MBA Takes Appalachia
Adventurous students experience the outwest trip...out East

All-School Read demonstrates theme of resilience

By Aaron Kaplan
Associate Editor

Behind the Beautiful Forevers discusses life in the slum of Annawadi in a way that illuminates the value of resilience. This year’s school theme, resilience, also serves as the theme of the all-school read, Katherine Boo’s Behind the Beautiful Forevers. Through depiction of the incredible corruption of Annawadi society, resilience becomes a defining aspect for a few special characters.

Boo has written, “It is easy, from a safe distance, to overlook the fact that in undercities governed by corruption, where exhausted people vie on scant terrain for very little, it is blisteringly hard to be good. The astonishment is that some people are good, and that many people try to be.”

In following the lives of the Husain family and those of others around them, Boo is focusing our attention on the moral existence of specific slum-dwellers. When readers become more familiar with the Husains, their story becomes personal and intense. It is this close-up perspective that allows us to understand their existence on a realistic level as opposed to assuming their lifestyle based on their defined existence as slum-dwellers alone.

The Husains are better off than most families in Annawadi. They have high expectations for their future, and plan at one point to move off the airport ground to a more hospitable location that promises a better quality of life. Abdul, the oldest son, works as a garbage-sorter, and maintains his moral values by refusing to purchase stolen garbage. The family as a whole treats others kindly, specifically in

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The student section of the future

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And Kanye, It’s amazing I’m on this page with you

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IS WATCHING.
The Bell Ringer investigates double think and the NSA
Near the end of this past summer, when most MBA students were trying to cram their summer reading into the last few weeks of break, MBA’s elected student leaders went on a retreat to the Long Mountain campus to grow stronger as a unit and become more effective leaders.

The campus leaders that went included the members of the Honor Council and Student Council along with the heads of the Service Club and each grade. The participants immediately jumped into the activities once they arrived, going from the low-ropes course to the new and improved high-ropes course with the rope swing and zip line, and the observatory. All the officers of each grade formed into their own teams for this part of the retreat.

The low-ropes activities ranged in difficulty from a simple trust fall to complex rope obstacles that required skill and balance. The rules of the spider-web had to be changed by the third or fourth time someone’s shirt caught on the wire, making the whole team go back. The seniors were happy to know that the elected officials that were members of the football team would not join them until later. A trust fall with the magnanimous DJ Mott may not have ended well.

Following these activities, the students broke for a barbecue lunch and attended seminars on leadership and resilience with many speaking “about the skills needed to be a leader and techniques to become a successful leader,” according to Russell Carpenter, the Student Council President.

The student leaders got acclimated with MBA’s new policies for the upcoming year, as well as their individual class sponsors and faculty advisors. Class responsibilities were also discussed and prepared for, in addition to the agendas and roles of the Service Club and Student Council.

Will Singer, the president of the Honor Council, said of the meeting, “We focused on how to effectively communicate with our class in our speeches and be organized leaders with a plan and goal for the year.”

After the speeches, each leadership group on campus (class leaders, service club leaders, honor council, and student council) and split up into small groups where they proposed their ideas for making the upcoming school year to be the best possible. Each group started off by getting to know each other and made plans for the year regarding their specific responsibilities.

After the planning session, all the groups came back together to participate in a canoe race. Mr. Sawyer and Mr. Ferrell won for the faculty, with Mr. Sawyer busting out some of the same moves that got him his Eagle Scout back in the day. Sam Weien, president of the Service Club, and Wesley Jenkins, treasurer of the Service Club, clinched a victory for the students, re-affirming the old adage “Seniors Win.” On the other side, the boat led by Cole Jones and Ethan Yappen attempted to paddle backwards to victory. Hopefully a performance not indicative of their plans for this year’s Prom.

Sam Weien said, “This trip was a great event to get us focused for the year, and we were able to effectively set goals and plan the year.” Wells Hamilton, president of the Senior Class, said that the retreat was to mainly “talk about leadership and get the staff excited about the school year, and it achieved its goal.”

JUNIOR CLASS LEADERS FAIL TO PADDLE CANOES: Seniors win perennially

PHOTO SNAPPED MOMENTS BEFORE TRAGEDY: Mr. Johnson experiences trust fall

A WILD BEN YAHNIAN APPEARS: Dress code is super ineffective

SAM WEIEN AND WESLEY JENKINS PREPARE TO RAM TEACHERS’ CANOE: Godspeed, boys

BEGINNING OF THE YEAR PREPARATIONS WELL UNDERWAY
ARAB SPRING CONTINUES, EGYPT FACES SERIOUS TURMOIL

By Davis Lovvorn
News Editor

Late in June, the Egyptian army deposed the country’s ruler, President Mohamed Morsi, after a series of popular demonstrations around Egypt calling for his removal. The army named Adly Mansour, a Supreme Court judge, as Egypt’s interim President and suspended the constitution passed by Morsi and his party, the Muslim Brotherhood, a political organization that supports Islamist views in government. Yet Pro-Morsi demonstrations have continued, and the army has killed demonstrators.

Let me begin by saying that I fully support the democratic self-determination of governments. This method is the best way to ensure that citizens are properly represented and that the will of the people is executed. Therefore, in any normal case, I would be outraged that the military of a nation usurped a democratically-elected government and then killed pro-democracy protestors; however, this is no ordinary change of power.

Many journalists have referred to the events as a coup. While in common usage a coup often implies a military takeover of the government without popular support, millions of anti-Morsi demonstrators called for his removal. Thus, these events were no coup in a traditional sense. A revolution, led and overwhelmingly supported by the people, occurred in Egypt.

Furthermore, Morsi is not an innocent president unfairly stripped of power. He deserved to be deposed. In true social contract fashion, the population of Egypt has spoken its mind in moving to dethrone an inept leader. Shortly before protests began, Morsi added an article to his less than one-year-old constitution that afforded him essentially unlimited powers. The constitution was already controversial and included elements of Sharia Law, or Islamic-based laws, such as forbidding the insulting of Islam or its prophets. The citizens of Egypt surely were reminded of their former dictator, Hosni Mubarak, who was ousted two years before in the Arab Spring protests. They took to the streets in millions, therefore, to prevent history from repeating itself.

The Muslim Brotherhood Party itself has been criticized for its extremist policies. During the Arab Spring revolution two years prior, Hamas, a well-known Islamist terrorist organization, allegedly provided military aid to the Muslim Brotherhood. The Brotherhood has a history of violent killings and allegedly condones the killing of civilians to advance its goals. And lastly, the organization has been known to oppress other religions, especially Judaism and Christianity. Therefore, many call the Muslim Brotherhood a terrorist organization. Regardless of the title given to the group, it certainly threatens the safety of the world.

Lastly, I doubt the democratic legitimacy of the Muslim Brotherhood’s rise to power. Yes, Morsi was elected with a majority of the vote. And yes, the Muslim Brotherhood’s constitution was passed with a solid majority. However, after seeing the magnitude of the protests and their public support, I believe that none of these elections were legitimate. With millions of Egyptians so vehemently opposing their President and the constitution, these elections were likely fraudulent. President Morsi and his constitution were never legitimate. They were all part of an Islamist conspiracy to take over power in Egypt and then spread its rule across the Arabian Peninsula.

Despite my opposition to Morsi and the Muslim Brotherhood, I do not support a military dictatorship. The Egyptians citizens freed themselves of a dictator just two years before. Soon, I hope to see free elections come to Egypt but with the Muslim Brotherhood party excluded. This is a dangerous group that cannot be trusted again to lead a country. As long as the transition to power is democratic and peaceful, I believe that Egypt has a bright future and that the country ultimately will be more stable due to this latest revolution.

DO YOU HEAR THE PEOPLE SING?: Egypt stands up for its right to freedom

Summer service on the Hill, Time to Rise

By Kang Huh
Staff Writer

This past summer, several of our seniors partook in the service event called Time to Rise, a program headed by the YMCA that aims to support at-risk 5th graders within the Nashville and greater Nashville community.

The students are split between Montgomery Bell Academy and Harpeth Hall. Our school coordinates the 5th grade boys, while Harpeth Hall cooperates with the 5th grade girls.

One senior, Max Katseff, got involved with Time to Rise during his sophomore year after hearing an announcement during his freshman year, and has been inspired by this experience: “I couldn’t tell you all that I have experienced in words; I have learned to become a better leader, teacher, and mentor.”

After volunteering during his sophomore year, he became a counselor, a position he currently holds, and became close with his campers. “I have learned how to deal with kids and situations that I would never expect to encounter.”

Each day, which lasts from 7:30 AM to 3:30 PM, the participants in Time to Rise eat breakfast in the dining hall. After breakfast, the campers attend four classes, during which they learn skills in writing, math, science, and reading. In the afternoon, the campers eat lunch and partake in athletic activities, which can range from swimming to basketball. Every Friday, a field trip is scheduled for the campers, usually a trip to the movie theater, in order to give a much-needed break from the rigor of the day-to-day activities.

To become a camper at Time to Rise, potential candidates are selected from rising 5th graders who perform well on the TCAP, a standardized test for all public schools. These students are recommended to the YMCA by their representative schools. From here, the YMCA divides the student pool among different sponsor schools, such as MBA and Harpeth Hall, that are involved with the program.

To Katseff, Time to Rise has been an enormously rewarding experience. Whenever an announcement concerning employment opportunities at Time to Rise happens to surface, Max recommends that students become involved in the program for a particularly rewarding service experience.

Appalachian trip gives hope to future Thoreaus

>> FROM APPALACHIAN TRIP 1

way. On the first night, the new freshmen were assigned the task of cooking burgers. Rundberg asserts that the freshmen failed their first high school endeavor by “making burger circles” instead of patties and by “undercooking the burgers.” Macaroni and cheese was a staple for the trip (as it is in life). On the last night, the eldest group went to Brazilian steakhouse, where they were rewarded with enough food to regain the calories they just burned.

