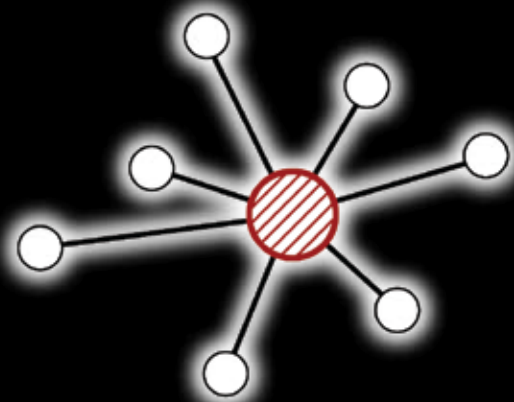


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vortexSAVAGEPIZZA



nexus

a magazine of culture



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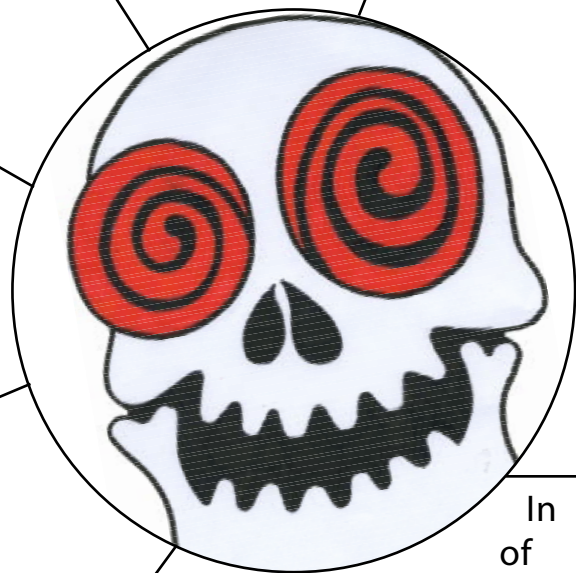
Taylor Alford explores the allure of the *High School Musical* movies. Also, Paula Harding and Genna Jones sit down to watch the classics at Lefont Plaza.



Staffer Ann Haley discusses the health benefits of almonds. Also Thuy Dinh, resident expert on Asian cuisine, tells us all about tofu.



# Contents 15



In this issue of *Nexus*, the independent stores that make Atlanta unique are explored. In a struggling economy, it is important to know that the little people are still thriving, whether it's your simple "around the corner" coffee shop or a funky independent store in Little Five Points.

Cover art by Dalton Mayes, Taylor Alford and Ann Haley

# nexus

Volume 5 Issue 1  
Fall 2008

## Contributing Writers/Artists



### Alexandria Cantrell

Alexandria, writer, musician and fan of The Jonas Brothers, discusses what it's like to be seventeen years old at a Jonas Brothers Concert. [Audio p. 24]



### Allie Duke

Allie Duke, a sophomore, known for her passion for photography, shows off her talent in the photo section with a submission entitled: "Playground". [Photo p. 5]



### Sarah Lawrence

Sarah Lawrence is a senior designer, artist and production manager of GNN. With her very busy schedule, she understands the importance of eating healthy. Lawrence tells us about one of her mom's favorite meals. [Cuisine p. 38]



### Scott Stephens

9th grade literature teacher, Mr. Stephens, recalls his most memorable meal, a never-ending Italian feast. [Cuisine p. 37]



### Madison Trapkin

Madison is known for her beautiful voice and is a praised member of Grady's chamber chorus. In her free time, she enjoys taking pictures. She submitted a picture entitled "Lane". [Photo p. 7]



## From The Staff

A new year, a new *Nexus*. The staff of *Nexus* has doubled in size and that's not the only thing that's bigger and better about *Nexus* 2008-2009.

In the beginning of each issue, you'll see our new photo section, a section filled with beautiful photos taken by Grady students. This section is always open to submissions, and we encourage all to submit your stunning, interesting or just plain amazing pictures online to [nexusphoto@live.com](mailto:nexusphoto@live.com).

With plans for more issues this school year and the possibility of a website, *Nexus* plans to make their fifth year the best ever.

This issue focuses on the mom-and-pop stores that shape our community. From Little Five Points to yard sales, Atlanta's independent scene proves that even with a Starbucks on every corner, mom and pop are still alive and well. You just have to know where to find them.

We hope you enjoy reading a new and improved *Nexus*! Stay tuned for more issues to come!

**Nexus:** a magazine of culture

Volume 5 Issue 1

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**Submissions:** *Nexus* is a submission-

based publication that relies on your submissions for its content. *Nexus* accepts submissions for all of its sections and features. Submissions should be submitted to Mr. Winter in the *Southerner* room, or to any *Nexus* staffer. They can also be e-mailed to us at [nexusphoto@live.com](mailto:nexusphoto@live.com).

*Nexus* is a bimonthly publication of: Henry W. Grady High School  
929 Charles Allen Drive NE  
Atlanta, GA 30309

COLOR SPLASH By Claire Buyens, junior  
As Claire casually ate some jelly beans, she noticed the reflection of beans off the glass they were sitting in. "I loved the mixture of the bright colors and thought it would make a cool picture," she expressed.





TWINS By Allie Duke , sophomore

It was a hot summer day in Alabama when Allie snapped this picture of her twin cousins. "They love being in front of the camera," she explained, "The grass was so green and the sky was so blue, it was the perfect lighting."



