Even though many people showed up to watch the phenomenal production, it is a shame the team did not have more opportunities to show off their hard work. Any cast member asked, expressed his/her regret about the situation as well. In any case, it is better to leave both the honey bear nation as well as anyone involved in the production wanting more instead of wishing there was less.

One of the factors in "Smash" turning out so well is that all the actors got along and cared about each other.

"My favorite part was the cast," said Junior actress Delaney Jacoway. "We had so much fun and we worked really well together." However, this is not to undermine the acting.

"My favorite part about being in the show was how ornately we had to act: whether it be in the way we said our lines, our posture, or our gestures," said Gibson. "Every move and line had a specific purpose, and I personally loved how complex the process was of figuring it all out." In other words, "Smash" was extremely impressive from every single aspect.

Gallery gals: Alumnae artists shine

BY ASHLEY ZHU
Staff Writer

Harpeth Hall recently hosted a gallery featuring the stellar artwork of 55 alumnae artists coming from all across America in the Harpeth Hall Alumnae Art Exhibit that began Feb. 20. Almost 100 pieces of artwork were exhibited in both the Marnie Sheridan Gallery and the Patton Visual Arts Center for the 2015 Alumnae Art Exhibit Opening Reception. Some alumnae artists were there to discuss their experiences and artwork. Some works of art included mixed media, jewelry, photography, monotype, oil, pastel, print, acrylic, watercolor, wood and even needlepoint. Most of the art that was displayed was available for purchase, where twenty-five percent of proceeds went towards Harpeth Hall.



MAXWELL OR MATISSE: Marie Maxwell showcases the senior house in the alumnae art exhibit. *Painting by Marie Maxwell*

"I really love seeing what past Harpeth Hall students have made," said Freshman art club secretary Sophie Fuchs. "It really inspires me to keep working hard," said Sophie Fuchs. "I can see that the hours I have spent struggling will actually be worth something." There will be artists such as our very own Marie Maxwell, Watkins College of Art and Design instructor Elizabeth Sanford, Dory Ingram, Judy Quinn, Elizabeth Brandon, Susie Elder, Nancy Williams, Susan Parker, Caroyln Young and many others.

"I tell visual fairy tales with watercolor sculptures," says one of the featured artists, Elizabeth Sanford, in her artist statement. "My stories take place in between worlds, where the suburbs meet the remains of the forest. I'm interested in the conversations and clashes that happen along the shifting boundaries. Who's the hero, and who's the villain? Who's the native, and who's the invader? It all depends on which side of the border you're on. How the story ends is up to the viewer. Look into the shadows to find what's hidden. Peek through the leaves, and discover the signs. Join the quest for a happy ending."

Some pieces showcase aspects of Harpeth Hall, such as Mrs. Maxwell's Senior House Good Vibes in watercolor. Others feature fruit, such as Elizabeth Brandon's Seeds Compassion, which links a variety of different fruit together through seeds. Many contain various people that have affected the artist's life, such as Carolyn Young's The Red Chair, which shows a girl sitting in a red chair. All artworks portray an immense talent and motivation. Their art is symbolic of the many hardships and successes of their lives.

From Souby to OZ

Middle School musical

BY ELLA MCKENZIE
Staff Writer

On the first Friday of February, a group of nearly 40 seventh- and eighth-graders gathered backstage, nearly shaking with excitement. For the past six grueling weeks, the actors had come to the theater after school to sing, dance, act, memorize lines, and learn blocking. Now, opening night was upon them. Following their passion for theater, the middle-schoolers were ready to give the audience a spectacular performance of The Wizard of Oz.

Most are familiar with the plot of The Wizard of Oz. A young girl named Dorothy (played by seventh-grader Molly Bacurin) is heartbroken when she discovers that her horrible neighbor Mrs. Gulch wants to take away her dog, Toto. Dorothy, after a failed attempt at running away, is whisked off by a tornado and lands in the eclectic and colorful world of Oz. After an encounter with a city of munchkins, she meets the talking Scarecrow, the Tin Man, and the Cowardly Lion, with whom she travels to the great city of Oz in the hope of finding a way to return home. She is hindered by the Wicked Witch of the West, but she eventually meets the great Wizard of Oz. After the Wizard fails to take Dorothy home, Dorothy learns from Glinda the Good Witch that she had the power to return the whole time. With Glinda's help, Dorothy wakes up in her own bed.