Although the group of students did not become Odyssean on this excursion into the great unknown, they collectively found the trip to be a fun and rewarding experience overall.

SOPHOMORES TOO COOL FOR SCHOOL: Smile while taking in the great outdoors

DO YOU HEAR THE PEOPLE SING?: Egypt stands up for its right to freedom
The timely demise of Rack City

By Harrison Davies
Staff Writer

As the fire that once was “Rack City” has now burned out, we take a minute to remember the good times in our beloved student section. Whether being written about by the Tennessean or running through the back fields of Ensworth High School as a horde of white, the incredible enthusiasm of our students was undeniable. The class of 2013 is gone, however, and there have been plenty of questions as to what will happen next.

With that being said, sequels never really turn out to be as good as their original. Examples such as Caddyshack 2, any of the Pirates of the Caribbean or Die Hard past the first, Abraham Lincoln’s 2nd Presidency, Vince Young’s NFL career, Taken 2, ACDC’s newest album, or, as much as I hate to say it, the return of Arrested Development. I said it alright? I said it.

Even sequels that haven’t come out yet like Anchorman 2 or the upcoming Spanish version of Breaking Bad, will undoubtedly fail to be as good as their original. That reason in itself is why we must respect “Rack City” by moving on. At the same time however, we cannot forget what made “Rack City” such a great student section: plenty of participation and lots of paint. The idea of a “Red Revolution” began only as a whisper among several of the students last year but has now developed fully into The Red Army. We call it The Red Army not because MBA is some communist-ideal-spreading type of school, but because the color red is what every student shares in common. Student sections are not supposed to divide our school community, but strengthen it instead by coming together for a common goal.

The sentiment to join together as comrades is one that all MBA students can appreciate, not just a selection of screaming seniors.

Roll Red, Comrades. Roll Red.

MBA actors gear up for amazing theatre season, to include Henry V, The Great Gatsby

By Nolan Spear
Asst. Features Editor

This coming school year at MBA presents an excellent schedule for the theater department, with six shows being performed over the course of the year. With directors Dr. Fuller, Mr. Morrison, Dr. Seay, Mr. Berry, Harpeth Hall’s Janette Klocko, and the theater class seniors set to organize shows, this season promises to be the best yet.

The year kicks off with ANYTHING GOES by Cole Porter, a tale of love on an ocean liner as stowaway Bill Crocker falls in love with the dignified Hope Harcourt. The show, collaborated with Harpeth Hall, premieres Aug. 28 through the 31st.

Next, we jump to HENRY V in late November. The play, directed by Malcolm Morrison, tells the story of medieval England’s new king Henry and his quest to conquer France. The show runs from Nov. 21-23, and promises to be filled with action and adventure. Of course, this show comes in succession of a great history that MBA has had with works of Shakespeare, to include everything from THE MERCHANT OF VENICE to A MIDSUMMER NIGHT’S DREAM. This performance is sure to be a must-see.

Also, in an unusual move, the Cambridge American Stage Tour will be presenting the show MEASURE FOR MEASURE, in early September. The show promises to be extremely well done, and will tell a riveting political tale sure to please all audiences. Also, it’s a fantastic opportunity to see an outside group perform locally.

Moving onto the holidays, Dr. Seay directs the competition one-act A TUNA CHRISTMAS. The show is unique in the fact that it only features two actors, junior Henry Rogers and senior Coleman Sorenson, who portray themselves the entire town of Tuna, Texas as it celebrates a memorable Christmas. The show runs in mid December, but will also be entered in the Tennessee Theater Association One-Act competition. Both actors are some of the best MBA has to offer and will surely put on an amazing show.

Finally, the Junior School will be presenting THE JUNGLE BOOK in late January. The Microbes’ telling of Rudyard Kipling’s classic tale will surely be entertaining and fun for all.

After that, it’s time for THE GREAT GATSBY, directed by Dr. Fuller and premiering in late February. This production will tell the tale of Jay Gatsby and his adventures in the Jazz Age—a riveting production for sure. Hopefully better than the movie!

And finally, the year will close with the Student-Directed One-Act Plays. There is no doubt that these crowd pleasing shows will be even better than in years before.

All in all, this year in MBA theater presents six unique shows that will all contribute to a great year on stage.
New addition to MBA Big Brother/Little Brother program

Seniors reflect on the past, present, future

By Davis Lovvorn
News Editor

Without a doubt, the Big Brother/Little Brother experience at MBA has changed. These improvements, in my mind, has improved the system and better welcomed the new seventh graders to a new school, which they probably find scary at the beginning.

I remember my Big Brother experience as a seventh grader being a rather negative part of the curriculum. This is not to say that I had a mean or inattentive senior paired with me. No, my Big Brother was very friendly and accommodating, and we got along very well, cracking jokes in the car ride to my first registration. The negative portion came during our Big Brother/Little Brother event. I do not mean “events,” like today, but the single event that we attended late in the summer at the 42nd avenue fields. I remember that cookout being relatively awkward and poorly-organized, with the only memorable event being throwing the football with Bill Johnson. Besides this event and registration, I barely saw my Big Brother again, which disappointed me because I knew that I needed advice during the year that could have helped me, like not to talk to the seniors disrespectfully or not to challenge the whole school to spell “dachshund” in assembly. Without any opportunity to seek counsel from my Big Brother, I felt lost during a good portion of the school year. I even recall students being randomly selected with their Big Brothers to play dodgeball and my name never coming up.

As the years went by, I began to notice more and more events dedicated to the Big Brother/Little Brother program. I saw events at football games, then service projects, then even a ceremony. Then I was wishing that I had those opportunities to spend time with my senior so I could learn the ways of the school.

Fast forward to this summer, I received my Little Brother and thought that this was it. I had finally come full circle. I decided that I would try and interact with my seventh grader and play the role that my senior did not really play. When I called my Little Brother, I talked to him for an extended period of time on the phone. I found out that we shared many characteristics in common, especially a love for college basketball, although he happened to love my favorite team’s arch rival. I decided I would take him to lunch and the pool, and we got to know each other even better. I told him all about MBA, traditions and favorite teachers. He seemed to appreciate it, and we had a great time.

Then came the time for the Big Brother/Little Brother Bash. Unlike when I was a seventh grader, this event was much more well organized, complete with a schedule and actually things to do, such as dodgeball, tug-of-war, and water balloon tosses. Even though some of the games were pretty cheesy, the experience was much better than the one five years prior. I even got to know some new seventh graders. Overall, I think everybody had a reasonable amount of fun and got to know each other well. Even the Big Brother/Little Brother ceremony on registration day was new to me, with the seniors giving the seventh graders pins to officially welcome them to MBA. This experience was positive as well.

Now that school has started, I have been lucky enough to see my Little Brother around campus every day, as our schedules cross at 2nd period. I check in on him and make sure that he is comfortable and that he stays out of trouble. I have become good friends with him and hope that this friendship is lifelong.

It’s no secret that there has always been a rift between the junior school and high school. Sometimes this can be a positive aspect of the school, since the age difference calls for separated learning environments. However, this division can cause some hostility from both the junior school and the high school, where high schoolers can cross the line and make junior schoolers uncomfortable, or junior schoolers can be extremely bothersome and overstep their boundaries. I think the expansion of the Big Brother/Little Brother program is a step in the right direction to fixing this problem and to truly unify the two schools.

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MBA Resilts?

The theme of this school year is resilience. This is a remarkably different quality when compared to the themes of the previous three school years: service, leadership, and respect. Those three themes were all what one might expect from a traditional all-boys, private school with a motto of “Gentleman, Scholar, Athlete.” Resilience, however, is not something an objective observer would say is easily taught or even experienced at a leading prep school with steep tuition prices.

Just to get into MBA, prospective students must prove their worthiness in an entrance examination and then an interview. All the hoops MBA students have to jump through, however, are worth it, including the tuition, because the students come out on the other end as well-rounded men with the mantra of the ideal man beaten into their brains.

In general, MBA students come from affluent families in the Nashville area. We have probably attended one of the many private middle schools that prepare their students for MBA, which in turn prepares its students for college. Thus, we have led reasonably easy lives to date and cannot be expected to have faced challenging situations yet.

By the time we enter the school, the biggest worries we have are making the cut or getting on PL. Both scenarios present the student with an opportunity to fail, but even if we do fail, what is the worst that we face? Strength and conditioning or being forced to go to study hall?

We as individuals rarely face hardships that cause us to lose all hope. Even in our apparent failures, multiple other opportunities present themselves. That is what is great about MBA. No matter how we fail, and we probably will in at least one endeavor, there is always something else to attempt. We can each find a niche to find comfort in and to excel in here at MBA. No one can be the best at everything on the Hill because of the diverse group of talents we have accumulated.

When placed in a bigger picture, all our worries seem trivial. Barely any of us have ever faced true hunger or disease or other hardships because we all come from loving families among a tight-knit community. It is our challenge for this year and for many around him/her to do something about it.

It is our challenge for this year and for many around him/her to do something about it.

Although the school theme this year is resilience, that theme can only be appropriately applied in a broader sense, in the way we view ourselves as parts of a whole. We are part of a greater Nashville community, a Tennessee population, the United States, and humanity in general. At each of these levels, hunger, disease, and tragedy are just a few of the familiar circumstances present for many people. We must consider the welfare of our individual selves as the welfare of our community. Look at our community as one, single unit. This unit cannot be in good condition unless there is no bad to be found anywhere within it. That way, we are constantly pushing, as a group, to improve ourselves, to bounce back from adversity. Another man’s troubles reflect poorly on our ability as a community group to work together.

