

JAZZ IN APRIL

CAPITAL UNIVERSITY KICKS OFF MONTHLONG EVENT

COFFEE TIME
CAFFEINE PLAYS A ROLE
IN KEEPING UA RUNNING

THE ONE-SEASON ATHLETE:
HAS SUCH A TERM BECOME
AN ANACHRONISM?

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Local university jazzes up spring

By Cassie Lowery, '13

Bright trumpet melodies and booming bass accents greet the ears of visitors attending Capital University's Annual Jazz and World Music Festival. This year, the festival celebrates its 35th anniversary with a month full of jazz-inspired events and performances.

The festival kicks off April 3 with a performance from the Capital University Big Band and will continue through April 28. This event is one of many going on in Columbus this spring that offers entertainment for students searching for something to do.

Every year, Capital hosts the Jazz Ensemble Invitational as a part of the festival. This year is no exception; the invitational will be held April 8, and will include performances from ensembles around the city. High school groups, as well as professional guests, will participate. Various workshops and clinics are also offered during the day for different jazz instruments.

As in previous years, the Upper Arlington Jazz Ensemble will perform a few of the pieces it has been preparing. Kelsey Kaiser, a former member of the Upper Arlington Jazz Ensemble and a current freshman at Capital University, remembers performing at the festival.

"I enjoyed performing [at the festival] because of the constructive criticism we got from the professionals afterwards," she said.

Kaiser also enjoyed watching the other ensembles as well as the

professionals and looks forward to attending the event this year. She said that going to a jazz festival is something different from going to the movies or attending a concert.

Junior Nate Smallwood, who performs with the Columbus Youth Jazz Orchestra and the UA Jazz Ensemble, explained that he thinks the festival is a great way for people to get a taste of what jazz is all about.

"The creative freedom of jazz allows for some truly amazing music to be made, and the rhythms don't hurt either," Smallwood said. "It's a refreshing change from most of the popular music you hear on the radio."

Capital's Vocal Jazz Ensemble and its Jazz Percussion Ensemble have a number of performances, including one April 9. Afterwards, bass-player Kamil Erdem from Istanbul, Turkey will perform, along with Tom "Bones" Malone on trombone. Malone, who lives in New York, has appeared on the David Letterman Show. The festival will close with a show by Capital's conFUSION BAND on April 28.

The 35th anniversary of this festival promises to be a fun spring activity. With many professional jazz musicians, ranging from trumpet to percussion, as well as an appearance from the Air Force Night Flight Jazz Ensemble, shortage of talent will not be an issue. Admission for most performances is free, so consider this when searching for a cure for spring fever. •

Upcoming Concerts

Alternative

The Script
March 26, 2011
O2 Academy Brixton

Brendan James & Matt White
April 15, 2011
The Basement

Plain White T's
May 5, 2011
Newport Music Hall

Ray Lamontagne
June 11, 2011
Lifestyles Communities Pavilion

Pop
Sara Bareilles
April 13, 2011
Newport Music Hall

New Kids on the Block & Backstreet Boys
July 24, 2011
Schottenstein Center

Rock
Bon Jovi
June 10, 2011
Nationwide Arena

Country

Tim McGraw
May 7, 2011
Schottenstein Center

Taylor Swift
June 7, 2011
Nationwide Arena

Keith Urban
June 19, 2011
Nationwide Arena

Kenny Chesney
June 25, 2011
Columbus Crew Stadium

Hip-Hop/ Rap
Atmosphere
April 20, 2011
Newport Music Hall

Usher & Akon
May 18, 2011
Schottenstein Center

Techno
Bassnectar
April 14, 2011
Lifestyles Communities Pavilion

COMPILED BY ABBY GODARD

Summer Movie Previews



COURTESY WARNER BROS ENT

RELEASE DATE: May 26
DIRECTOR: Todd Phillips
MPAA RATING: R
SYNOPSIS: Phil (Bradley Cooper), Stu (Ed Helms), Alan (Zach Galifianakis) and Doug (Justin Bartha) travel to Bangkok for Stu's wedding.



COURTESY UNIVERSAL STUDIOS

BRIDESMAIDS
RELEASE DATE: May 13
DIRECTOR: Paul Feig
MPAA RATING: R
SYNOPSIS: A comedy centered around Annie (Kristen Wiig) and her experiences as Maid of Honor in Lillian's (Maya Rudolph) wedding.



COURTESY WARNER BROS ENT

HARRY POTTER AND THE DEATHLY HALLOWS, PART 2
RELEASE DATE: July 15
DIRECTOR: David Yates
MPAA RATING: Not yet rated
SYNOPSIS: Harry (Daniel Radcliffe), Ron (Rupert Grint), and Hermione (Emma Watson), continue their journey to destroy Lord Voldemort.



COURTESY WALT DISNEY PICTURES

Pirates of the Caribbean: On Stranger Tides
RELEASE DATE: May 20
DIRECTOR: Ron Marshall
MPAA RATING: Not yet rated
SYNOPSIS: Jack Sparrow (Johnny Depp) and Barbosa (Geoffrey Rush) embark on a quest to find the fountain of youth.