At Harpeth Hall, the middle-school students recreated this story with a mission to make it the best it could be. For director Aaron Velthouse, however, there was also another objective.

"I'm very proud that the cast had fun," he said. "That is my biggest goal as a director." And apparently, the cast did have fun.

"I walked down the halls of the Middle School as if they were a yellow brick road," reported seventh-grader Maggie Sullivan, who played the Cowardly Lion. "I felt that my little world had become part of Oz, and I loved it." Munchkin and jitterbug Seville Croker added, "It was a great feeling once we were onstage and singing and dancing all together."

Middle school girls also worked on The Wizard of Oz from backstage. Eighth-grader Sophie McKenzie played the Wizard himself, but she also worked as a techie when not performing. McKenzie says she loves singing and dancing, but her favorite memory of the show was working behind the scenes. She said, "I loved knowing that I was doing something to help, even when I was not onstage."

From the songs to the set, The Wizard of Oz made an exciting night of theater, both for the audience and for the cast and crew. The story is well-known, but the play felt fresh, brought to life by the talent of Harpeth Hall's youngest participants in musical theater.

Reese goes from all girls to all women

BY AMBER STEIGELFEST
Staff Writer



WITTLE WITHERSPOON: Reese in her early honeybear days. *Photo courtesy of Harpeth Hall*

Everyone knows her from box office hits such as "Legally Blonde" and "Walk the Line," but did they ever know she walked the same halls as other modern Harpeth Hall students? Reese Witherspoon, class of 1994, has turned out to be one of Harpeth Hall's most esteemed alums through her beloved roles in movies that everyone knows and loves.

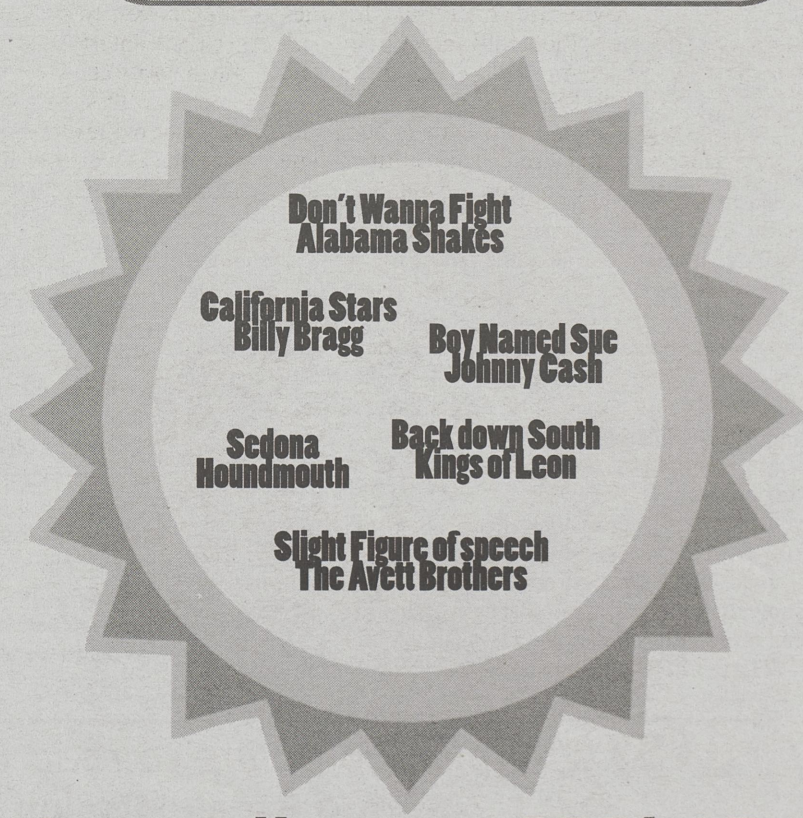
She has been called America's Sweetheart, but now Witherspoon is looking to delve further the production side of the movie industry. Recently, she made an appearance as an actress and director with her new production company, Pacific Standard. In a recent December interview with 60 Minutes, Witherspoon discussed her two latest film projects with her new company, "Wild" and "Gone Girl." Not only have these movies been nominated for Oscars, but they both have strong female leads. Pacific Standard focuses on incorporating lead female roles, and according to Witherspoon, she "doesn't know any weak women." Pacific Standard makes a point to incorporate lead female roles.