When you look at the MBA community, you see affluence, satisfaction, intelligence, and prosperity. We cannot be satisfied with that. To look just within the MBA community is unrealistic. With the system established as it is, our school community is not an accurate reflection of Nashville, the United States, and humanity in general.

Resilience is how we, as a group, help those less fortunate and work not to improve ourselves but to improve the collective unit by assisting others in that unit. Our success must be regarded in direct comparison with those outside of our school community. The failure or misfortune of one person reflects a failure of those surrounding him/her to do something about it.

It is our challenge for this year and for many others to come - to not take for granted our privilege, but to utilize our excess in helping others. As long as there is suffering in this community and in this world, we have not been truly resilient by any standards.
Panic in the Situation Room

NSA SURVEILLANCE: 1984 meets 2013

By Michael Milam
Staff Orwellian

On June 6, 2013, The Guardian newspaper published an article concerning the US government and its endeavor to collect information and spy on American citizens. The leak revealed that the National Security Agency, in the name of its crusade against terrorism, had been collecting the call logs and other records of the communications of ordinary American citizens.

The source was later revealed to be Edward Snowden, an NSA computer worker who decided that Americans had a right to know that they were being watched. Under statute 215 of the Patriot Act, signed into law by George W. Bush, the US government has the right to collect information concerning communications to places outside and even within the country in an effort to prevent terrorism.

The government, however, had been collecting more information than it needed at any given time, storing it in a vast database. Though this base is only accessible by officials in possession of a court order, I find it worrisome that the government has been collecting data seemingly without justifiable reason.

The government should not have this power to blindly collect information on Americans without an immediate purpose. Snowden revealed that the government has a massive storage capacity, and he felt the need to inform all citizens that they were being watched. This surveillance of innocent Americans strikes me as an encroachment on individual liberties.

Once collected, the data is in the possession of the government, and though investigators are currently required to have a warrant, the rules in the future could change. In the instance that government officials are given free access to the communication records of many Americans, the freedom of Americans would be seriously damaged.

This frightening possibility rings like a fire bell in the night to me, having just read George Orwell’s 1984. Though such a scenario as Orwell depicts seems outlandish to us now, government’s control over the people must remain minimal.

By Matt Miccioli
Opinions Editor

“Right now I think everyone should just calm down and understand that this isn’t anything that is brand new; it’s been going on for some seven years,” stated Senate Majority Leader Harry Reid (D-NV) on the NSA surveillance programs shortly after their leak by Edward Snowden. Two months later, Reid’s words of careful deliberation still ring true.

The now unjustly infamous NSA collection of metadata from Verizon was not a sweeping Orwellian surveillance operation, but rather the simple retrieval of phone numbers, duration, and location of calls made by customers. Primarily, the call data were used to trace overseas communications to countries like Pakistan back to residents and potential threats in the U.S. The NSA is not recording the calls themselves; U.S. officials say it would require 400 million people to monitor all global traffic.

Despite waning public support, the House narrowly defeated measures which would defend the data collection in a 217-205 vote in late July.

The other NSA operation garnering attention, PRISM, gives officials direct server access to Google, Facebook, Microsoft, Apple and other American internet entities. Search history, email contents, file transfers, and live chats of customers living or communicating outside the U.S. are the program’s targets. Most controversially, PRISM has given the NSA the ability to access these communications without making individual requests to the companies or receiving unique court orders; however, its procedures are approved in the Foreign Intelligence Surveillance Court.

Section 215 of the Patriot Act and section 702 of the FISA Amendments Act legally validate the formation and operation of the two programs. Additionally, arguments of unconstitutionality lack a solid foundation. Concerns about the violation of the fourth amendment would apply only if the data collected by the NSA were being used as evidence to prosecute American citizens. Yet this is not the case, because the NSA is purely operating as an organization of national defense.

While these powers may appear worrisome, they are being used responsibly by the NSA. In addition to an independent court of federal judges overseeing the program, all of Congress had access to the inner workings of the program, meaning that there certainly is no lack of supervision. Within the NSA, call records are stored in an electronic “lockbox,” which can only be opened by a few trained personnel when there is reasonable suspicion that the data need to be inspected. In addition, all information collected is destroyed within five years.

While the inherent nature of surveillance entails greater government involvement in individual lives, the responsible usage of these powers is not overly invasive. The compromise necessary to make for increased safety is minute, much like enduring airport security for peace of mind while flying. The success of both programs is indubitable, and the foiling of the 2009 New York attempted subway attack by Najibullah Zazi, a Colorado resident, is one particularly pointed example of the effectiveness of the surveillance. Risking national security in a knee-jerk reaction to the leaks is foolhardy and could result in easily preventable harm.
“Courage is grace under pressure”

“A man can be destroyed but not defeated”

“Never mistake motion for action”

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FEED THE MOEMENT™
Student Interests: **Whey too much protein?**

**By Thomas Marosz  
Staff Writer**

Protein. It’s made of manliness. And yet so few understand the science behind all the hype about protein.

For those not lifting, taking extra protein supplements is usually not necessary. According to Shaker Cup Sensei Matt Miccioli, a regular American diet already contains all the essential amino acids you need. For anyone looking to get swole’ and get some Grandiose Gains™ through lifting and body re-composition, read on.

Please keep in mind that all further information was collected from Scooby Werkstatt’s Bodybuilding Forum at Scoobysworkshop.com.

Why protein? Protein helps the body to build, maintain, and repair body tissues. But how much? It is a common understanding that the body can only process 30 grams of protein per meal. Yet there is no empirical evidence for this claim. Your daily protein and calorie intake should depend mostly on whether you need to add muscle (bulk), lose fat (cut), or maintain your body weight.

Use a Total Daily Energy Expenditure (TDEE) calculator to figure out the baseline for calorie intake. If maintaining, simply intake the same amount of calories as your TDEE and 1.25 grams of protein per pound of body weight. If bulking, add 500 calories to your TDEE and take in a gram of protein per pound of body weight. For a cutting diet, subtract 500 calories from your TDEE and intake 1.5 grams of protein per pound of body weight.

For all those purists who want to go completely natural, or natty, by not taking any supplements of protein powder, there are some general dietary guidelines when it comes to general fitness. Lean animal protein sources (fattier meats are fine for bulking), whole grains, fruits and vegetables, healthy fats, and dairy products should be the staple of a diet for anyone seeking to be generally fit. Be sure to read labels. Start with a protein base with about 20 grams of protein and less than 100 kcal per 100 grams. If you’re trying to lose fat, eat meals with about 10 grams of protein per 100 kcal.

For maximum gains, it’s important to know what type of proteins you should be ingesting to get the most out of your supplements. First on the list is whey. Compared to the biological value rating of 75 for fish and beef, whey clocks in at over 120, meaning the protein is absorbed by the body much more efficiently. Several studies have confirmed the effectiveness of whey versus no supplementation, and it’s no doubt its effectiveness has been proven time and time again. If you’re really hardcore about getting muscle gains, Optimum Gold Standard 100% Whey should be at the top of your list, though on a budget just about any supplement will do the trick.

Other useful proteins include egg protein, useful for its 7 egg nutritional value in one serving. Again, if you’re more serious about lifting and don’t want to lose your gains, casein protein can be useful. Because of the casein molecule’s ability to form a gel clot in the stomach for slower dispersion of protein through the body, casein can be useful when taken right before bed.

Lastly, stay away from pre-workout supplements. For most MBA students, the extra energy is useless. If you do need some energy, caffeine increases bloodflow and increases aerobic endurance and strength. Fish Oil and Vitamin D will often help, depending on your diet.
New year dawns, new senior leadership

By Tarun Mallipeddi

The leaders of the four main student-led organizations this year are Russell Carpenter, Wells Hamilton, Will Singer, and Sam Weien of the Student Council, Senior Class, Honor Council, and Service Club respectively.

student council, an organization of either 7 or 8 representatives from each high school grade, has the main responsibility of making student life better by representing the students in grades 9-12. Their goal is to “actively represent the interests of their class to the Student Leadership Council,” according to the organization’s constitution.

Russell Carpenter, the current leader, does not plan on changing anything about the organization itself, but encourages the members of the student council to put forth ideas for improving the school environment. One of his functions is to lead Student Council meetings in the right direction.

When asked of his plans for the school year, he replied, “I plan to lead the student council to the best of my ability. In doing this, I plan on making many fun events for the student body, acting as an advocate for all the members of the student body, and helping to add to the thriving environment of the MBA campus.”

Some of the events that the Student Council has sponsored in the past include the 5 v. 5 flag football tournament, the 3 v. 3 basketball tournament, and the car bash, in addition to numerous casual days throughout the year for fundraising.

If anyone wants to meet with him, Russell’s email is open and he can then arrange a meeting. The Student Council is also in the process of making its own email address so that anyone can email questions, comments, and concerns to him.

Other seniors on the Student Council are Ben Barton as the Vice President, Denney Lackey as the Secretary, Keith Gambill as the Treasurer and Bill Johnson as the Sergeant-at-Arms, with Paul Garrard and DJ Mott making up the Discipline Council.

Wells Hamilton, the four-time president of the Class of 2014, is as experienced as it gets in his type of leadership position, and plans to stick with his previous plans for the past three years. His key points for this year are to have more transparency with the dealings of the class leaders, so the rest of the class knows what is going on. Other than that, no major changes are being planned right now for the senior class leadership.

Wells’ main responsibilities entail leading upcoming events for the senior class, making sure that the class funds are in order for the class gift, and working with the Big Red Club, Student Council, and the Big Brother/Little Brother program. In addition, he helps coordinate the concession stand shifts.