PREVIEWS BY KATE MAGILL



PHOTO BY WILL SEYMOUR

Seniors Olivia Copelan, Kent Bueche and Cam Williams prepare for Friday's broadcast of *Kickin' It Live*. The staff meets during second period every day to work on each week's segment.

Kickin' It prepares for 2011-12

By Carly Tovell, '13

Music blares in every classroom throughout the school, students sit in their seats glued to the TV, and the WARL studio door is locked: It must be Friday during extended third period, because *Kickin' It Live*, the school's weekly live broadcast show, is airing throughout the school.

Students like sophomore Laramie Abbruzzese look forward to a new episode of *Kickin' It Live* each week.

"The show makes Fridays fun," Abbruzzese said. "It's nice to see what's going on in the school."

As the 2010-11 school year begins to wind down, some fans of the show are wondering: Who will fill the spots on next year's *Kickin' It Live* staff?

Each spring, students from the Broadcast Production course apply for positions on the following year's *Kickin' It Live* staff. The 13 juniors in this year's Broadcast Production class have been producing broadcast segments for the UA public access show, *UA Live*, throughout their semester in the class. During the *Kickin' It* application process, the current staff will interview the applicants and go over their broadcast segments. Current Broadcast Production junior Lily Rhodehammel said she hopes to be a part of *Kickin' It Live* next year.

"I think it would be fun to be a reporter next year, because in Broadcast Production you make similar packages," Rhodehammel said. "Being an anchor would be fun, too."

As the school year progresses, the *Kickin' It Live* show has become more cohesive, correcting issues from prior shows and appealing to a larger variety of students. Senior Audrey Denehy, a *Kickin' It Live* reporter, said it takes a lot of effort to make these changes.

And the current *Kickin' It* students are not the only ones planning improvements for the show. Along with a new group of students, the 2011-12 *Kickin' It Live* staff plans to bring new ideas and changes to the broadcast. Junior Maggie Morrison said the group plans to broaden students' interest in the show.

"We hope to continue the show in a responsible way, but we want to take on more controversial topics," Morrison said. "The group this year is doing a good job; we just hope to make the show funny and enjoyable to watch. We don't want anyone dreading to watch the show."

The staff for 2011-12 is unofficial, but the *Kickin' It Live* show has a bright future, with new students and new ideas for the program. •

Freshman students reach out to war-torn Sudan

By Lizzie Rumpz, '13

For Freshman House D students, history, English and Geometry are not just for learning about the Soviet Union, William Shakespeare or mathematical equations. House D students are also exposed to the culture and current issues facing the country of Sudan. "Strides for Sudan," a service-learning project that blossomed last school year, is now flourishing with this year's class.

In Sudan, a cultural genocide is escalating, forcing diseased and starving men, women and children into overpopulated refugee camps. Food and water is hard to come by, and health care workers are always in need of medical supplies to help the sick.

A new health clinic is planned to house Sudan's injured citizens. This is made possible by the fundraisers held by past and present freshman efforts, including a walk-a-thon, a "chili cook off," and numerous bake sales held at UAHS.

Last year, students worked to raise approximately \$14,500, according to House D Geometry teacher Diane Kahle, and the money contributed



to the installation of solar panels into the new health clinic located in Piol, Sudan, as well as a generator and a refrigeration unit to store immunizations.

This year's House D students hope to raise \$15,000 for the boys and their families, as well as others suffering in Sudanese refugee camps, to help buy immunizations, medications and medical supplies. The class has already raised \$6,446.64 so far.

For freshman Halle Trabue, one of House D's class representatives, a lot of planning and knowledge goes into making a fundraiser possible—especially because it is almost all student run.

"It's been a learning experience, working together instead of having teachers tell you what to do," Trabue said.

With former freshman, now sophomores, ready to supply their past knowledge and experience to the project, sophomore Audrey McMahon said she is proud to continue in her leadership of the developing project's success.

"Whenever I have a bad day, I think about what the refugees in Sudan are going through," McMahon said. "[Participating in the project] rationalizes global issues into something that happen[s] in real life."

House D offers many opportunities for others to contribute to the cause, including "Strides for Sudan," a walk-a-thon at Jones Middle School on May 21. •

Creativity is the main ingredient to the perfect prom proposal

By Olivia Miltner, '13

It is often wondered why some people have better luck than others when asking a girl to prom. Some may think the answer lies in looks, others think it is determined by social standing, but when it comes down to the wire, one thing many people value as important is creativity.

Junior Korey Black is a supporter of this idea and shared his opinions on why he thinks the way the question is asked is essential.

"It's important for guys to show class," Black said. "They shouldn't think girls will be like 'Oh yeah, sure' if they don't think about it. They need to put some meaning behind it and show they care."

Asking your dream date prom does not have to involve chocolates and roses, but when time and effort invested, it shows the intentions are honest and heartfelt.