In the interview, Witherspoon also talked about her experience at Harpeth Hall, saying it had a "great focus on feminism and that we could accomplish anything we wanted to." These two influences can be seen in her work today, through the female empowerment roles she works with and with the recent successes of Pacific Standard.

But life has not always been so easy for this beloved actress. In 2007, she divorced from her first husband and noticed a lack of successful films where she was able to obtain lead roles. She even was featured in a New Yorker Magazine article titled that featured "people who were no longer box-office magic." This turn of bad events encouraged Reese to forge on and create her own success and to not rely on others to make things happen. She realized that she did not need others to supply her success for her but that she was a strong, successful women who could do great things.

There is much more to come for Pacific Standard and its support of female empowerment. Witherspoon intends "to make 20 more movies that matter to me." She also is building a home in Nashville so that she can be closer to her parents and be back in her beloved home town.

At the Oscars, both "Wild" and "Gone Girl" were nominated for awards. With 60 projects in the making, Witherspoon intends to make more movies that "[show] women for how complex they really are."



Logos listens: SB2k15

Senior experiences timecapsule Winterim

BY ALIX ALBRIGHT
Staff Writer

It all started with the all-school read last year, "Between Shades of Grey" by Ruta Sepetys, which told the story of a Lithuanian girl experiencing "Soviet Occupation" alongside her mother and brother. This story planted the seeds of curiosity in Senior Catherine Falls, and she found herself so interested by this that she ventured to the very countries occupied by Soviet Russia for decades that held these deportations. With the help of travel guides and family friends, she travelled through Estonia, Lithuania, Latvia and Finland for Winterim in search of answers about the Soviet deportations.

Falls was deeply intrigued by the deportations of so many in the Baltic states especially (and the fact that it had not made it into history textbooks), she decided to investigate on her own.

"Where better to get it than from the source?" she said when talking about her decision for Winterim. With plans of digging around for facts, she boarded a plane in early January. She ventured alone, jumping from hotel room to hotel room, occasionally meeting up with guides or family friends for help with her search. While there, she visited many historical and occupation sites and museums. All of the Baltic States had these two types of museums that chronicled the events in World War II, including both Soviet and Nazi occupations. She also visited ghettos in Lithuania and Latvia as well as towns outside of cities where the people had been held. These towns usually had monuments in remembrance as well. She found that in the museums, they talked more of the resistance in the countries rather than the people who had been deported to Siberia. Still, she heard many haunting stories of people who had live through those times.

One of the places that struck Falls the most was the Holocaust Museum in Vilnius, Lithuania. There were not very many state-run Holocaust museums, and most state museums skated over what the Nazis did and instead focused on the horrors of the Soviets. While looking at the tiny house, Falls speculated that she would spend 30 minutes tops in it. Instead, she spent three hours. In the house she found a bountiful amount of information on the ghettos, death pits and the brutality the Jews faced even after the Nazi occupation. This experience touched Falls greatly.

Along the way, she met many new people including a family friend in Latvia she had never met before. This woman had actually been a survivor herself, having fled the capital, Riga, with her family right before the Soviets came. They ended up in a "displaced persons camp" in Germany, living there for several years. Her father died in the Dresden bombings, and she soon left and came to America. Later, in her life she travelled back to Latvia for a quick visit but upon rediscovering family memories and a still-vibrant Latvian culture, she decided to move back.