The main situation that Wells is taking care of is to make sure that the year runs smoothly with everyone getting into college and no one getting kicked out.

The other leaders of the senior class are Ross Blackwell as Vice President, Denney Lackey as Secretary, and Ben Yahnian as the three-time Treasurer.

Will Singer is on the Honor Council for the third time this year, previously being elected for an 8th grade and 11th grade terms. According to Will, there will not be any changes to the Honor Council this year, since nothing has changed since the passing of the new constitution in the spring of 2012.

For a quick recap, the new constitution clarifies what constitutes cheating. The old constitution, adopted in 1945, simply defined it as “any dishonorable behavior.” The new one gives specific examples of actions that are considered cheating. It also removes the gray area that previously existed and provides more transparency between the students, faculty, and the honor code. The document can be read by anyone and removes any ambiguity found in the previous version.

Will’s main responsibilities entail leading Honor Council meetings, meeting with students who have had Honor Council cases, and communicating with parents after Honor Council meetings. His main goal for the year is to never have to convene the Honor Council for a case, saying, “I hope that we will have a great year with no honor council cases.”

The other seniors on the Honor Council are four-time representatives Cal Fisher and Wilson Vaughan and first-time representative Ferriss Bailey.

Sam Weien, the new leader of the Service Club, has a new plan to universalize the organization so that it reaches out to every student. People are used to seeing it as a governing organization not meant to help students, but he wants it to be seen as a resource for all students interested in service.

The Service Club is there for any student trying to get involved with a certain project or just starting service in general. The matter of creating new projects is up to the student body, and if anyone has any ideas for a new project or drive, then they should set up a meeting with Sam or one of the other club officers, who are Clark Hooks as Vice President, Ben Yahnian as Secretary, and Wesley Jenkins as Treasurer.

The Service Club’s main role is to extend the MBA community into outside areas including, but not limited to, Nashville to give back to the community. On the campus itself, the Service Club must encourage and expedite student involvement in all the opportunities we have to give back, and Sam, along with faculty sponsors Dr. Fuller and Mrs. Williams, are the main driving force for this progression.

Sam’s main goal for the year is to get the underclassmen more involved in service by motivating them to try out different types of service so they can find a service niche in which they fit after a year of “taste-testing.” He encourages contact with him for those who are confused about service or just want to get involved.
Student council says: Hang in there!
**Do the math: Your Backpack**

Ian Scholer  
Staff Mathematician  
Every day, we chuck and toss our backpacks around on steps and bricks, never thinking about exactly how valuable our cargo is. We all know how expensive textbooks are getting, and when combined with other necessary school materials, it makes for backpacks that are worth more than we think. So what are our backpacks worth?

Let’s start with supplies, basically all the materials we don’t get through the school, but are still necessary. How much or little of the following items can vary from student to student, and the price of the calculator largely depends on what math a student is taking. Let’s say that this student requires a graphing calculator and uses standard supplies purchased at Office Depot.

- Pack of 72 Office Depot pencils: $5.99
- Pack of 12 BIC Black Ballpoint pens: $12.49
- 6 Office Depot 1” binders: $17.34
- Office Depot ream of 500 sheets of paper: $6.29
- Texas Instruments TI-84 Graphing Calculator: $119.99
- LL Bean Turbo Transit Backpack: $79.95

Which gives us $242.05 for supplies.

Now on to the text-books. The cost of these back-problem causing books differs greatly from student to student, though, making it tough to assign an exact number for the cost of textbooks. However, most students report having to spend between $300 and $400, so it is safe to say that our student might spend around $350 on textbooks.

Finally, we assume that this student, as most MBA students do, uses a laptop for much of his school work. Let’s say that our student chooses to purchase an $800 laptop and a $50 protective case for it, leaving him with $850 dollars worth of computer materials slung around his neck.

Adding these three numbers together, we discover that our MBA student carries around a backpack and laptop case worth around $1,442.05. OR 5,768 cookies almost 3 iPads a 1995 Pontiac Firebird on cars.com

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**All School Read, Bell Ringer Reviews**

*Behind the Beautiful Forevers* by Katherine Boo  

Katherine Boo: Author of this year’s school read, possible future assembly speaker?  
>> FROM ALL SCHOOL READ 1  
sharing holiday festivities with Fatima’s family.

Many troubles and conflicts confront the Husains, but they stand their ground and persevere with resilience (the capacity to recover quickly from difficulties; toughness). Their main conflict, that proves itself impossibly difficult to fight, arises from Fatima’s accusing the family of murdering her. While in fact she douses herself in gasoline and lights herself on fire, the corrupt justice system makes it difficult for the family to proclaim their innocence.

This seemingly insurmountable challenge hits the Husains hard, but they do not back down. They are forced to bribe government officials while taking a financial hit in order to pursue what is right. The long process of combating the accusations is one which they withstand in hopes of achieving a better life in the future. They are still able to succeed despite their difficulties.

While at Dongri, Abdul is inspired by the “Master of Dongri” to be “ice” in a pool of water. While it may be easy to succumb to corruption and evil like everyone else, it is important to fight off that temptation and to become a unique individual, a piece of ice that stands out from the system.

In experiencing the lives of the Husains first-hand, readers are able to appreciate the true resilience exemplified by the family and others, such as Manju. These characters are diamonds in the rough, distinguishing themselves by failing to fall into the same, evil pattern that surrounds them, trying to pull them in. True resilience can be found where truly difficult conditions are present.

As students this year, we should confront all adversity with a resilient attitude and with corresponding actions. Whether it is paving our own paths unique to our individuality or pushing through a difficult and/or upsetting scenario, resilience should be our way of life, and success should follow.

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**SUMMER READING’S GREATEST HITS (AND MISSES)**

**Best All Around Book:** 1984, Junior Year  
**Best Male Lead:** Tie, Randall Patrick McMurphy, *One Flew Over the Cuckoo’s Nest*, Sophomore Year vs. Louis Zamperini, *Unbroken*, 2012 All School Read  
**Best Female Lead:** Asha, *Behind the Beautiful Forevers*, 2013 All School Read  
**Best Supporting Character, Maybe Better Than Main Character:** Dr. Jim Yong Kim, *Mountains Beyond Mountains*, 2010 All School Read  
**Best Scene:** That one scene from *One Flew Over the Cuckoo’s Nest...*  
**Worst Scene:** Penn Jillette’s This I Believe in *This I Believe*  
**Greatest Slog:** The School for Scandal, Junior Year  
**Most Popular Choice Book:** *Slaughterhouse Five* Sophomore Year  
**Least Popular Choice Book:** *Utopia* Sophomore Year  

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**THE SLUMS OF MUMBAI: A dramatic picture of Annawadi**

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**350 ON TEXTBOOKS**

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**ONE 1995 PONTIAC FIREBIRD**

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MBA FOOTBALL 2013: The Bell Ringer Preview

By Adam Biesman
Staff Guest Writer

Following last year’s thrilling finish in TSSAA semifinals, the Big Red looks to strive for greatness yet again. Fresh off a victory in an exhibition game on August 9 over Henry County, the team has gotten out all of its pre-season nerves and is ready for the regular season to begin.

Though the Class of 2013’s exodus has created a large void, the rising upperclassmen seem excited to take on the challenge and are quite talented themselves. Big contributors from last year include Jashon Robertson (’14), Travonte Easley (’14), and Bryson Jarrett (’14) on defense and Tony Drew (’14), Grey Reames (’14), and Austin Rolle (’15) on offense, just to name a few on the heavily talented Big Red team.

The Big Red looks to continue its ground attack with more power than ever before, highlighted by the top heavy offensive line led by Seniors Jashon Robertson (’14), D.J. Mott (’14), and Alex Bars (’14), each Division-I bound lineman. Although the speed of last year’s backs was special, Tony Drew’s combination of both power and speed should create big problems for all opponents. Coupled with the speed of Michael Lacey (’15) and the tenacity of Drew, MBA may find itself rushing for even more yards than it did last year. And, as everyone knows, if one wants to have a good passing game, the ground attack must be successful enough to balance it.

Therefore, Quarterback Cole Euverard (’15) should be able to find success due to the number of threats that both his backfield and offensive line will produce.

With the season opener against Christian Brothers on August 23, the team has never been more ready to begin what should be an exciting season. MBA faces rival Brentwood Academy on September 20 at Tommy Owen Stadium following the intense 2012 game at Brentwood Academy. And of course, we are all waiting to know just how this team will stand on October 4 against the Ensworth Tigers without their former standout, Corn Elder. Only time will tell, but the future looks bright for the Big Red.

By Eric Anderson
Staff Writer

Since the beginning of June, the 2013 Cross Country team has been training with hopes for another successful season. The grueling sport requires much training, with some runners running over fifty miles per week to achieve the desired TSSAA Division II state title. Other factors are also very important to the overall success of the team. With nearly sixty runners on the team, Coach Russ relates, “there is camaraderie to build, work ethics to foster, and fitness to improve.” Coach Russ hopes that his mantra “It’s a good day to run,” holds true for every runner.

Senior Eric Anderson returns to the team following his 7th place finish in the 2012 state meet and his great success in the 2013 track season when he ran the second fastest 1600 meter race in MBA history. In order for the team to reach its goal of a state championship, he believes that the runners need to “meet the high standards set by previous teams, stay healthy, and not count ourselves out of any race.” Anderson believes he has garnered confidence to lead the team and succeed individually by leading the pack for the majority of the 2012 state meet. Seniors Caleb Carpenter and Ferriss Bailey return in addition to a strong group of Freshmen and Sophomore runners.