Senior Lauren Vidmar said she would want a boy to think about how they asked her to go with him.

"I would want to know he really meant it. The more creative, the better," she said.

Although Black has not decided how he will ask his date, he has a few ideas.

"Maybe at the next assembly I'll put a hang-glider in the box in the balcony, hang-glide onto the stage and ask her to Prom," Black said.

Sophomore Stephanie Small said her brother thought of a creative way to ask his girlfriend to prom.

"He had her called down to the office during school one day, and she thought she

was in trouble," Small said. "But he ended up giving her a pleasant surprise."

Junior Annie Jennings described a friend who found a unique way of asking her date to a dance.

"Last year one of my friends, to ask her boyfriend to Winter, gave a balloon to one of his friends in each class, and then he'd pop them and by the end of the day he'd have a word scramble

of W-I-N-T-E-R," Jennings said.


The possibilities of asking someone on a date are endless, though they are seemingly different, underneath them all should be an understanding that a little thought, creativity and planning goes a long way. •

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A Hands-on Experience

While choosing a career path can be overwhelming, UA provides educational options to help students discover the right career path for them

By Abby Godard, '13, Kate Magill, '13 Elizabeth Tzagournis '13'

PHOTO COURTESY ROHIT MENON

Through Academic Internship, junior Rohit Menon was able to observe a surgery at The Ohio State University Veterinary Hospital. Menon's internships have included programs at The Ohio State University Veterinary Hospital, the Cleveland Clinic, and Bloomberg Eye Center.

It's the question children have heard since they first started school: "What do you want to be when you grow up?" Now in high school, students are asked the same question, and the stakes are a bit higher. While some students are sure of their futures, others have no idea where to begin.

To guide students on their path to success, UAHS provides several educational options to help students get a jump-start on their future. These educational options help students develop their passions and test the professional world before leaving high school. Academic Option, Columbus Downtown High School and Fort Hayes Career Center are a few opportunities which enable students to substitute in-class work for real-life experiences during the school day.

Young Professionals

UA's most recent addition to its educational option is Academic Internship, which allows students to intern at a career site in which they are interested. With the help of a mentor, students learn many of the skills required in a particular field.

Led by advisers Leah Miller and Nancy Botti, the program gives students the opportunity to explore a subject of interest in a "professional, but pressure-free environment."

According to Miller, the internship is an effective way for students to learn how their own interests are beneficial in the professional world.

"It's a way for students to discover their passions, gifts and talents as they relate to the world of work," Miller said.

Next year, Academic Internship will be offered as its own course. During eighth

period, the class permits students to go to their respective intern sites where they will complete six hours of work per week.

Miller said that in addition to the required hours, students must complete weekly journals about the job experience and their mentors will help to evaluate exams.

Periodically, students will meet as a group with the advisers to discuss their progress at their sites, as well as any problems they have encountered. At the end of the internship students give a formal presentation in which they demonstrate a skill they have learned through their internship, such as how to properly clean teeth after interning at a dentist's office.

Although the amount of work assigned may seem overwhelming, students, like senior Sarah Allaire, who interned over the summer in the Occupational and Physical Therapy Departments at Nationwide Children's

Hospital, said the workload is manageable.

"I only had to write a few reflective journals and complete a final project," Allaire said.

Another student who has had a similarly positive experiment is junior Rohit Menon, who will be a part of the program for the third time this summer when he interns at the James Cancer Center. Menon initially became interested in Academic Internship during his freshman year because it gave him a non-age restricted opportunity to explore various parts of medicine.

Menon has taken advantage of these opportunities, interning at The Ohio State University's Veterinary Hospital, the Cleveland Clinic and Bloomberg Eye Center.

The ability to intern in so many expert programs surprised Menon; he said advisers Miller and Botti make the connections for students at professional, respected work sites.

"They make you official through the school, and when you're inside you can make your own connections," he said.

Menon has been pleased with his experience with Academic Internship. He said his favorite part of the program is that he has learned a great deal about himself.

"Even if you don't like what you see or do, you know to stay away from it when you go to college," Menon said. "You really can't go wrong."

Allaire also enjoyed her internship at Children's Hospital.

"It was a great hands-on experience," Allaire said. "I went into the internship thinking I wanted to be a physical therapist, and left knowing that I wanted to be one."

Learning the Trade

Like Academic Internship, the Columbus Downtown High School and Career Center, also gives students a hands-on experience.

Located in downtown Columbus, the school is a unique educational option for juniors and seniors only. CDHS gives students the opportunity to intern in various careers and links them to colleges and universities that could assist them in their chosen fields. The school offers programs in Business, Engineering, Information Technology, Early Childhood Education and Personal Services among others.

Junior Anna Crites goes to CDHS and is enrolled in the Cosmetology program.

"CDHS gives you real career training and teaches you how to be a professional in a work environment," she said. "It can also get you ahead of the game and prepare you for college."