One thing that shocked Falls was all of the lives lost over the course of these years. A fact that few people know is that a lot of the Nazi activity was in fact in the Baltic States, but instead of many structured concentration camps, tens of thousands of Jews were taken from surrounding countries as well as the Baltic States and held in Baltic cities and ghettos, and brought out of town to be shot and then thrown into a mass grave.

"I think it's awful that all of those people just disappeared, and the world still does not remember them," Falls said.

In the countries she visited, she saw differences not only with America but between each of the Baltic countries as well. While visiting the countries, she stumbled upon more Catholic churches the more south she went. This visually affected the architecture in these countries as well. Unlike America, these countries were also more agriculturally based, with only one big city and the rest of the country predominantly farm land.

Among the people there, remains a fear of Russia, especially regarding the conflict in the Ukraine. Because they border Russia, they fear invasion and the loss of their independence after only 20 years of freedom. The horrors of the Soviet and Nazi occupations are still fresh in the minds of the occupants of the Baltic States as they look toward their neighbor. Catherine uncovered many of these events in her stay, learning not only of the past but also of the present.



SENIOR STORY: Senior Catherine Falls visited Finland Park, one of Finland's national parks, during her three-week in-depth study in Europe over Winterim. *Photo courtesy Catherine Falls*

History of Honeybear halls

BY KEELY HENDRICKS
Sports Editor

There has often been much speculation over whether Dr. Pethel is a teacher by day and ninja by night. It is more or less true. By day, she is a beloved teacher of AP U.S. History, economics and American government at Harpeth Hall; by night, she teaches an interdisciplinary honors course at Belmont University. What many of her students did not know, however, was that she was also in the midst of writing a book. More surprisingly, they might even make an appearance in it themselves.

Due to be published in early April, Dr. Pethel's book traces the evolution of women's education from 1865 to 2015 with a case-study of one of the oldest and most prestigious all-girls schools in the country: Harpeth Hall. "All-Girls Education from Ward Seminary to Harpeth Hall" is not only a tribute to a century and a half of uninterrupted education for young women but also a glimpse into the lives of the young women who came before us, honoring "the trail blazed by women over the past 150 years."

Many schools showcase the history of their institutions through a book, but rarely has a school's history been woven into the larger historical context. Dr. Pethel used over 100 primary and secondary sources, many of which were located in the Harpeth Hall archives. These were used to show the unique story of Harpeth Hall and to recreate special moments and people in its history.

"Harpeth Hall is unusual in its survival as an independent girls' college preparatory school," said Dr. Pethel. Many schools for young women in the South either closed or became colleges by 1950, but Harpeth Hall changed only its location and name. Originally opened in 1865 as Ward Seminary for Young Ladies, it was ranked "among the top three educational institutions for women in the nation" within five years of its inception. It later merged with Belmont College in 1913 to create Ward-Belmont - a high school, music conservatory and the first fully accredited junior college in the South.

According to Dr. Pethel, both schools "attracted students from throughout the South and beyond" and "were highly regarded both regionally and nationally." When financial struggles caused Ward-Belmont to close its original campus in 1951 (today's Belmont University), Ward-Belmont's high school division reopened on the corner of Estes and Hobbs to continue its legacy with a new name: The Harpeth Hall School.

Besides highlighting the unique endurance and lasting eminence of the school, "All-Girls" also explores the history of its faculty and students on a more intimate, relatable level. Drawing upon Harpeth Hall's archival resources and interviews of former students and faculty, Dr. Pethel uses many vignettes and anecdotes to show what life was like at Ward-Belmont in the 1920s or Harpeth Hall in the 1960s. The book's topics also include athletics, music, dance, academic departments and she even answers questions such as "Why do we wear white dresses at graduation?" and "Why do we have spirit clubs, and what do the names mean?"