The team looks to replace two varsity runners from the previous year as well as hope for several other Juniors and Seniors to have standout seasons. Other challenges include two Varsity runners who may miss some practice time due to their involvement in the school play.

Through hard work, confidence, and experience, the team aims for continued success. Coach Russ adds, “We are not going to scare many people from the start of the season, but I think we will get stronger and stronger as the season goes on.” As in previous years, the team expects this strength of athleticism and character to propel them into another strong season.

By Anthony Swenson
Sports Editor

The MBA golf team had a successful season last year, reaching the state tournament yet falling short of the ultimate goal of winning the state title. This fall, the Big Red golfers look to redeem themselves and capture the elusive state championship with new head coach Sean Jackson. The team performed well enough in the regional tournament last season to claim its spot in the state tournament, where MBA finished fifth in Division II. Last season was the first year the Big Red reached the Tennessee championship tournament since 2007.

Senior leaders Cal Fisher, Chase Mathews, and John Yoder hope to lead the team to another state tournament appearance. Yet this year, says Mathews, “the expectations are definitely a lot higher. The seniors from last season were definitely a major part of our team.” Despite the departure of Bevan Petrikin and George Swenson, the immediate future of the team appears promising. “Cal Fisher and I have been able to experience the golf team since our freshman year, and we have learned a lot and know what we need to do to win,” says Mathews.

Nonetheless, MBA is not the runaway favorite to win this year. McCollie, Baylor and MUS, who won the state title last season, will most likely challenge the Big Red. “McCollie has a lot of seniors this year that have started since their freshman year, but our strongest asset is the team’s depth,” Mathews observes. In order to even make the cut for the team, each golfer had to shoot an 81 through 18 holes.

“Twelve guys shooting under 81 at the beginning of the golf season is a great start to building a strong team.”

Although the team has experienced players, the Big Red made a few changes and additions in order to reach these higher expectations, most notably the hiring of Coach Jackson. Though this is his first year as head coach, he has worked with the MBA golf team for the past two seasons. In addition to a new head coach, the golf team has implemented two off-season programs. “Our off-season program is becoming more sophisticated and intentional including accountability for the players and incentives to compete in junior tournaments,” Coach Jackson states. In hopes of developing young golfers before they enter high school, “We have added the spring as a second season for junior school golf.”

Like Mathews and other team leaders, Jackson believes that the MBA squad can compete with the top teams in the state. “My expectation for this program is to consistently be one of the schools that the golf community talks about as a favorite for the state championship.”

Not only does MBA have the talent to win this year, they also have access to new facilities in the Middle Tennessee area such as the Golf Club of Tennessee and Westhaven. While talent and facilities are important for the game, Coach Jackson believes his players can win tournaments through their dedication and confidence. “The boys have worked hard in the spring and summer and have started to make big commitments to the game. I am expecting this to translate into greater confidence when the important matches come our way.”

In the midst of training and playing in several tournaments this year, Coach Jackson “look(s) forward to seeing each golfer develop as a player, a competitor, and a young man.”
Violence in the Major Leagues

By Davis Lovvorn
News Editor

The story has become familiar to most Americans. On June 26, 2013, a superstar tight end for the New England Patriots, Aaron Hernandez, was arrested on charges of first-degree murder in the shooting death of Odin Lloyd, a semi-pro football player. Before the arrest but after Lloyd’s murder, Hernandez engaged in suspicious activity such as destroying his cell phone and security system and having his house cleaned immediately following the opening of an investigation, even though he was not initially listed as a suspect in the case. Then, police found out that Hernandez and some other friends spent time with Lloyd the evening of his murder, uncovered drug paraphernalia in the tight end’s house and, after investigating the broken cell phone and security footage, found a series of incriminating text messages and images of Hernandez holding a gun in his house shortly after the murder.

Now, in a court of law, all defendants are presumed innocent until proven guilty, including Hernandez. But suppose that the former Patriots star is guilty of murder and will be convicted. Suppose that he is given the maximum sentence in the state of Massachusetts, life in prison without the possibility of parole.

The issue that sets Hernandez apart is indeed his suspected gang affiliation. Rappers dominate today’s radio waves, glorifying violence, drugs, sex, and the “thug life.” Unfortunately, many professional athletes have taken that lifestyle to heart. This offseason has been an especially criminal one for the NFL, with one player, former Lions wide receiver Titus Young, having been arrested three times in a week. The culture of the professional athlete is not always professional.

But many players who have a clean record, and are humane people listen to rap. Even I like to turn on that station when I am driving in my car. So why Hernandez?

In my opinion, Hernandez is neither a special nor an uncommon case.

AARON HERNANDEZ OF THE NEW ENGLAND PATRIOTS: Represents larger trend in professional athletes and not murderers as Hernandez could possibly be. The issue that sets Hernandez apart is indeed his suspected gang affiliation. Rappers dominate today’s radio waves, glorifying violence, drugs, sex, and the “thug life.” Unfortunately, many professional athletes have taken that lifestyle to heart.

Aaron Hernandez has a humble background. His father died suddenly when the future superstar was 16 years old. Thus, Hernandez had no real direction in his high school years. He became affiliated with gangs and even got in a violent altercation in a bar during his freshman year at the University of Florida. Prior to the 2010 NFL Draft, pro football scouts questioned his maturity and drug usage, and the extremely talented Hernandez dropped all the way to the fourth round of the draft, when the Patriots selected him. Even during his time for the Patriots, Hernandez has been linked to two other shootings: one where a man lost his eye, and another that became public knowledge shortly after his arrest in the Lloyd case that resulted in the deaths of two people.

Still, many professional athletes had to grow up in a tough environment and are not murderers as Hernandez could possibly be. The issue that sets Hernandez apart is indeed his suspected gang affiliation. Rappers dominate today’s radio waves, glorifying violence, drugs, sex, and the “thug life.” Unfortunately, many professional athletes have taken that lifestyle to heart. This offseason has been an especially criminal one for the NFL, with one player, former Lions wide receiver Titus Young, having been arrested three times in a week. The culture of the professional athlete is not always professional.

But many players who have a clean record, and are humane people listen to rap. Even I like to turn on that station when I am driving in my car. So why Hernandez?

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AARON HERNANDEZ OF THE NEW ENGLAND PATRIOTS: Represents larger trend in professional athletes and not murderers as Hernandez could possibly be.

Many people suffer from the issue that Hernandez has, but few implement it in the destructive manner that shut down his life.

Aaron Hernandez is just plain stupid.

Only a complete idiot like Hernandez would not fully understand the luckiness in life that he once had. Only a complete idiot would think that he could get away with multiple murders and that the police would never find out. Only a complete idiot would gamble away his mansion, his dream job, and his family to consciously decide to take another man’s life.

Aaron Hernandez is not the first case of pure stupidity that led to the end of a professional athlete’s career, nor will it probably be the last. However, if Hernandez is convicted, (and, in my opinion, he will be), pros all over the country should look at his example and take a moment to think. Athletes are given a great opportunity to play the sports they love and get paid for it. Additionally, many people, especially young children, regard professional athletes as heroes. Hernandez’s story should serve as a wake-up call to all athletes to examine their lifestyles and think of the consequences of their actions. If athletes are dumb enough to throw away their lives to kill, then may they rot in jail forever like Aaron Hernandez could possibly do.
Yeezus Christ vs. The Magna Carta
The Master faces his Apprentice

Wesley Jenkins
Staff Writer

Watch the throne indeed. With Jay-Z dropping his twelfth album Magna Carta Holy Grail in early July and his protégé, Kanye West, releasing his sixth, Yeezus, in mid-June, there is certainly a battle raging in the kingdom. The one question looming on everyone’s mind is who is better: Master or Student? Jay or Ye? Blue Ivy or North? But this war is much more complicated than just music.

With his NBA Finals announcement and release deal with Samsung, most critics are calling Jay a sell out who produced a generic mass appeal album simply to make his millions. But MCHG goes deeper than that; while most of the beats are overproduced and some of the lyrics unoriginal, Jay’s genius can still be found throughout the album.

On the first track “Holy Grail,” featured guest Justin Timberlake brings a commercial appeal that would never be found on one of Kanye’s albums. The lyrics aren’t original at all, but proclaim Jay’s prominence and arrogance as well as any other commercial sell out. Really any song on the album with a feature felt forced to appeal to the public, and brought the entire album down. The one exception here is “F***witmyyouknowigotit,” easily one of the best songs. While the beats are repetitive and Rick Ross unimpressive in his rhymes as usual, the song is extremely catchy and much more reminiscent of young Jay than any other song on the album.

The other major highlight on the album is the track “Heaven” with an incredible hook and a marked return to Jay’s renowned lyrics as well as a throwback to REM. Overall, the album has incredible mass appeal with the majority of songs being easy listen. But the album is truly a piece of artistic genius.

Truthfully, it’s unlike any rap album made before, to the point where it might not even be rap. Its strength lies in its simplicity, with “Black Skinhead” and “Blood on the Leaves” demonstrating the darkness in West’s mind, reminiscent of Cudi, but much less mellow. The biggest drawback of Yeezus, though, is how similar all of the songs are to each other. Almost all have the heavy electronic riffs and screaming found in “On Sight,” which would be extremely tedious to listen to if the album were any longer.

Another comment probably needs to be made about the colossal egos both of these artists have put forth. When an artist puts “God” as a featured artist on one of his tracks, it’s clear to see that there’s a serious problem in relatability. It’s hard to follow a song that talks about nothing but a rapper’s enormous ego. Both artists have swollen to critical mass at the risk of being trite.