CDHS is a great choice for career-driven teenagers, junior Nicole Huston said. Huston goes to the school in the morning, and she likes how CDHS



Left to right: A photo from senior Kristen Lengel's photograph completed his Academic Internship at the Cleveland Clinic la coloring technique on a mannequin.

focuses on students' futures in college or the workplace.

"[CDHS] emphasizes future plans a lot more than UA," Huston said. "They offer internships for certain programs and they get you ready to have a job right out of high school, or the classes contribute to college credit."

Not only can the course work qualify for college credit, but it can also be economically beneficial.

"I decided to go to the career center because the course I wanted to take would be extremely expensive if I had chosen to take it elsewhere," Huston said.

Though Huston only takes one class at CDHS, it spans over half of the school day.

"[The classes are] three periods long,

Veterinary Medicine.



Hannah Harper, '13

■ **WHAT EXACTLY WILL YOU BE DOING?**

I will be going to a veterinary clinic and helping out there doing paper work and helping out with the animals.

■ **WHAT ARE YOUR MOTIVES?**

I want to do this program because I want to go into veterinary medicine and I want to get some hands-on experience.

■ **WHAT IS NEEDED TO BE ACCEPTED?**

You need to be able to do 6-7 hours a week and you also have to have some mode of transportation so you can get to your location.

■ **WHAT WILL YOUR SCHEDULE LOOK LIKE NEXT YEAR?**

I will be doing the program during second semester 8th period for 6-7 hours a week.

Foreign exchange offers ultimate option to traditional education

A few years ago, by the side of the Rhine River in Cologne, Germany, my best friend and I were talking about the possibility of going abroad as juniors. In our excitement, we imagined ourselves surfing in New Zealand or shopping on 5th Avenue, at a high school football game dressed in school colors or at prom with some gorgeous date. Life would be a blast. Even so, we both agreed that we probably wouldn't go. How were we going to change families, continents and more importantly our lives? Needless to say, we weren't quite right.

When I boarded that plane back in August, I wasn't sure what to expect. I had come to gain experiences, learn how to speak English fluently and lastly to accomplish something on my own. I wanted to know what it meant to live in America.

As for the experience, I gained a lot, though it took me some time to get used to how things are done here. I had never written

an essay before, nor did I know what a quarter and which one a nickel. I had a lot to learn and up to this day I still have things that I don't know or don't understand.

Since August, I've become so used to life here that I barely noticed the passage of time flying by. Looking back, the hardest part were the first few weeks: leaving my family, adjusting to the culture shock of America and Germany have many differences, as well as the language, but also the mental and physical life and the educational system, that I had to learn.

For German students, it is not uncommon to go abroad in one's junior year, just as it is uncommon for American students to go abroad in college. But whatever nationality you are, going abroad is always something memorable. My most memorable experience was a



PHOTOS COURTESY KRISTEN LENGEL, ROHIT MENON AND ANNA CRITES

...y class at Fort Hayes Metropolitan Education Center highlights her work at the school. Junior Rohit Menon
...st summer. Junior Anna Crites, enrolled in Cosmetology at the Columbus Downtown High School, practices a hair

so you have to really be interested in a program if you decide to go to the career center," Huston said.

CDHS has several restrictions that one would not experience at UAHS, including a much stricter dress code that requires students to wear only professional attire. Crites said the dress code helps her feel prepared to work in a professional environment.

Phones are also not permitted in the hallways or classrooms at any time and iPod use is limited.

"[The atmosphere at CDHS] is entirely different," Crites said. "You feel like you really need to do the work and learn the material because you are potentially going to be using it in your career."

The school prides itself on its essential

location, which is an advantage for those enrolled in Business classes. These students take frequent field trips to downtown business places of interest.

Early Childhood Education students have the chance to commute to The Ohio State University for some of their classes and even work as student teachers to a young class of children at a nearby school.

"[CDHS classes] are much more hands-on and involved than the classes I take at UA," Huston said.

CDHS is an intriguing option for any Upper Arlington students looking to extend themselves in a certain career and spend time cultivating their special skills and talents. CDHS is a viable possibility for any student looking for alternative schooling options.

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By Anna Hörter, '12

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...a trip to San Francisco in January,

organized by the exchange program. Sixty-seven exchange students from all over the world came together for a longer weekend in California. Coming from Ohio, the fairly warm weather was a relief, as was sharing the experiences each of us had gained.

When I was starting this column, I thought it wouldn't be hard to just talk about the experiences I gained, but it was; to summarize these memories in words isn't that easy. After a couple tries and a little frustration, it finally came down to this: Over these past months I have experienced the American lifestyle, found new friends and improved my self-confidence. If I had the choice to do it over again, I would definitely go for it, because nothing compares to the experience I gained during my time here.

To think that I'll return to Germany in June is bittersweet. I'm both excited to go home again but also reluctant to leave my new life here. This experience that began so long ago at the side of the Rhine River has been incredible.

Dance & Choreography



Maddie Tiberi, '11

■ WHAT DOES A TYPICAL SCHOOL DAY LOOK LIKE FOR YOU?