LANE By Madison Trapkin, junior  
Madison and her friends took a weekend off to travel to a lake house in North Carolina. As they floated around in a few innertubes, she noticed the light catching her friend's hair. "I thought the reflection of the sun was amazing, so I grabbed my camera and snapped this," she said.

GREEN WITH EASE. By Dave Winter, teacher  
The 2008 DragonCon parade offered a visual feast of past-their-prime costumed characters. The superhero contingent included a high quotient of Green Lanterns. Just behind this mean, green, power ring of honor was a group of regular people pretending to be a group of regular people protesting that superheroes were allowed to live on this planet.





## Inside the Mind of the Joker

If you've seen *The Dark Knight*, then you know how complex the film is. It promises insight into a world, that we, the audience, can relate to; this window or perhaps mirror into our own world makes *The Dark Knight* rare in the super- hero genre of movies. And no character seems more real than the Joker (played by the late Heath Ledger), arguably the most psychologically complex character of the movie. In retrospect it is odd to empathize with the Joker, a man who, in the film, kills without a spot of remorse, which raises the question: is he really that different from the norm, someone who is considered well-mannered and civilized? In casual movie chatter, most would say, the character is flat out insane. But how true is this? Merriam Webster defines insanity as "a deranged state of the mind usually occurring as a specific disorder (as schizophrenia)". However, among the criteria for schizophrenia is having no knowledge between right and wrong. The Joker clearly knows the difference. There is another mental disturbance that could be the motive of his actions: narcissism. "[Narcissism] starts off with mom being neglectful," psychology and sociology teacher Kurt Phillips explained on the subject. "When there's chaos people don't know what to do, and people



Photo Courtesy of hpod.com

who have to adapt." Those who don't adapt go down a path that can lead to mental disorder. A prime example of this is the Charlie Chaplin film *Modern Times*, in which Chaplin cannot cope with the work required of him in an assembly line and precedes to "go crazy." But does that mean that narcissism is a form of insanity? Phillips says no. It is not insanity for the same reason as above; insanity implies that one cannot distinguish wrong from right; narcissism implies something completely different. A narcissist can know wrong from right and still be a narcissist. The Joker knows full well what he is doing and even acknowledges [personality disorder amongst all human beings] when he talks about the significance of order and chaos in a society, claiming that when people are plunged into chaos, all civilization amongst them is lost. He clearly only cares about the attention he receives and not the reward of his crimes. He acknowledges this in one scene when he says, "I'm like a dog chasing a car. I wouldn't know what to do with one when I got it." The Character could be the poster child for narcissism, but he is clearly not insane.

-Katie Hinshaw

## Pineapple Express: A Big "Hit"



Photo courtesy of traileraddict.com

Denton, who could be considered the relatively "straight" man, and James Franco playing Saul Silver, his happy-go-lucky dealer, the acting is nearly top-

*Pineapple Express* is one of the funniest movies I have seen in a long time. It easily ranks near the top of the list of vulgar 21<sup>st</sup>-century comedies, along with *Anchorman*, *Superbad* and *Dude Where's My Car?* *Pineapple Express* continues the traditions of stonerdom started by actors like Cheech & Chong and Jeff Bridges (*The Big Lebowski*.) With Seth Rogen playing Dale

notch and always hilarious. Inappropriate language, behavior, and humor permeate this movie, and the movie is unabashedly centered on the usage of marijuana. As a matter of fact, there are many scenes that would startle most anyone (at least initially) with their blatant use of illegal subject matter, whether it's Saul selling pot to high-schoolers, or Dale smoking a joint while driving his car down the highway. I'm surprised that there hasn't been more of an uproar about this movie. Of course, I suppose that's why the movie is rated R.

Regardless, *Pineapple Express* is the shining star of ridiculous, over-the-top, summer action comedies. The comedy is simultaneously crude and detailed, keeping it fresh and unique. For fans of the Harold and Kumar films, *Superbad*, and other stoner/stupidity movies, this is a must see. For those who have no interest in experiencing the epitome of stonerdom, I can only say that you're making a mistake the size of Red's bong. 'Nuff said.

-Luke Maschinot

## A 'Spooktacular' Show

People of all ages line up on the last Saturday of every month in front of Atlanta's only independent theater, The Plaza, waiting to see what Silver Scream Spook Show will do next. Most of the fans arrive early in order to snag a good seat and fresh popcorn to watch a classic horror film. The movies range from the 50-90's, with thrillers like *13 Ghost* and the original *King Kong*. Along with the film comes a related skit, that's preformed on an open stage in front of the 35- millimeter screen. The show is filled with things that will get your head spinning. There are dance numbers, hilarious jokes, spooky tricks, and a crew that will keep you coming back for more. Each character is different. You have your "Ghost Host with the most"; Professor Morte, Morte's sidekick; Retch, the spooks model; Pandora, Pandora's cousin; Persephone, the girls of Blast-Off Burlesque, the typical bad guy; Dr. Werthum, and tons more at every different Spook Show. Every Spook Show is more original than the last, each one has it's own eerie sound effects and homemade props. The special effects from the classic films affect modern viewers differently. They may leave you laughing or just spook you out. As Professor Morte would say "It's sure to scare the yell out of you!"