In the end, the albums are just too different to declare a winner. Music critics will probably pick Yeezus simply because it’s something they’ve never heard before, but the general public will take Jay’s every time. Maybe the only thing the pair share is their arrogance, from Jay’s title invoking something forbidden and sacred to Kanye declaring himself a god. Jay prefers his gold and acclaim while Ye is content with his darkness and rejection of praise. In the end, there’s really no need to compare the two; there’s always room on the throne for them both.
Mysterious Room Appears in Lowry Songwriters Rejoice

Jackson Rich
Staff Writer

Opening in Lowry Hall this year is MBA’s new Songwriting Room, a generous gift from Mr. and Mrs. Gary Overton (parents of Will Overton from the class of ’09). If you examine the plaque outside the door, you’ll see that the Overtons donated the room as a way of honoring all of the teachers who played a key role in their son’s education.

The room is designed with music in mind, featuring a collection of books dedicated to helping students write songs as well as a computer which has songwriting software already installed. Protocols, a top-of-the-line recording and editing software is now at the disposal of aspiring MBA troubadours.

The walls of the room are decorated with vinyl records and posters, and the room contains several armless chairs for guitar players. Of course, the walls of the room may not be 100% soundproof, so musicians, please proceed with caution. Dr. Tarkington may not be 100% soundproof, so musicians, please proceed with caution. Dr. Tarkington will thank you for not flooding his room with your sound.

Gary Overton is the CEO of Sony Music Nashville, and through his generosity the room features several displays from well-known bands such as Lady Antebellum.

Mr. Hutton and the Songwriting Club will be making full use of the new area; however, any students are allowed to use the room during the day. The Club hopes to get a keyboard and an acoustic guitar into the room at some point down the line.

Hopefully, this room will be a driving force in the formation of a new breed of MBA bands. In the past, MBA students have formed groups ranging from bluegrass to hip hop, alt. rock to jazz, and everywhere in between. Notable past MBA groups include (for you old timers out there) Stan vs. Wild, What Up? English, Boy Named Banjo, The Moderates, the recently graduated Hoodie Crew, including work by solo artist Nathan Fouts and Alex Floyd. Of course now would be time to talk about MBA students in electronic music, but we’ll skip that for now.

Current MBA acts include The Founding Fathers, comprised of Seniors Harrison Davies and Kip Worthington, Wbless, comprised of Juniors Si Stean, William Richardson and Henry Rogers.

Thomas Maroz, Luke Wooten, and Sarah Puryear, the Chris Burrus Musical Collective, Proletalk, made up of Wells Hamilton, and Rivers Run with Juniors William Richardson and Henry Rogers

MBA Songwriting Room Open for Business: All songwriters welcome

Kang Huh
Staff Writer

Green Hills Sushi and Thai is what some would call a “hole in the wall.” Located in a strip mall next to the bustling shopping center of West Elm, Green Hills Sushi and Thai looks, from the outside, like a prison. With red lettering denoting its existence, the rest of the building is gray with black lines. But when you go inside, it’s as if you’ve stepped into a Michelin-starred wonderland. The interior of the restaurant resembles a fusion of France and Japan, while the off-putting matchup of French dining tools and Japanese décor is confusing.

I found that confusion was a recurring theme at Green Hills Sushi and Thai.

The colossal, double-sided menu features dishes from Chinese-America, Japan, and Thailand. I tend to avoid restaurants that serve Pan-Asian cuisine, especially since the complex cuisines of the aforementioned countries are so difficult to get right. That being said, the newly opened restaurant offered a halved price to celebrate their opening week. Our party of three, thus, decided to order a semi-comprehensive array of dishes, which included Pad Thai, Massaman Curry, Penang Curry, and Shrimp Tempura. It was evident that the kitchen was understaffed - the patrons around us had been there for thirty minutes, and yet no food was in sight. The food coming from an inexperienced kitchen, however, is understandable, so I was willing to allow the wait to bear no effect upon my perception of the restaurant as a whole.

Oddly enough, the entrees arrived before the shrimp tempura. Upon first glance, the plates looked enticing, like a prison. With red lettering denoting its existence, the rest of the building is gray with black lines. But when you go inside, it’s as if you’ve stepped into a Michelin-starred wonderland. The interior of the restaurant resembles a fusion of France and Japan, while the off-putting matchup of French dining tools and Japanese décor is confusing.

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Oddly enough, the entrees arrived before the shrimp tempura. Upon first glance, the plates looked enticing - the chef did not skimp on green snow peas and orange carrots. That being said, the taste didn’t improve the dishes. Strangely, both the Massaman and Penang curries tasted the same - overly sweet, rich and oily. Just eating a spoonful of the curry itself left a filmy residue on my tongue, which forced me to drink multiple sips of water in between each bite. The combination of the cloying flavor and the residual film didn’t exactly thrill me. Surprisingly, the cookery on the Massaman curry’s constituent beef was actually impeccable. It was tender and served as the saving grace of the dish. The only problem was that there wasn’t enough of it. The Penang curry’s scallops were also cooked well. They were barely poached, and therefore, not rubbery and flavorless.

Again, the stark contrast between the portions of scallop and vegetable was shocking - had there been more scallop, the dish would have been more enjoyable.

Unlike the curries, the Pad Thai was flawless. It had a nice, dark color and was full of plump, well-cooked shrimp swimming among the sea of bean sprouts, peanuts and other authentic accoutrements. Not overly sweet or salty, the Pad Thai was comparable to that of the Pad Thai at Siam Cuisine or The Smiling Elephant. It made me wish that I had ordered that instead of the underwhelming curries.

Last but not least, the appetizer of shrimp tempura finally arrived. The first mistake I noticed was that the tempura was served with the generic Thai chili sauce, which is a big no-no in Japanese cuisine. Regardless, the tempura itself was disappointing. The breading on the vegetables was too thick and bread-like. It retained so much grease that it was inedible. Looking at the tempura shrimp itself, it wasn’t even made on premises. The shrimp was covered in panko breadcrumbs, and not the standard tempura batter. After taking a bite, the crust crumbled and lo and behold, the shrimp was actually chicken. We sent the initial tempura dish back, and received a complimentary shrimp tempura appetizer. That being said, the taste didn’t improve the dish.

Overall, the restaurant experience was mediocre at best. I have to cut the restaurant some slack, especially because it was its first week actually serving customers. Normally, I would say that the price was not worth the food quality. However, since the prices were halved and the shrimp tempura cost was cut, the tab was not unreasonable. Had the food been regularly priced, I would have said that the food was an embarrassment to the true price. Being served two nearly identical dishes and a disappointing tempura platter deprecates the price majorly. I would have gladly paid full price for the Pad Thai, though. All in all, I do admit that I may have to return to the restaurant after a few months, since the inexperience of the whole staff may have affected the quality of the experience. Until then, my rating of this restaurant is a disappointing four out of ten.

4 Kangs Out Of 10: Would not recommend
XBOX ONE VS. PS4: Microsoft dun’ goofed, while Sony is “just okay”

Matt Miccioli
Opinions Editor

With the initial hype from the June console unveilings at E3 wearing off, potential buyers have been left to sort through a surfeit of information before the slated holiday releases.

For Microsoft, E3 proved particularly disastrous, with public outcry over the proposed “always on” feature and fears over provisions against used games eliciting rapid changes and clarifications from the company. Additionally, the PS4 retains backwards compatibility with PS3 games, while the Xbox does not.

Microsoft originally planned to release the Xbox One in a state requiring connection to the internet every 24 hours and a functioning internet connection to play offline games. However, the response to these initial anti-piracy measures was so violent, further inflamed by #dealwithit tweets by a (now former) employee, that Don Mattrick, president of Interactive Entertainment Business at Microsoft, stated: “Since unveiling our plans for Xbox One, my team and I have heard directly from many of you, read your comments and listened to your feedback,” later announcing, “there is no 24 hour connection requirement and you can take your Xbox One anywhere you want and play your games, just like on Xbox 360.”

Sony, flying under the radar since E3, has been able to capitalize on this bad publicity by simply not doing anything drastic. Sony’s console is no tour de force nor particularly visionary. In conjunction with an initial price tag $100 lower ($400 vs. Xbox’s $500), the PS4’s relative lack of negative news has made it the rather unconvincing initial winner of the two consoles.

However, its rather weak features-based victory is further bolstered by a hardware comparison. Both consoles run on nearly identical AMD-manufactured, Jaguar-based 8 core processors at 1.6 GHz and sport 500 gigabyte hard drives. Sony, however, wins with their GPU, roughly equivalent to the AMD 7870. Microsoft’s falls short, being comparable to the AMD 7790. While containing 50% more compute units and 50% higher peak teraflops, this will not translate so significantly in game, where the performance difference will likely be less noticeable for several years.

The Xbox also falls behind slightly when comparing memory, with the PS4’s 8 gigabytes of GDDR5 smoking the One’s 8 gigabytes of DDR3 in bandwidth. In an attempt to bridge this gap, Xbox also comes with 32 megabytes of eSRAM, or static RAM embedded directly in the processor, which theoretically minimizes the bandwidth differential, but incorporating its potential poses a unique challenge to game developers.

Prelaunch, Sony’s offering appears to be the better value. However, Microsoft presumably will continue to update and improve the Xbox and also has the advantage of a larger American fan base and better market share from the success of the Xbox 360. For the vast majority of casual users, the choice will likely boil down to the base price difference or simply controller preference and brand favoritism.

The more serious gamer, though, would likely best be suited building a gaming PC. While the hardware of both consoles falls far behind desktops in terms of raw performance and value, PC users also retain infinite backwards compatibility, easy hardware upgrades, uncapped frame rates, Steam sales, free online play, better matchmaking and servers, and a larger game library.