POSING PETHEL: Dr. Pethel's photo will be on the inside of her book cover. *Photo courtesy of Mary Ellen Pethel*

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Spring Break Mission Trip

BY CATHERINE LEMASTER AND ELEONOR WRIGHT
Staff Writers

Secret Lives of Springman and Croker

BY BUSHRA RAHMAN AND KAILI WANG
Staff Writers

Swimming dominates at State

BY KEELY HENDRICKS
Sports Editor



VICTORY: Senior Isabel Kennon, Freshman Julia Jane Eskew and Senior Sophie Pilkinton hug in celebration after winning their relay. *Photo courtesy of Sophie Pilkinton*

This past Presidents Day weekend, the Bearacudas dominated once again, earning their 18th consecutive State Championship title. In the 400 free relay, which Seniors Adrienne May and Morgan Dalton described as the most intense race of the day, Seniors Sophie Pilkinton, Elizabeth Stinson, Isabel Kennon and Freshman Julia Jane Eskew got second place, setting a school record at 3:26.27 minutes. They went on to set another school record in the 200 free relay. To top it off, Junior Bailey Flynn joined those four girls in receiving Swimming All-Region honors. In other words, it was a pretty good weekend for the Honeybear Swimming and Diving Team.

"As a team, we're strong and we win because even if a girl doesn't make an event, every other girl who doesn't make it is sitting on the sidelines cheering on every single person," said Senior swimmer Adrienne May. "We always have people coming up to us saying, 'Hey, you're the only team cheering right now, that's great' because that's what we do; that's what gets the good times, having someone cheering for you."

"Thirty girls go to state, and only twenty were swimming; that means that ten girls were there just to cheer us on," said Dalton. "There is always someone behind your block so you at least have someone to pat you on the back before a race or just say good luck," said Junior Claire Temple.

It is not hard for these girls to cheer each other on; the whole season is spent bonding together, like driving to practice and having team dinners. By the time State rolls around, they're with each other for "three days, eating, sleeping, cheering, riding the bus and walking places, and dealing with crazy people," said Temple. May, however, claims that the ultimate bonding activity is "embarrassing Polly Linden in public." This may include the swimmers yelling "OGO, OGO!" (Oh great one) while bowing down to Coach Linden, or giving her a green weave and scepter.

Some of this "public humiliation" may not be too far off—for her girls, she really is the coaching Queen, and a major reason for their success.

"She has really high expectations for us," said Dalton. "She's not mean about it, she just expects so much of us. She pushes you to do your best." Adrienne added, "She never lets us slack off ever, but she's still really nice. If you don't do your best and she can tell you're sad about it, she's always there to pick you up."

In addition to having an incredible Coach, the girls also had the opportunity to swim in one of their favorite places: Knoxville.

Temple said, "Knoxville has this magic to it that makes state 100 times more hype than it already is. It was a dream come true to swim in the Allen Jones Aquatic Center and to experience a fast meet like that." Senior Sophie Pilkinton agreed, saying, "There is something special about state when it is hosted in Knoxville. Spending 72 hours straight with the Bearacuda family is a unique bonding experience that has fostered some of my best Harpeth Hall memories. This combined with the electric environment and our treasured coaches makes for an incredible weekend."

The team is losing five seniors, many of whom have been swimming for the past seven or six years. However, May is confident that next year is going to bring a great season for the team. She raved about the incoming freshmen, and on the Class of 2016, she said, "They're going to crush it no matter what. I have a lot of faith that the Juniors are going to be amazing seniors."

"I am extremely grateful to have been a part of the cuda fam legacy, and am so excited for the future bearacudas," said Pilkinton. "They have no idea how lucky they are to wear a Harpeth Hall cap one more time."

Honeybears go to work: on the court

BY SAFFEE CROKER
Staff Writer

One of the most enriching opportunities Harpeth Hall girls have is Winterim. Whether a freshman or a senior, students benefit from the many learning experiences Winterim has to offer. One unique aspect of Winterim is the internships available for juniors and seniors, which help girls learn about different careers.

"Internships are an incredible way to 'try on' a career path before investing large amounts of time and money to find out that a particular field is or is not what you thought it would be," says Winterim Director Jacquie Watlington. "Internships are wonderful experiential learning opportunities that allow students to have a taste of the numerous challenges and rewards of a particular field."

One internship opportunity that Harpeth Hall offers is sports internships, which Junior Claire Temple did over her Winterim. Temple worked in Belmont's Athletic Department, and during her stay, she did a lot of paperwork regarding the finances for teams, shadowed a trainer, controlled Belmont's Instagram and did other odd jobs.