So, head down to the Plaza Theater on Ponce to see a spectacular show that awaits! For all of you that are going to become big fans like the rest of us make sure to join the "Fang- Club", where you get a fang-club card, a signed picture of Professor Morte and Retch, buttons, stickers, and a t-shirt. All of this for the minimum price of \$25.00! You also get "fang-tastic" prizes every time you go!

-Genna Jones and Paula Harding



### ADMIT ONE

Kiddie show  
price- \$6  
time-1 pm

Late night show  
price-\$10  
time-10 pm

## Harry Potter Awaits Summer Rush

Harry Potter fans are in for a terrible spasm of the Cruciatus curse, *The Half -Blood Prince*, movie No.6, has been postponed until Summer 2009. This release date will be over the same calendar weekend in 2009 that Warner Bros. debuted "The Dark Knight." On Aug. 15, 2008, more than 5,000 Potter fans created an Internet petition directed at Warner Bros., that called for the distributors to release the movie on Nov. 21 as originally intended. Alan

Horn, Warner Bros. CEO, told the Associated Press, "Due to the Writers Guild Strike, it impacted the readiness of scripts for other films changing the competitive landscape for 2009 and offering new windows of opportunity that we wanted to take advantage of." Horn also said that the film had been on schedule and the change was not due to any production snags. Jeff Robinov, president of Warner Bros. said that the new release date won't change the production schedule

for this or future Harry Potter films. The gap will be shortened between *Half-Blood Prince* and the first part of *Harry Potter and the Deathly Hallows*. The sixth Potter movie, directed by David Yates, is about exploring Lord Voldemort's past, and Harry's preparations for the final battle among blossoming romantic relationships and struggling to resolve the confusions and conflicts typical of a teen life.

-Payton Fritch



## High School Musical: The Epidemic

When The Disney Channel original movie High School Musical first aired on Jan. 20 2006, 8 million people watched. Now almost two years later after releasing a record-breaking sequel, gaining millions of fans, and a making soon- to- be featured film, it has become the most popular Disney Channel movie ever produced. Even though kids are the main supporters of the High School Musicals, they are not the only ones. Teenagers have also been involved with the viewing of the movie, including Grady students.

"I'm always watching Disney Channel. When it came on I loved it," junior Briana Davis said, "It's so fun, it makes you happy." The relationship between Troy and Gabriella is among one of the favorite aspects of *High School Musical* liked by Grady students. Their relationship is realistic and the students can relate to some of their problems. Out of the two movies, Grady students more often named *High School Musical 2* as their favorite. The new upbeat songs and complicated dance numbers brought the movie to the next level, and the plot made the movie seem more real. Although unusual to have teens engaged in a movie made for kids, the characters deal with a lot of real- life scenarios including choosing your friends, dealing with peer pressure, and preparing for the future. The epidemic began when the star athlete Troy Bolton (Zac Efron) and the braniac Gabriella



spaces.live.com

Montez (Vanessa Hudgens) met singing karaoke at a winter retreat and then unexpectedly reconnected at school. Conflict soon arrives when the two decide to audition for the lead roles in the upcoming school musical. Despite being encouraged to stay away from the musical by their different groups of friends, parents, and the drama club, the two prevail in the end by not only winning the lead parts, but showing their school that it isn't wrong to stray from you "clique" and make new friends.

After the movie premiered, the soundtrack was released and hit the No. 1 on the charts twice. Karaoke and dance-a-long versions were also aired on Disney Channel a few months after the movie's debut. A year later the anticipation for a sequel was finally over when *High School Musical 2: Sing it All or Nothing* premiered on the Disney Channel with 17 million viewers making it the most watched basic-cable telecast in history. This time the East High Wildcats came together in the summer to work at a country club owned by the parents of drama club diva Sharpay Evans (Ashley Tisdale) and her brother Ryan Evans (Lucas Grabeel.) When summer arrives, it's time for work to begin. Circumstances changed when Sharpay devised a plan to break up Troy and Gabriella during the summer.

She uses her connections with the local college to distract Troy as he begins to worry about his future. Troy grows apart from his fellow classmates. While he is going over the possibility of a basketball scholarship with college players, his own teammates are pressured into quitting. Fortunately, Troy realizes how caught up he is in his future and like the movie before it, everything is resolved and ends with a celebratory song at the club's summer talent show.

Students are also excited about the newest movie *High School Musical 3: Senior Year* featuring 10 new songs and 17 dance numbers.

Many fans are happy that the third movie is coming out in theaters and the film deserves its reward. For the final film the entire cast will return as seniors and be ready for their beat year, while dreading the separation that comes with the conclusion of High School Musical. High School Musical 3: Senior Year will be premiering in theaters October 24<sup>th</sup> and there is no doubt it will be bigger than ever. "I loved *High School Musical 2*," junior Jazmin Fulton said, "but I think *High School Musical 3* is gonna rock my socks off,"

-Taylor Alford

### What was your favorite Summer 2008 movie and why?



Quinyana Long, Sophomore

*Step Brothers*

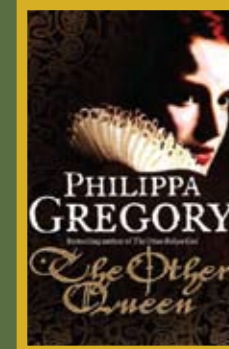
"It was just really funny. I can't find words to explain it."