I go to UA in the morning, and then in the afternoon I go to Fort Hayes. We begin class with anatomy and physiology, and then we warm up for ballet class. If we have time left at the end, we get free time to work on whatever we wish.

■ WHAT IS REQUIRED TO ATTEND FORT HAYES?

I had to attend a campus and a dance audition.

■ WHAT DID YOU GET OUT OF THIS EXPERIENCE?

I have grown as both a dancer and a person through this program. As I continue with composition, I find that my creativity in dance has expanded as well as my body and spacial awareness.

■ WHAT ARE YOUR PLANS FOR THE FUTURE?

I hope to get a degree in physical therapy in addition to a BFA in dance.

For the Artists

CDHS is one of two schools run through the Fort Hayes Metropolitan Education Center. Fort Hayes, the third alternative education option, is known for its enriching arts programs. Fort Hayes is a school focused on preparing artistic oriented students for their future, introducing them to top art universities in the country, and meeting a diverse body of students from all over Columbus who share similar passions.

Courses offered at Fort Hayes are characterized by their informal environment. According to senior Kristen Lengel, students at Fort Hayes are permitted the use of iPods and are able to talk without getting in trouble, as long as it is not distracting students from their work or disrupting class.

"We do assignments at our own pace, but they are due weekly," Lengel said.

Because of the difficulty level of classes, Fort Hayes is for students who are dedicated



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to their specific programs of interest and see themselves pursuing this interest as a possible occupation in the future. Lengel said she chose Fort Hayes over advanced art programs offered at UAHS because she believes that UA students do not exert the same focus and drive for the subject that she had—she felt held back.

Lengel's favorite part about Fort Hayes is the people with whom she is surrounded.

"It's great to be with other students who take photography as seriously as I do," she said. "Fort Hayes gave me the opportunity to surround myself with like-minded people, and I'm very grateful for it."

In addition to attending classes with people who share similar interests, students have the chance to branch out and meet new people from other Central Ohio school districts, including Westerville, Grandview and Columbus Public Schools. Lengel especially enjoys the diversity of the student body, which is not always present in the

"I wouldn't be half as prepared as I am for college without Fort Hayes."

Senior Kristen Lengel

more homogeneous student body of UAHS.

"For those who are open minded, it serves as a great asset to our futures, and it can really help us decide where to go in life," Lengel said. "You have to be willing to step out of your comfort zone and realize that the people there are all very different from you."

Fort Hayes is an institution that provides an in-depth learning environment in an array of courses including music, theatre, photography, and fashion. Students who have the opportunity to utilize this educational option are guaranteed the chance to challenge themselves to the best of their ability, while preparing for their future.

As students prepare for their future careers, the educational options offered at UAHS are able to provide them with opportunities to discover their talents in the professional world—and help them answer the question: "What do you want to be when you grown up?" •

Music



Meaghan Campbell, '13

■ **WHAT EXACTLY WILL YOU BE DOING?**

I'm going to Fort Hayes for music.

■ **WHAT ARE YOUR MOTIVES?**

I've always known music is the career path I want to follow, and I want to use my elective time working with other musicians and strengthening my music knowledge to prepare me to go to a music college.

■ **WHAT IS NEEDED TO BE ACCEPTED?**

Anyone can go to Fort Hayes as long as they audition and are accepted.

■ **WHAT WILL YOUR SCHEDULE LOOK LIKE NEXT YEAR?**

Next year I will go to Fort Hayes for the first three periods of the day and drive back to school in time for fourth period lunch and to take my required classes.



PHOTO BY HANNAH ROYER

Sophomore Travis Bellman, an employee at the UA Rise Café, prepares coffee for a waiting student. Employees at the school's coffee shop are required to enroll in the Career Based Intervention Program, a semester-long course.

UA's coffee craze

Stressed students join 'the bean' bandwagon

By Aly Gordon, '13

As 8:05 fast approaches and lethargic students ready themselves for yet another Monday morning, sophomore Danielle Telfer finds solace in her steaming cup of *café au lait*.

"Without coffee, I'm nothing," Telfer said. "I have it every morning—sometimes even in the afternoon."

Like Telfer, a number of students have embraced "the bean." Some are admitted addicts, while others simply drink it for a quick buzz. Nevertheless, many students agree that their coffee craze began as a response to one thing—school.

Rigorous courses, paired with hectic schedules and various extracurriculars, dramatically affect students' sleep.

According to the National Sleep Foundation, teenagers need at least eight hours of sleep per night—a number that seems unrealistic to many, including Junior Catherine Elliot.

"I started drinking coffee early this year," Elliot said. "It saved my life on nights when I had to stay up late working on projects and studying for tests."

With that in mind, the caffeine in coffee is undoubtedly helpful after a restless night; however, medical experts from Harvard's *Healthbeat* warn that caffeine is a mildly addictive stimulant. While 12 ounces of Diet Coke contains 45 milligrams of caffeine, a mere 5 ounces—not even a cup—of coffee contains 115 milligrams.

"If I drink too much, I get really jittery,"

Telfer said. "The whole point of drinking coffee is to get energy, but sometimes I'm so buzzed that I can't even focus."