Temple also learned the technical aspects of sports games and how to promote them. Before a game, Temple would set up signs touting the giveaways the school was offering and posted where the game was being played. One of her odd jobs included slicing six sheet cakes for the last men's basketball game of the season.

"The hardest part of my internship was when I didn't have anything specific to do," said Temple. " I felt that I was in the way, but I was still there to help. That's just a part of the internship itself and a life lesson in general."

Although there were some hard aspects of the internship, Temple had a lot of fun and she thinks that sports will be part of her future.

"I definitely see myself working in sports Administration," said Temple. "It is an exciting field to be in with constant action, especially with college athletics. The sports mean so much more because the athletes are student-athletes who are trying to graduate and have a college experience while still playing a sport. I see myself being an academic counselor, the person who makes sure each student athlete is taking enough classes to be an eligible athlete but also making sure they graduate in four years and are taking classes to fit the major and schedule."

In addition to the knowledge that she gained from her experience Temple also "formed relationships with people there [at Belmont] that I will cherish for a long time."

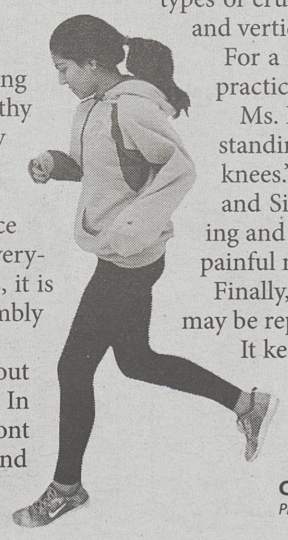
How to put 'sweat' into sweater weather

BY DHARA PATEL AND KAILI WANG
Staff Writers

It is cold outside. Most students do not have enough time to fit everything they want to do. However, these are illegitimate excuses for not keeping a healthy and active body. In fact, it is more important to keep an energized and healthy body during winter.

If one does not remain active during the colder seasons, for instance, they are most likely "to feel cold, lethargic, and even depressed," according to dance teacher Diana LeMense. Getting outside and warming up one's body allows everyone to put more effort in the activities they actually enjoy. Plus, for students, it is an opportunity to stretch out sore backs from sitting all day at desks, in assembly and on the couch.

Varsity track runner and volleyball player Freshman Grace Rader told us about her at home workouts that help her to stay active during the winter season. In the mornings, she recommends sit-ups, crunches, leg raises, planks, squats, front lunges, side lunges, donkey kicks, hip bridges, flutter kicks, leg extensions and groffy glut lifts. At night, she recommends crunches, backwards burpees and jump squats. For an additional ab workout, Rader recommends different types of crunches: basic, right oblique, left oblique, bicycle, reverse, long arm crossover and vertical leg crunches. She also advises half curls and planks.



CATCH ME IF YOU CAN: Junior Priya Patel demonstrates the workout with perfect form. *Photo by Dhara Patel*

For a more gentle and flexible approach, Pilates and yoga are the way to go. Both practices can be done in any space large enough one can lie down.

Ms. LeMense recommends "Pilates ab exercises for 10-15 minutes, and then Yoga standing poses [for 10-15 minutes] to both strengthen and stretch the legs, hips and knees." Some of those poses include Warrior one, two and three, and the Triangle and Side Angle. These exercises are especially crucial for athletes for "strengthening and injury prevention." Strains from intense and contact sports can easily lead to painful muscle tears and broken bones.

Finally, have fun with exercise. If fun is involved, it is more likely that the workout may be repeated again the next day. For example, dancing is a highly effective workout. It keeps heart rate and fun levels high. For those who love listening to music and jamming out, try sprinkling in a little of that fun into every school week as well. Stay strong, for Spring Break is almost here.

THE ROAD TO PLAID

BY JAYNE-STUART GARBER
Backpage Editor

Over the years many things have changed. From pants to pearls and saddle oxfords to skirts, it is safe to say honeybears are always in style.