## September

## What's Hot?

The latest books, movies, and DVD's

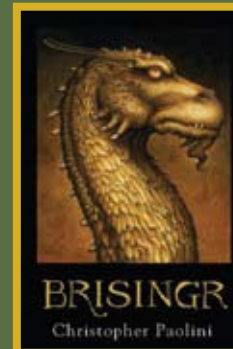
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16



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randombuzzers.com



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mscaesi.org

spaces.live.com



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firstshowing.net



7



24

## October

DVD

MOVIE

BOOK

# Five Little Points...

## About Atlanta's Independent Scene



For the purposes of the articles that follow, *Nexus* defines an independent store as an individual or small-chain store with no more than three branches. These stores breathe life into a community, giving it names and faces that don't scream "made in China." The money spent in these stores stays in the community where their customers live. With independent stores, you're never quite sure what to expect, but, as the *Nexus* staff discovered, that's half the fun of these "for the people, by the people" retailers.

Photos by Katie Hinshaw and Gina White



Atlanta is like everywhere else in America and beyond. With chain stores and strip malls and hegemonic, oligopolistic merchants lining the pavement that stretches for miles, it's becoming more and more difficult for any place to appear different from any other place. Believe it or not, though, there are still independent stores in our fair city, where "mom and pop" stores survive if not thrive. Before you spend your next dollar at Wal-Mart, Starbucks or Borders, consider spending it locally and support the community entrepreneurs in your neighborhood.

# LITTLE FIVE POINTS:

## A Trendy Misfit in a Corporate World

Little Five Points is a community of independent shops situated in the middle of Inman Park, Kirkwood, Candler Park, and Poncey-Highland. The Atlanta equivalent to San Francisco's Haight Ashbury district, Little Five Points is the picture of alternative counterculture lifestyles. "[Little Five] It's a crazy area, you see a little of everything here. An eclectic area," says Dave of Little Five Soul, whose owned the business for two years. Little Five Points provides for people looking for alternative living,

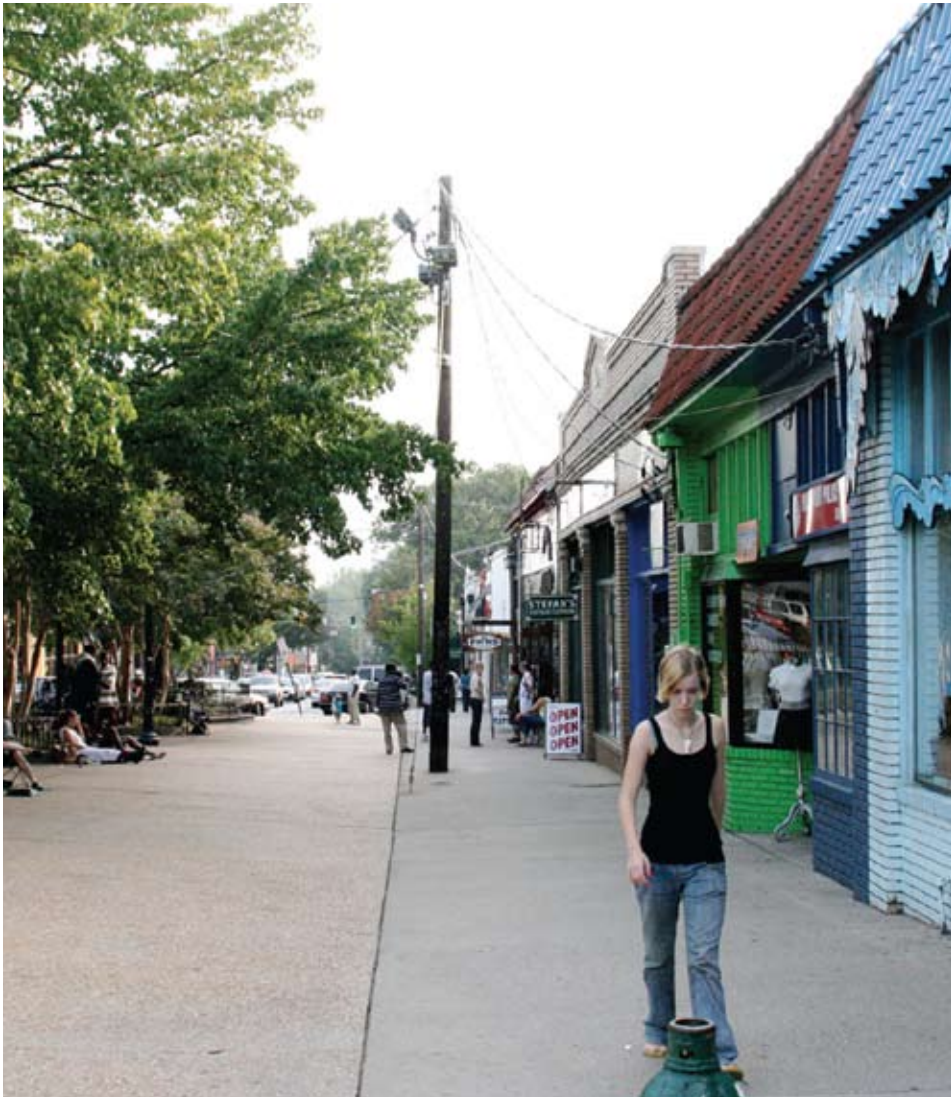
bond Credit Union (the local bank), Sevananda a local all organic, and vegetarian grocery store, and a local Little Five Points Pharmacy. Throughout Little Five you can find vintage clothing boutiques, head shops and tattoo parlors. Little Five is a sweet escape from [the uniforms sold at Target.]