To accommodate java fanatics and casual coffee drinkers alike, the high school boasts its own student-run coffee shop, the UA Rise Café. The menu seems geared primarily towards students with a sweet tooth; they offer a variety of sugary beverages, from their White Mocha to their Frozen "Hot" Chocolate.

Despite the convenience of UA Rise Café, frugal students regard coffee drinks at any establishment as overpriced.

"When you think about what coffee is—just beans and water—it seems pointless to spend so much on one little drink," senior Mandy Pendery said. "I'd rather just drink orange juice; it's healthier and cheaper."

Some students, such as junior John Griffith, feel as though their peers drink coffee not for the caffeine, but simply to fit the "hipster" persona.

"Coffee at UA is more of an 'accessory' than a beverage," Griffith said.

Coffee shops, with their light-hearted folk music and warm atmosphere, are a center for these said "hipsters." Sophomore Olivia Patrick, an avid coffee drinker, admires this type of persona.

"I feel like people who drink coffee here [at UAHS] think they're really 'urban,'" Patrick said. "Walking around with your little Starbucks cup makes you feel more confident."

Regardless of how they take their coffee—black, with sugar, or not at all—students agree that coffee is a potent force here at the high school. Whether students simply drink it for energy or just to fit a certain persona, coffee, without question, revitalizes the school one sip at a time. •

Students Talkback: *What's your favorite coffee shop?*



Senior Taylor Hawes

"I like coffee from the Global Gallery because the atmosphere is really eclectic. They have tons of different teas and coffees, even chocolate."



Sophomore Ellen Herd

"I like Starbucks because the specialty drinks are better. I always get the Skinny Vanilla Latte or the Peppermint Mocha."



Freshman Charlie Sipp

"My favorite coffee place is Caribou Coffee. It's cheaper—plus it's local*."

*Editors' Note: Caribou Coffee is headquartered in Minneapolis, Minn.

PHOTOS BY MATTIE STEVENS

The 'Lax Bro' Epidemic

Boys lacrosse players stir up stereotypes while others resist

By Katie Hosket, '13

Many of the teams gearing up for another season this spring have high expectations. Chief among them is the nationally-recognized boys lacrosse team.

The boys lacrosse program has been demolishing Division I State Championship games since 1994. With 12 state titles, most recently in the 2010 season, the program is widely acknowledged. After all their success, it seems as though they deserve bragging rights. However, some students believe their glory has gotten out of hand.

In the high school lacrosse world, players have evolved into a new type of athlete, not only playing the sport—but living and breathing it, as well.

At UAHS, boys lacrosse players are transforming into a classification some refer to as a “Lax Bro.”

Based off YouTube video sensations produced by lacrosse players introducing the Lax Bro, the term has been in existence ever since. The videos were created by high school

seniors in Maryland who felt it was necessary to show off their lifestyles and introduce the United States to the new family of bros.

Primarily, Lax Bros can be found on the East Coast. However, its fairly new eminence is spreading across the nation, predominantly towards the Midwest—Upper Arlington, for example.

Some boys lacrosse players at UA make an effort to conform their reputation. They change their style, attitude and overall appearance to fit the status.

Junior Madeline Horner is one of the many who notice the Lax Bros at UA and their ways of life. She believes that lacrosse players have a certain look.

“[The typical UA lax bro] has a shag with long hair, lax penny, lax shorts or shirts, half calf [socks] and name brand tennis shoes.”

Junior Madeline Horner

“[The typical UA lax bro] has a UA shag with long hair, lax penny, lax shorts

or shirts, half calf [socks] and name brand tennis shoes.” Horner said. “I think the Lax Bro attitude is funny, but it represents the UA stereotype.”

Along with the physical appearance of the players, their attitude and actions differ from regular lacrosse players as well. Some students believe that Lax Bros are cocky when it comes to representing their sport—which is where the trouble comes due to stereotypes from students.

With certain students’ pre-determined thoughts that every lacrosse player is a Lax Bro, conflict turns up. With a large population of students playing lacrosse, and so many of those students having a reputation built by their peers, some lacrosse players are offended.

Freshman Evan Lewis said that after seeing the lifestyle fellow Lax Bro teammates live, he does not have any interest in being labeled as a Lax Bro.

“I used to like being a Lax Bro, but now I feel like they are not the kind of guys I want to be,” Lewis said. “I am still planning on playing lacrosse, but returning to the life of a Lax Bro is not in my future anytime soon.”

Lewis anticipates his upcoming season of playing lacrosse, but he is sincere with his decision of giving up his Lax Bro lifestyle. Also, he feels like other programs do not get enough recognition—partially due to the large amount of attention drawn towards the lacrosse program and athletes who play them—the Lax Bros.

“This school has a lot of good athletic programs. I mean we have the most state championship titles in Ohio. Other sports should be acknowledged as well,” Lewis said.