OLD MEETS NEW: Honestly could never beat the N64

3.25 Waffles out of 5

PS4 RATING

PS4 RATING

XBOX ONE RATING

XBOX ONE RATING

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Summer television delivers, students to spend serious time on Netflix

By Will Glover
Entertainment Editor

Hollywood is at the height of what’s been known for the past forty years as the “blockbuster era.” After the monumental success of Jaws in the summer of 1975, major studios began to focus a majority of their funds on high-budget movies released in the summer months, a time of year notorious for sequels, prequels, reboots and remakes. Just take a look at this summer’s top hits: Fast and Furious 6, The Hangover Part III, Iron Man 3, Star Trek Into Darkness and Despicable Me 2. These are movies that were designed to make money; the type of films that are supposedly made for “everyone,” which means no one in particular.

That’s why, from the beginning of May till the end of July, I turn away from the silver screen to flip on my TV. Unlike film, American television in the past decade has experienced a much-welcomed creative renaissance, giving rise to shows like The Sopranos, Lost, Breaking Bad, Mad Men and Homeland. And as the popularity of cable programming (HBO, Showtime) increases, so does the demand for ambitious, compelling storytelling that will reliably captivate audiences week to week.

At the start of summer, I started watching CBS’ Under the Dome, which is adapted from the Stephen King novel of the same name. It tells the story of a small town, Chester’s Mill, trapped under an inexplicable dome that cuts them off from the rest of the world. Like any small town, Chester’s Mill has its secrets, but as the townpeople quickly realize, nothing will stay hidden for too long. At the start, the show’s premise seems obvious and major characters too archetypal. But with each episode, Under the Dome reveals complexity as deep and wide as the dome surrounding the town. It also has the delicious drippings of any great Stephen King work, with mystery and suspense and general freak-out pandemonium. Under the Dome has the most anticipated summer debut on any network since 2007.

Also on my summer-must list is Showtime’s Ray Donovan. Ray is a “fixer” who works for Goldman and Drexler, a corrupt law firm that represents the rich and famous of Hollywood. His job is to prevent the scandal of his clients from ever seeing the light of day, and he will do anything to keep this assurance. Just as he’s fixing other people’s problems, Ray runs into some trouble of his own when his murderous father, Mickey, is released from prison after twenty years. What’s fascinating about the show is the battling parallels of Ray’s world as the violence and corruption of his professional life slowly seep into his personal one. Liev Schreiber, who may be unfamiliar to most viewers, is fantastic in the title role, as he is at once cold, menacing, brewing, but also vulnerable and unhinged. Ray’s perverted, ex-convict father is played by the great American actor Jon Voight, who today is unfortunately best known as the dad in National Treasure and in real life as the estranged father of Angelina Jolie. Movie lovers will remember him in the unforgettable Deliverance and in his Oscar-winning role as the Vietnam war-vet in Coming Home. Even in his mid-seventies, Voight is far from the typical aging movie star, as he plays Mickey with such feistiness and bravura. The show, which was recently picked up for a second season, had the highest rated premier of all time for Showtime.

For further binge-watching marathons, check out Showtime’s Dexter, HBO’s The Newsroom and Netflix’s Arrested Development.

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Nashville gets excited for Live on the Green 2013

By Will Glover
Entertainment Editor

Live On the Green presents a six-week concert series every Thursday night, at Public Square Park. This series is brought to Nashville by Lightning 100, and like the city’s favorite radio station, LOTG showcases “Nashville’s emerging musical talent and highlights national acts with roots in Music City” (LOTG Mission Statement), with two acts opening for the headline act each week. The current lineup is a bit less star-studded than years past, but nevertheless features some amazing talent that would be worth the price of admission (did I mention it’s free?)

Week 1, August 8th: Up-and-comers ZZ Ward and Gin Wigmore kick things off, with both groups part of recent wave of Adele/Amy Winehouse sound-alikes. Matt & Kim headline with plenty of annoyingly cheerful, crowd-pleasing anthems to sing along to.

Week 2, August 15th: The second week has one of the better openers, The Moggles, who have a sound that’s described as a fusion of rootsy country, like The Byrds, with indie rock more in line with Arcade Fire. Also opening is Nashville’s very own Erin McCarley, a singer/songwriter you’re likely to hear a lot more of in the next few years. One of this year’s more forgettable headliners is Math Nathanson, who, in the vein of Jack Johnson and others, has made a career of writing radio-friendly love songs that all sound suspiciously familiar.

Week 3, August 22nd: Opening week three is Nashville’s The Delta Saints, the self described “bayou rock” band, whose New Orleans-style music shares the same inspiration as this week’s second opener, the bluesy Luella and the Sun. The third headline is Michael Franti & Spearhead, who have the perfect blend of blues and hip hop/R&B.

Week 4, August 29th: St. Paul & The Broken Bones offer up old-school blues and soul at its very best. Aussie Joe Robinson is the second opener, and is in many ways his own genre, a pop singer floating atop his intricate, improvisational guitar riffs. Over the past decade, headliner Robert Randolph & The Family Band has made a name for itself on the jam band scene, featuring their unique blend of jazz-funk and rock & roll. They’ve worked with the legendary Eric Clapton and producer T-Bone Burnett, and Robert Randolph was even listed in Rolling Stone’s list of 100 Greatest Guitarists of All Time.

Week 5, September 5th: Opening week five is Nashville newcomer, Leagues, accompanied by the folk-sy Lulu Mae, also from Nashville. Week five’s headliner is my personal favorite, Local Natives. Their songs are soft, understated dreamscapes that are at once distant yet endlessly engaging. Their synchronicity of sound is otherworldly, and accomplishes a feat shared with all great music: it transports you to a place of ease and greater understanding.

Week 6, September 12th: The Weeks open the last week of LOTG, an alternative answer to My Morning Jacket. Also opening is the catchy country-rock band The Wild Feathers. Closing is Moon Taxi, making their fourth consecutive appearance on LOTG. A hometown favorite, Moon Taxi has played nearly every major venue in Nashville, gaining one of the most loyal followings in Music City.
Sophomores, the awkward middle child of high school

By Owen Powell
Former Dr. Love

Well, as I scan over the Roll Red Roll Book from 2010-2011, I look through all the faces to inspire some sort of news and I see that from our 8th Grade class alone, 17 people have left. So first off, shout out to all those Juniors still on TheHill.

We’ve had some breaking news on the love spectrum. William Richardson, after about three years or so, has officially broken it off with that girl. Thankfully, though, when one door closes, another one opens. Blake Solyarek slick found his QTE Chad Mitchell had some love-related tweets recently if you want to check them out.

Michael Milam did big things over in Rome picking up chicks and all that. Billy Lynch did the same, but in Nashville. #BillyTheBulldozer, also the MBA administration still hasn’t realized that Tyler Sherman doesn’t go here anymore.

Our hockey team should be unstoppable this year with two returning starters in David Bright and Rob Fowler. William “Tenny” Pearson is hoping to make an impact after quitting cross country to further his paleness on the ice rink. Returning backups Stephen Ray and Turner Smith are confident in the coaching ability of Coach Deutsch and their chance to win another State Championship.

Harrison Wheeler spent his summer working in the White House, so that’s kind of cool if you’re into that kind of thing. He raged hard with Anthony Swenson, Chris Byrne, and me as we raged around Hillwood “slamming balls and breaking laws.” Also, Anthony “My Guardian Angel” Swenson lost a bet to me. (Emoji of happy face.)

Well, as we are now Juniors, we will be able to see our own classmates take on bigger roles on varsity sports teams. The football team, for one, has several Juniors who will be “big time players.” First on the list is our 6’2,” 200lbs. outside lineback Wren “Bad Wren” McFadden. He is a new addition to the Big Red roster but is sure to be a big time player. Chad “C-H-A-D CHAADD!!!” Mitchell is hoping to live up to the hype of being huge. He is also hoping that the Christian Brothers fans are nicer to him this year. Chad doesn’t like our red practice t-shirts because they “make him sweat.” Austin Rolf is garbage. Andrew “PERIOD SIXTEEEEEN!!!” Porter is ready! Papa Throck is wondering why Bill Johnson took his spot on big butt when Throck is “Stronger than [Bill] and [Bill] is a senior.” Bill should be embarrassed.

AC “Bobble-Head” Carr knows what’s up. “THATS NOT GOOOD CAAAAD…..IM NOT INTO THAT!”

“GOOOOD BEN…..IM INTO THAT.” Jacob Green has yet to say a word to Turner in the history of my existence. Let’s see how long that lasts. Andrew “The Stine Man” Porter is distressed that he will have to revert back to the “Biggie Days.” Porter admittedly hasn’t listened to The Notorious BIG since his freshman year.

I am sure he will exceed expectations, as he always does.

In completely unrelated news, Brodie Poe had an awesome summer.

Well, that is about all the Sophomores did this summer. As I said before, this summer was very uneventful for the Class of 2016. Yavin Alwis predicts that this school year will be very interesting, so I’m sure there will be many new stories as the year progresses.

Sophomores, the awkward middle child of high school

Werner Bradshaw
Puts Words on Paper

It was a long, uneventful summer for the Class of 2016.

The most important news coming from this summer is that Jack Malone has not yet purchased a lift kit. His nickname “Lift Kit Malone” is irrelevant until further notice. Jack has a great summer, in case you were wondering.

Speaking of great summers, Gus Coleman has been exceeding expectations on and off the football field this summer, throwing a touchdown pass in the first scrimmage while simultaneously being a great guy.

In other news, Peter Briggs is turning to the Hill this year. It’s almost like he never left.

The class of 2016 is set to do big things in sports this fall. In football, Benjam-in Graves, David Gaw, Parker Bryan, KP Frazier, John Kelly, D’On Coover, and many others look to tear it up on the gridiron. Unfortunately, there have been many devastating injuries to the Sophomore footballers this summer, including Jack King injuring his arm, Jim Garret injuring his ankle, and Taylor Asher injuring something somewhere. Taylor was fortunately able to rehabilitate his something while he was at camp for a month.