Little Five has several music stores: Wax-N-Facts, Criminal Records, and Little 5 Soul, which are much better alternative, to buying at the local Borders, Barnes & Noble, and Best Buy. The U.S. has 800 fewer indie music stores than in 2003, and districts like Little Five is fighting to keep this as the only genuine way to buy music. Criminal Records and Wax-n-Facts have new & used LP's, CD's, and tapes, containing all genres of music and magazines, Little 5 Soul sells a variety of alternative funk music.

"You have a better chance of getting what you want. We have vinyl, which means more variety. There are people who have been here for a long time and they can help you find exactly what you want," says one Wax-N-Facts worker.

-Gina White  
continued on page 20



Little Five is both a hot spot for teenagers and adults with all ages concerts at Five Spot .



Wax-n-Facts is jam packed with records just begging to be sold.



## A Little Yard Work Saves a Lot of Money



Shopping at yard sales is easily the most fun I've had while shopping. Not only can you get away with buying \$200 designer clothes for less than \$5, but you learn so much about a community. For example, if you go to a yard sale in the Ansley neighborhood, you'll find good stuff, but be prepared to haggle. If you go to the Druid Hills or Briarcliff area, then you're bound to walk away happy. In fact, Druid Hills has a whole weekend dedicated to yard-selling. (This year it was the weekend of Sept. 27). Not to imply that every yard sale is magnificent, offering high-end merchandise at low prices, but take the time to search around, and you will find something you like soon enough!

-Katie Hinshaw

Juicy Couture matching pink and white dresses (layered)  
Store price: Approximately \$138  
Yard sale price: \$2 each

Urban Outfitter's shirt  
Store price: Approx. \$15  
Yard sale price: \$1

Coach purse  
Store price: \$198  
Yard sale price: \$45

Vera Bradley Bag  
Store price: Approx. \$70  
Yard sale price: \$2

Singer Sewing Machine  
Store Price: \$250  
Yard sale price: \$10



Photos by Katie Hinshaw and Sarah Lawrence

# From Morningside to Piedmont Park

## Organic farmer's markets in Atlanta

Every Saturday morning in Piedmont Park you'll find a bustle of people fleeing from one kiosk to another buying everything from fresh honey to artwork. Piedmont Park's Green Market is an open air farmer's market that runs from early May to mid- December, the more bearable seasons for Atlanta, and is located across from 12th Street. In this market you'll find yourself in a small intimate space, full of families and young couples, all looking to get their fill of fresh, organic food at a lower price than you might find at Whole Foods. You'll also find vendors selling things that wouldn't necessarily fit into the "farmer's market" genre. One vendor sells New Orleans style "Snow Balls", (a treat similar to snow cones that have become increasingly popular in Atlanta since Hurricane Katrina.) Taj Ma Hound, a dog bakery, also has a kiosk at the market, selling dog treats that, if you didn't know any better, you just might try yourself.

The Green Market, in its increasing popularity, is growing, but for now enjoy it for what it is- a small strip of tents with your everyday, run-of-the mill vendors selling not so ordinary things.

Morningside Farmer's market is a market that takes place every Saturday morning, year round. Morningside Farmer's market, established in 1995 and located on North Highland Road (across from Alon's), offers a bigger selection of produce than the Green Market, but it's not nearly as eclectic. Here you'll find your tomatoes, okra, and anything else that screams southern cooking.

Similar to the Green Market, you're in an intimate surrounding, but here you not only get fresh produce, you also get entertainment. Busking is popular at the market, and Grady High School's Orchestra has even performed there.

-Katie Hinshaw

# Big Eats in L5P

continued from pg 15

When you walk into the Vortex and you are in an official "idiot-free zone". No punks, tight-asses, moochers, bullies, or whiners allowed. The Vortex wants to stress the difference between themselves and corporate restaurant chains adhering to the principal that you can't please everyone. Just because a customer is unhappy doesn't mean he is going to get free food.

In Little Five there are a host of restaurants: Savage Pizza, Aurora Coffee, Little 5 Points Pizza, Village Coffee House, Yacht Club, Sweet Lime, Sweet Potato Pie Café, Olive Bistro, El Myr, Tijuana Garage, Sabroso, Front Page News, Star Bar and Planet Bombay. The flexibility to buy locally and please customers is a trend among locally owned restaurants. You are guaranteed to get a more personal dining experience.

Little Five is an ideal place to shop, with a full line of funky and original clothing. There is Stefan's where lovely vintage clothing and accessories line the walls, while Junkman's Daughter has various novelties, graphic, neo-Goth attire, and [Chap Stick that's guaranteed to turn you into a Canadian.] Little Five also has a more trendy, upscale stores with great sales such as Bill Hallman, Wish and 421.

Within Little Five are markets where merchants gather together like The Bazaar, Miso Market, and Four Corner World Market. African drums, incense, and the smell of the Sweet Potato Café all lie within the walls of the Four Corners World Market.