So the Lax Bros live on—with students stereotyping, lacrosse players discontent and “gnarly” slang being heard in the hallway. It is the product of a successful athletic program and by the looks of it, Lax Bros are staying put in the UA halls for a while. •

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The girls crew team row on erg machines in the auditorium lobby.
Below: Boys lacrosse athletes lift in the weight room to strengthen their muscles.

PHOTOS BY HANNAH ROYER

Extinct: One-season athletes

Preseason training keeps sport teams in shape for season

By Emma Klebe '13

Athletes clench their fists around bench press bars and grit their teeth as coach Brian Coleman yells encouragement. This is a common scene for athletes walking into the lifting room, one of the many training facilities used at the high school.

Sport seasons no longer begin at tryouts and end at the banquet; many sports require year-round training. Athletes stay in shape for their year-round sport, attending morning running, lifting and more.

One of the most popular ways spring athletes prepare for their season is lifting. The Upper Arlington Rotary Fitness Center, otherwise known as the weight or lifting room, gives athletes a convenient and free location to strengthen their muscles throughout the year.

Senior softball captain Brooke Hauser lifts with her team twice a week in preparation for the upcoming season.

"I think our team benefits from lifting, because everyone gets stronger so they are able to do better in games," Hauser said.

Hauser explained that lifting is great team bonding. Lifting as a team allows athletes to bond outside the season.

"Everyone gets to know each other and we find out the strengths or weaknesses of each player," Hauser said.

Hauser described how their preseason training affects their eventual season record.

"Team unity plays a huge role in

determining if we will win or lose a game," she said.

Hauser added that the attitudes inside the lifting room are positive. Athletes are there to push themselves and their teammates to get better.

"The atmosphere in the lifting room is very upbeat, and there's always loud music playing," Hauser said. "Coach Coleman or McBride will go around and encourage everyone. If you're struggling with a lift, teammates are always there to pick you up and push you to get better."

Softball is not the only sport that benefits from lifting. Sophomore Jake Fowler participates in track and said he believes that lifting has improved his overall running technique, as well as that of the team.

"I think we benefit from [lifting] because the stronger you are, the more you can push with your legs and the faster you can pump your arms," Fowler said.

Fowler agreed that the lifting

environment is welcoming.

"The atmosphere, for me at least, is light-hearted," he said. "For the most part everyone wants to be there and get better, making it even more fun."

Lifting along with other training helps get the track team ready for season but the training interferes with friends and schoolwork time.

Crew teams also participate in lifting to keep their muscles toned for their season.

However, while lifting is a common preseason option for most spring athletes, the crew teams also benefit from erging.

Ergs are rowing machines used during the indoor season that mimic the actions used in an actual boat.

Freshman Grace Saalman, who rows in a freshman boat for the crew team, said erging improves their teams' performance.

"Erging keeps up our fitness levels, helps us with posture and allows us to use the same muscles we use on the water," she said.

Although year-round rowing improves the team as whole, it is difficult for rowers to play more than one sport.

"Approximately 10 out of the 50 rowers play other sports along with crew," Saalman said.

While lifting improves muscle strength, morning running gets athletes in the best possible shape for the season ahead.

Morning running is open to all sports and is held in the varsity gym from 6:15- 7:15 a.m. on Mondays

and Wednesdays beginning in January and continuing through February. One of the downsides of this early bird workout is the need for transportation of

athletes who cannot drive.

Preseason training clearly improves spring athletes performance and record. Time spent in the lifting room, morning running drills and on crew ergs all allow athletes to improve. •



"If you're struggling with a lift, teammates are always there to pick you up and push you to get better."

Senior Brooke Hauser

Senior tradition brings competition, camaraderie

Now into the fourth quarter of their final year, seniors prepare themselves to leave UAHS and attend the college of their choice. With several graduation requirements looming, seniors need an entertaining way to unwind and alleviate stress. Senior tag offers just that. A UAHS tradition where seniors form teams to battle in a monthlong water gun fight, teams try to eliminate one another by squirting their opponents, sometimes even barricading others in order to eliminate their competitors.

But senior tag may be too extreme for some. UA 2010 alumnae Katie Gordon recalled how intense her senior tag experience had been.

“What a lot of people did last year was wear their bathing suits to school,” Gordon said, noting that stripping down



By Mattie Stevens, '13

to one's bathing suit makes the competitor safe from elimination, even if squirted. “For me last year, people put recycling and trash bins in front of my garage so I could not get in—but I ended up outsmarting them, so that didn't work.”

But what happens to the seniors who are not as alert as Gordon? Most likely they will be ambushed on the way to their car in the morning, welcoming the day with water guns and ice cold water.

Another factor is how families or businesses may be affected. Unsuspecting siblings may be accidentally targeted over their senior brother or sister; public businesses can become the location of a senior ambush.

I recall my dance studio being ambushed once or twice in order to squirt seniors with whom I danced. As a result of this, the owners banned squirt guns from

the premises in an attempt to protect the building and its contents.

Despite these drawbacks, many students have been waiting eagerly for many years for this experience to come.