I have not heard much from the cross country team, but I am sure Robert Dedman, Jordan Rosdeutscher, and all of the other runners will run very fast this fall.

I am hearing that Daniel Beigl, Luke Cianciolo, and others are expected to make a huge impact on the rifle squad this year. I am also sure that all of the runners are going to do great.

Connor Downey will be representing the Class of 2016 in golf this year.

I’m sure he will exceed expectations, as he always does.

Freshmen begin year with “meh”

By Peter Taylor
Four Days Since Vote Crack

Well, the beginning of the school year is upon us, and what were once grizzled eighth grade veterans are now green freshmen, newly straight off the boat into high school. Having successfully conquered Mr. Spiegel’s Earth Science exams, most of these freshmen feel like they’re ready for anything, especially after having a teacher who would give us a quiz on the earthquake measurement scales then teach us about the scales right afterwards. However, he did successfully teach us that shouting “USA!” over and over again really loudly was the lowest point of human behavior, and he informed Will Peters that if he got caught hydrating in his class again, it would have been 2.

Now our former eighth grade star athletes are making their way into the wide world of junior varsity and varsity sports. Jackson Maradiik has no mercy for his opponents when he’s on the field as the team’s starting quarterback. Luke Rochford is shooting guns but not at other people. Tykevius Chandler is still dominating in every sport that he plays, this season football, but for some reason the people of the freshmen class don’t want him to compete in the Founder’s Day race next spring. Nick “Nuke” Ray and Jacob “Blondie” Kovick are both probably destroying on the hockey rink. With every shot that Jacob Kovick makes, his hair turns a little bit darker until it returns to its original hue. Tom Peters is still running despite the fact that he told everybody all last year that he was going to do Crew so he could “get swol.”

Though Micah White was the only new kid on the block last year, we have nearly twenty new cats joining our class this year, including but not limited to Patrick Andreen, who is “math-science smart” but not “English-History smart.” Make these new kids welcome as they experience the horrors of MBA that they heard from friends firsthand.

Now that we are in high school, we need to stop acting so immature. We (Ms. Stewart) burned (That’s right, BURNED) two actions last year: leg slapping and “noises of ecstasy you have hopefully not experienced yet.” Keep these to a maximum. Also remember that we really need to stop giving people nicknames that they don’t want. Except for Andrew “Zuke” Freedland. That stays. Also, I. Peter Taylor, am Italian, and Cal Rieke and Will Peters often dine at my famous pizzeria. Remember: Asher Curnutte’s last name is kerr-nut-eeeeece.

All right, boys, let’s get high school off to a good start. Use your study halls. Just because we can use our smart phones in the library now doesn’t mean you should be leaning back in a chair with your feet kicked up chatting up “Betty Lou,” even if she is the most attractive girl at Harpeth Hall. Good luck to all of us and Godspeed.

THIS IS PRETTY SELF EXPLANATORY: Sweet jokes from the sophomore
By Wells Hamilton  
Non-Commit To Sparkle Motion

Senior year, right? Right? What a rush, men. Started at the bottom, now we’re here. Together we soar. Big men on campus. What did you say to me, 7th grader? College college college college. All right, that should do it for an introduction.

It’s transition time for the Class of 2014, when Senior Summer turns into Senior School Year. Assorted Samsons of the class return to MBA’s Orwellian dress code. Murphy Smiley is forced to bid farewell to old mullet and make his haircut just business all around. He also may have to wear a shirt now while driving. Similarly, “Scumbag” Steve Johnson received a pin at the Big Brother/Little Brother breakfast when Mr. Norton confused his de-bearded face for that of a seventh grader.

Summer was kind to some of us, yes. Chris “Forward-is-Reverse” Burrus was able to take his talents to Interlochen where audiences were blown away by his rendition of “Homeward Bound.” Burrus denies, however, the rumors that he had his Totomoi pin on his T-Shirt while doing so.

On the other side of the musical spectrum, Harrison “Earl Scruggs” Davies took to the hills to learn to pick from the best. Sources indicate that Davies may pursue a resurrection of the Banjo Boys Wagon Wheel Band from within the heart of the Innovation Room. Although this is unconfirmed, ninth graders report hearing banjo music while on the Ocoee Rafting Trip.

At this point it’s probably necessary to mention FOOTBALL!!!!! Sources within the Big Red Club say that they have received a leak from the College Board about the number of National Merit Scholars we’re projected to have this year. “Yeah, it’s looking like we’re going to have about one and a half metric Racks of National Merit Scholars,” says MBA Treasurer Ben “Scott Not Scott” Yahnian, “which really isn’t Racks on Racks. Actually last year’s proclamation of Racks on Racks on Racks was an accounting error. We really only had two and a half Racks.” Meanwhile, Clark Hooks shakes his head. “Look (swag) I know I didn’t let down Rack City (swag).” Needless to say, the old name will have to go.

On the front of actual FOOTBALL, the team is all #turntup for Friday night lights. DJ “Ivy League” Mott recently threatened to eat Christian Brothers’ offensive line. They are yet to respond. Jay “Anchor Down” Robertson recently founded a new MBA club called the “mini-anchors,” which basically consists of a few seventh graders and Sam Gregory whose sole job is to yell out “anchor down” at random intervals during pep rallies.

In other sports (what other sports, you say?) Eric Anderson boycotts the presidential fitness test on account of the mile fun run being too short. Caleb Carpenter plans to graduate early in order to found Globo Gym. Rowing has yet to start complaining openly, but really it’s just a waiting game on that one. Brandon Carpenter recently had to get wrist surgery after wearing his Rifelry rings for too long. “Yeah, it was pretty bad,” Says co-Australian refugee Coleman Sorenson “At one point I thought I was going to have to use a spare bow tie to re-attach his hand.”

That about wraps it up for this issue. A few announcements before we sign off. Now is currently the application period for membership into the Harding Elites; contact Keith Gambill for more information on the process. Seniors are now able to make the “wheeeee” noise at assembly, just a heads up. The Department Heads have recently issued a statement saying that none of their classrooms are green zones. Also, green zone jokes are going to stop being funny in like a week. So make them quick, boys.

DJ MOTT, BILL JOHNSON, AND ALEX BARS: Collectively raise the price of the MBA Food Plan one dollar across the board

NOTHING LIKE A COUPLE OF DUDES HANGIN’ OUT IN THE MOUNTAINS: Senior class resident adventurers

AN UNCOMFORTABLE BLAST FROM THE PAST: Noting a few significant haircut changes over the years

CALLING ALL PAST AND FUTURE CHUCKS: Devoted members of the mini-anchors
By Ben Barton and Wells Hamilton
Co-Heisenbergs

High school is a grown up place no doubt about it. It’s been quite a while since anybody has given you a back-to-school list or thrown a Halloween party, right? And if you’re as nostalgic as we are for the foregone days of yore, when teachers still gave out homework passes and you had a blue mat with your name on it, you’ll appreciate this edition of the Backpage. The year is scary and demanding, so we here at the Bell Ringer have broken down some of what you’ll need on your journey.


1 Police Signal Spotter- Perfect for when you’re cruising down Lynnwood Blvd, blaring Marshall Tucker past your 11:00 curfew.

1 Cloak of Invisibility- Great for doing homework during assembly and avoiding unwanted side conversations in the hallway about your weekend!

1 Netflix Membership- This one’s pretty self-explanatory.

5 Gallons of Red Acrylic Paint- Great for showing your flair at the State Swim Meet! Remember, no girls in the student section.

10 Tubs of Protein- For when it’s time to turn your mind off and your body on in order to maximize all those general strength and conditioning gains. Or to just leave in your locker so people know you’re an athlete.

1 Dummy Leg Brace- Here’s to stealth elevator riding and never having to make up the mile run.

1 Obligatory Membership to the Robotics Team- Fastest Internet on the block, kids. Which comes in handy when the microbes are looking up memes on the ipads. Also looks good on any resume.

6 MBA Sanctioned Hoodies- For warding off the ghost of Lee Webb! Warning, not 100% effective, especially while wearing off-colored shoes. See bow tie tip.

8 Pairs of Colorful Pants- To let everyone know you’re a wild and zany individual who can’t be tamed by a dress code!

1 MBA Sanctioned Hoodies- For literally everywhere else.

1 Marauders Map- Good for most occasions, though it still won’t stop Coach Mac from snipping you with your phone out from across the lunchroom.

1 Twitter Beef Translator - Because once it starts, it’s nearly impossible to wade through the sub tweets to find out where it started. Seriously good for Sunday evenings.

1 Emergency Coat and Tie- In case he shows up to cookie break.

$5.00 in Quarters- To drown your sorrows when RA Dickey doesn’t show up to cookie break.

2 Pairs of Appropriate Length Jorts- For the homecoming dance.

2 Pairs of Inappropriate Length Jorts- For literally everywhere else.

3 Grip Masters- If you learn anything on The Hill, you’ll learn that you’re nothing without a killer handshake.

EXUDE CLASS: Wear a bow tie

1 Emergency Coat and Tie- Wait, it’s Totomoi today?

Second Copy of Your Roll Red Roll Call- For when you invariably lose your first one and still can’t tell whether or not that kid is a foreign exchange student or just a sophomore you’ve never seen before.

1 Portable Electric Razor- Because nothing hurts worse then dry shaving in Mr. Norton’s office on a Monday morning. Seriously, nothing.

2 Used Water Bottles- Great for pilfering powerade from the lunchroom!

1 GREAT ATTITUDE!!!!!!!!!