In order to support local businesses when buying books, you should first check your local independent bookstores like Little Five's A Cappella Books and Charis Books. Charis specializes in feminist writing and A Cappella sells rare or out-of-print paperbacks, new and used. By buying from an independent bookstore you are supporting your

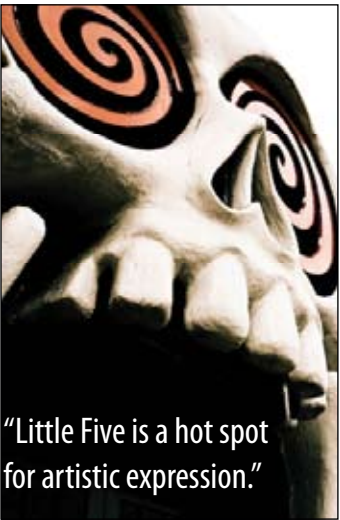
community and the writers, although to find bestselling books you may need to step out of Little Five and hop over to your local chain bookseller.

Little Five is a hot spot for artistic expression. Every corner and every wall is decorated with graffiti and other stencil art making Little Five unique and eye-catching. The Variety Playhouse is a concert venue that puts on shows for local bands and some more nationally known bands that favor smaller concert venues. Horizon and 7 Stages are local theatres that generally have shows on the weekends.

Little Five's annual Halloween Parade is always overflowing with the local offbeat musicians, such as The Seed & Feed Marching Abominable and the Atlanta Freedom Marching Band. The streets of Little Five are packed with Star Trek Klingons on motorcycles, punks, drag queens, local business floats, roller bladers, belly dancers, and the Queen of Little Five Points on her giant pumpkin float, all to celebrate Hallows Eve.

Little Five Points is an affordable shopping venue with easy access. Seeing a concert at The Variety Playhouse is friendly and far more affordable than buying a ticket at the Phillips Arena. Supporting your local businesses and your community is a great way to maintain locality and intimacy. The world is becoming increasingly large-scale and super-sized. It's the districts like Little Five that keep everything a little closer to home.

-Gina White



### Aurora:

This loveable coffee house offers an eclectic view on coffee. The slightly grumpy staff can work an espresso machine to create that perfect house blend that offers a distinct, darker roast that anyone who needs a pick me up will enjoy. Sitting in its industrial themed coffeehouse, featuring local artwork for sale, you can hear the bark of the neighborhood dogs as their owners come in to pick up the coffee beans that have become a local favorite. Representing what a Little Five Points coffee house should be, you will not be disappointed at Aurora.

### San Francisco Coffee:

If you are picky about what you drink, look no further than San Fran. Its coffee bar, featuring four choices of exotic flavors, allows the customer to find the perfect taste. With three privately owned locations gracing Atlanta, walking into any of these coffee houses guarantees an experience that will change your outlook on coffee. Its customer friendly staff offers recommendations of their favorite coffee and fresh pastries. This neighborhood coffee house will bring you back time after time with its relaxed, warm earth toned atmosphere that draws in everyone, from couples in their 60s to students. Offering free wi-fi and an abundance of outdoor and indoor seating, San Francisco Coffee is a breath of fresh air in the world of coffee.

### Danne Man's:

This simple, casual coffee shop that opened in June 2008, replacing 4th Ward's Javalogy, runs on the methodology that comfort rules all. Offering an adequate cup of coffee with a strong, crisp taste and a welcoming atmosphere, it is sure to draw in a large crowd of Georgia State students looking for a good study session and caffeine buzz.





## Pandora.com: A New Kind of Radio

It was love at first click. After being introduced to the world of Pandora.com, I knew I would never be able to listen to Atlanta radio again without a sigh of heartache.

From the first time you enter this website, it's hard not to fall in love with the Music Genome Project. Pandora's purpose is simple: allow the consumer to control what they listen to by assigning music a "genetic" code and then using the codes to determine your musical taste and create a radio station specifically suited to your taste. After registering for a free Pandora account, you are directed to the home page where you type in a song or artist and, within seconds, you have created your own radio station.

The beauty of this service is that it not only plays the music you request, but it uses the company's eight years of musical analysis studies and more than 400 musical traits or "genes" to make recommendations. Wondering why they suggested a song? Look to the displayed genetic codes that are comprehensive and diverse; sample codes include vamping, mild rhythmic syncopation and tonality. If for some inexplicable reason you dare to argue with Pandora and don't like the song they are playing, just select the "thumbs down" tool or the "don't play this song for a month" option, and you are directed to a different song. Whether you're a classical fan or a '80s pop fan, Pandora is guaranteed to play that song you have always loved or the song you will love forever.

This music enlightenment service doesn't stop there. It also provides you with a full biography, discography,

comment section, and shows other people listening to that artist so you can compare music and play their radio stations. Don't want to share your Miley Cyrus fetish? Fret not, privacy options can remove that application so no one knows what you really listen to.

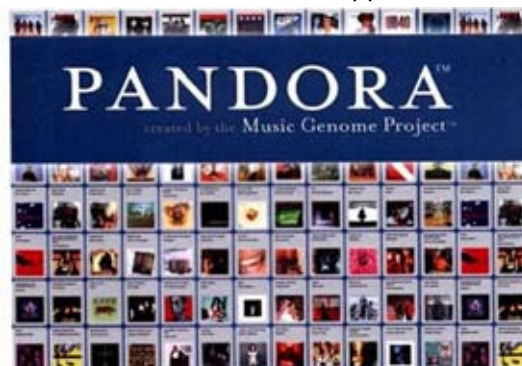
Pandora's recent partnership with Apple has increased its subscriber base by millions. Being a top 10 iPhone Application has made Pandora an unprecedented Internet radio force.