Senior Mallory Miller recalls looking up to her older brother's senior tag antics.

“When I was a freshman my brother was a senior, and they went all out and I was so jealous I didn't get to do it,” Miller said. “I've been waiting to be in this for four years. Hopefully it will be worth it.”

Senior tag can be a senior's last hurrah at UAHS, and many try to make the most of it. Miller has already thought through tactics for eliminating her opponents.

“The biggest tactic is to find out if any of them do any extracurricular activities so you can hide and get them while going to those,” Miller said. “There are usually rules about not tagging people on school grounds, so I'm hoping to get them out in public.”

When your turn at senior tag comes, remember to have fun—but take community boundaries into consideration. •

EIGHT IN EIGHT

EIGHT STUDENTS RESPOND TO A QUESTION IN EIGHT WORDS

As high school completion looms ever closer, what are your plans for a future career?

I would like to be a professional dancer.

Freshman

Abby Corrigan

I'd like to be a human resources manager.

Sophomore
Hannah Benjamin

I want to be an elementary school teacher.

Junior
Erin Casey

I would like to be a physical therapist.

Senior
Taylor Salmons

I want to be an engineer or scientist.

Freshman
Joseph Mitchell

I would really like to be a musician.

Sophomore
Joey Hoey

I would really like to be a statistician.

Junior
Max Qian

I would really love to be an author.

Senior
David Takamura



PHOTOS BY MATTIE STEVENS



IMAGES COURTESY PIADA

Piada Italian Street Food receives warm welcome in UA

By Aly Gordon, '13

With rigorous schedules and ever-present mounds of homework, students look to lunch as an essential time to unwind away the stress of school. With that in mind, they are in constant search for new and innovative restaurants serving food that is not only tasty but also cheap. Piada Italian Street Food, with its new venue on Lane Avenue, fits the bill.

Piada, owned by restaurant veteran Chris Doody, offers a menu with prices ranging from \$1.85 (for a Piada Stick) to \$8.95 (pasta with salmon).

Restaurant: Piada Italian Street Food
Location: 1315 W. Lane Ave.
Hours: 10:45 a.m. - 10 p.m.
Price: \$1.85 - \$8.95
Stars: ★★★★★ (out of 4)

As one strolls through Piada's double doors, a modern hipster vibe seeps through the polished wood floors and white washed walls. From the dim lighting to the vast array of retro paintings, Piada screams "cool." The various booths and tables are filled primarily with college students and yuppies—a younger crowd.

To the pleasant surprise of time-conscious students, Piada's long line moves at a fast and steady pace. Fans of Chipotle may notice that the ordering process, like that of their favorite Mexican grill, takes place entirely in the line. For those who consider themselves indecisive, beware. Indecision may be met by irritated looks from employees and customers alike.

Because Piada offers only three options—pasta, salad, and wrap sandwiches—the menu may initially appear limited and dull. However, with a wide array of toppings, ranging from calamari to artichokes, a seemingly boring bowl of pasta transforms into a colorful Italian dish.

Without question, the cuisine itself surpasses the expectations placed upon conventional fast food restaurants. Piada's various vegetables look and taste fresh, and the meat's spices add a nice kick to any dish. (For those sensitive to spicy foods: avoid the chicken.) Once mixed into a bowl with angel-hair pasta and one of three sauces, the flavors of these ingredients complement one another for a rich, satisfying flavor. The Pomodoro sauce, the lightest of the three, adds an especially distinct flavor to the pasta without the creaminess of its counterparts. Of course, adding too many components to a salad, wrap, or pasta bowl can create a heavy and overwhelming flavor.

As lunch time rolls around, students should certainly consider dining at Piada. With its contemporary atmosphere, quick service, and inexpensive meals, this new Italian venue will surely become a fast favorite. •



EDITORIAL CARTOON BY ANNA HÖRTER

Athletes feel pressure to strive for perfection

Staff Editorial

For many athletes, the pressure to be the best far exceeds the pressure to do their best. The expectations from coaches, parents and peers all push athletes past their breaking point by making them feel as though they are not good enough. They do not live up to everyone's standards—in other words, they should be better. It does not matter if an athlete is putting everything they have into a competition, playing to the best of their abilities and with all their heart.

These pressures can have serious consequences for athletes, and because of this we need to shift focus from individual perfection to teamwork, improving relationships between players and encouraging the acceptance of others' limits.

Sometimes, the need to be the strongest, most valuable player on a team passes the point of friendly competition and ventures into unhealthy territory. Athletes either permanently injure themselves or lose their passion for a sport they once loved. The extreme expectations from an athlete's parents and mentors combined with their competitive drive can form a dangerous recipe of determination to win and the impracticability of the goal.

Some people may think that the expectations to be the best will give a player motivation to work harder. While this is true, there is a limit to how hard a player should reasonably be expected to work. By educating parents, coaches and other people of influence around athletes on the dangers of exceedingly high expectations, we can limit the number of injuries among players, have a more positive and a more productive environment for practices and games, ultimately developing better and more successful teams. •

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