The limited function of Pandora's psychic experience can be directly traced to the music industry's high royalty fees. Pandora doesn't allow you to fast-forward or rewind and limits the number of songs you can skip per hour because of the Copyright Royalty Board's decision in 2007 to increase fees and require licensing guarantees.

And here comes the real tragedy. Pandora is expected to go under soon because of the high costs they are

forced to pay. Its fees total more than 70 percent of its revenues because they aren't allowed to use the same percentage-based royalties that satellite radio stations such as Sirius pay. The mandated increases from 2007 haven't even been fully implemented. They are expected to double the rate Pandora currently pays for each song in 2010. Even worse, it's expected to go under before this happens in 2010 because the company refuses to incorporate audio ads into your radio stations because it doesn't want to taint the only "real radio" we have left. Pandora's only hope is to continue selling advertisements for its website and trying to fight the Copyright Board with the help of the millions of Pandora lovers.

-Emily Atkinson



## What We're Listening To...



- 1) The Roots, "You Got Me"
- 2) Queen, "Bohemian Rhapsody"
- 3) Steely Dan, "Black Cow"
- 4) Jaz, "Reasonable Doubt"
- 5) Prince, "I Feel For You"



- 1) The Doors, "Strange Days"
- 2) Pink Floyd, "Wish you were here"
- 3) Rolling Stones, "Beast of Burden"
- 4) Beatles, "Bernie Lane"
- 5) Mikey Avalon, "Mr. Right"



## Call Him Shwayze, He's Kind of Like Patrick



"Is he just a TV star or a true artist?" Known for his hit MTV show *Buzzin*, Shwayze had a lot to prove on the debut of his self-titled album. His partner/producer is Cisco Adler, former member of the band Whitestarr and a Hollywood socialite can be heard on every song on the albums hook. Shwayze's music is the perfect blend of soft/pop rock and hip-hop, leaving you very satisfied. This combination is unique and unheard of in the music industry. Tracks like, "James Brown is Dead" and "Roamin" give an honest and sincere view of the life Shwayze and Cisco live and how they feel about it. "Mary Jane," a song sung completely by Cisco, is the perfect addition to the album because of the soft, relaxing tone and also because they say that Shwayze is not afraid to share the spotlight. Its obvious that Shwayze made an album he truly enjoyed. This album will show people that Shwayze is more than a reality TV show personality: he's an artist that breaks all of the typical genres. They say he's crazy, but hey, he's just Shwayze.

-Erin Johnson

## Lloyd: Lessons In Love



Out of Decatur, Lloyd first came on the music scene with his first single, "Southside," a duet with label mate Ashanti. Now on his third CD, *Lessons in Love*, Lloyd is giving us a more modern "R.Kelly sound." He speaks on the same subjects but with a smoother way of getting his point across. His label, The Inc., recently was under fire from the fights between feuding labels, but luckily this did not affect the production of his album. "Girls Around The World," features the infamous Lil' Wayne and gives listeners the groove of '88 R&B music. The CD offers some heartthrob moments with tracks such as "Treat U Good," "Heart Attack," and "I Can Change Your Life." This mainly ballad album with great metaphors has a few collaborations. In this album, Lloyd is definitely trying to separate from the pack.

-Erin Johnson

## Mötley Crüe: Saints of Los Angeles



Twelve years after going their separate ways the original members of the Crüe reunited for their 2008 album, *Saints of Los Angeles*. Released on June 24, the album was approached by many fans with curiosity. After 12 years of idleness would Mötley Crüe still have it? Would they have changed with the times or would they be rockin' like it was 1984? *Saints of Los Angeles* reveals an evolved Mötley Crüe mixing '80s glam rock with a more modern sound. The album begins with an intro reminiscent of the early days in Los Angeles and the tough times Mötley Crüe endured while on the path to stardom. The first few tracks sound more modern with a heavier bass and many chorus vocals. "Down At The Whisky" marks the first track that is reminiscent of the classic Crüe style and sound. It touches on the old Mötley Crüe for parts of the song while sounding more modern at other moments.

The next track, the band anthem titled "*Saints of Los Angeles*," fully restores the attitude and bad-ass nature Mötley Crüe established in the '80s. Following this track 5 "MF of the year" has a more alternative sound with a catchy chorus. The bass takes on a harder yet simpler tone, almost an Audioslave like tone associated with modern rock. Track 7, "The Animal In Me," is by far the best song on the album. It captures the grittiness associated with Mötley Crüe along with a smoother feeling. After "The Animal In Me" the rest of the album passes without anything spectacular, just Mötley Crüe, rockin' out and exploring a new style.

While this album was well done, it was missing something that Mötley Crüe used to have. It didn't have that hard edge and grittiness characterized in the band's better, early years. All the pieces were there, Tommy Lee is still the best drummer around, Nikki Six dominated the bass, Mick Mars was solid on guitar, and Vince Neil delivered on the vocals



## Lil' Wayne: Tha Carter III



New Orleans native, Lil' Wayne -a.k.a. Weezy- a.k.a. self-proclaimed "the best rapper alive"- is by far the greatest experimental rapper to date. His trilling vocals and risk-taking lyrics are sublime. Wayne raised the bar with the release of *Tha Carter II*, where he first showed the people his outstanding creativity. *Tha Carter III* is

just as unpredictable ranging from the purely pop sequences of "Lollipop" and "La La," to the timeless and soulful sound of "Mr. Carter," "Dr. Carter" and "Let the Beat Build." Despite the range of sounds, he does not yield to nonsensical, crackpot lyrics that leave fans feeling robbed. Every song on this album is controversial, yet everybody is jammin' to this man's beats. Everyone hopes Lil' Wayne will continue this streak. He "can't stop, won't stop," and we hope he doesn't, especially in a hip-hop industry where artists are becoming more conventional. Weezy is original amongst a sea of mediokre "YAH TRICK YAH's".

-Gina White

## The Academy Is... Fast Times At Barrington High



A pop punk band from Chicago, The Academy is..., has released its third album *Fast Times at Barrington High*. Getting the title from the 1982 movie *Fast Times at Ridgemont High*, the band replaced it with Barrington High in Illinois, where founding members William Beckett and Adam Siska attended. Staying true to the title, the album takes you through those end-of-summer romances and start-of-school jitters. The first two tracks, "About a Girl" and "Summer Hair = Forever Young," show the softer sound which is a marked departure from the band's previous albums. While some bands lose their identity when making a new album, The Academy Is... managed to keep its same catchy pop beats. The lyrics and songs are calming but still fun to sing along to. With the feeling of living life now and in the moment, *Fast Times at Barrington High* is the perfect album to start off the new school year with.

-Tanzila Mowla

## UPCOMING ALBUMS

Album	Artist	Release Date
<i>Paper Trail</i>	T.I.	Sept. 30, 2008
<i>Shudder</i>	Bayside	Sept. 30, 2008
<i>Thr33 Ringz</i>	T-Pain	Sept. 30, 2008
<i>Way to Normal</i>	Ben Folds	Sept. 30, 2008
<i>Dig Out Your Soul</i>	Oasis	Oct. 7, 2008
<i>Break Up The Concrete</i>	Pretenders	Oct. 7, 2008
<i>Appeal To Reason</i>	Rise Against	Oct. 7, 2008
<i>Skeletal Lamping</i>	Of Montreal	Oct. 7, 2008

Jonas Brothers and company rock out at Lakewood Ampitheater.

Photo by Alexandria Cantrell



## Jonas Brothers Rock Lakewood Amphitheater

Going to a Jonas Brothers concert is so much more than just seeing them perform on stage—it's a full experience in and of itself. Despite being a Jonas Brothers fan among mostly elementary and middle schoolgirls, I admit that I'm just as big of a fan.

The number of 12-year-old girls in the audience was so vast, and their screams, all pooled together, were enough to make your ears bleed for days. But once the JoBros came on, I found that I, too, became one of the screaming fans and hardly noticed anyone around me.

The show opened with flashing lights, lasers and fire. Suddenly the Jonas Brothers dramatically emerged on a platform out of the rafters that glided down to the floor, from which they energetically leapt and immediately started the show, playing songs from both their new and old albums, and songs from their hit Disney Channel movie, *Camp Rock*.

In a way, their overexposure was a little disappointing. They are so famous that I found seeing them live in concert wasn't any more real than seeing them on TV. Every so often, it would hit me that it really was them on stage, but it wasn't long before I would slip back into feeling as if I was watching them on a screen.

Every now and again, the concert would get incredibly cheesy, which is perhaps inevitable seeing as their audience mostly consisted of little girls. For instance, Nick Jonas spent about five minutes throwing drumsticks across the stage to a fellow drummer. But they would atone for every cheesy moment with things like back flips, splits, and spraying the crowd with a hose full of silly string. After some very corny sounding music leading into a song, they threw in a long compilation of techno beats, which totally changed the mood and made the concert more enjoyable for its older fans, like me.

They pulled several more cool maneuvers, including playing

a song while they rose high above the stage on giant pillars, a shower of sparks over the stage, and illuminated drums with water in the drum head, causing it to splash up in an array of colors.

Midway through the show, there was a video interlude focusing on Nick Jonas' battle with diabetes, their family, and the song he wrote about his struggle. After the video, Nick Jonas played the song called "A Little Bit Longer," and then spoke to the audience about following their dreams. How's that for cheesy? But even so, you couldn't help but appreciate the things the

Jonas Brothers stand for and be touched by his serious message.

I was awed by their ability to keep their fans involved in their lives. Not only are they huge stars, but they make their family a huge priority. Near the end of the show, their homeschool teacher appeared onstage along with their parents and little brother Frankie, and brought out a cap and gown for Joe and presented him with his high school diploma.

Though their music may not be as convoluted as some of the other bands we listen to, you've got to give them credit. Their music is outrageously fun and energized. Their lyrics may be adolescent and less developed, and their guitar

skills may not be complex, but these boys are good at what they do. Their range of abilities is quite astonishing. They went from singing and playing guitar, to Nick playing drums and piano, to Joe tap dancing, and all three of them doing impressive stunts onstage. Their level of energy was so incredible because they were hardly ever standing still. This, along with all the lights, lasers, fire and the works, added up to a surprisingly good show.

If you want to save your eardrums, you may not want to attend their show. They may be the embodiment of Disney, but even so, their live show was a lot of fun and is sure to impress their core of fans and attract even more in the future.

-Alexandria Cantrell



"The Show opened with flashing lights, lasers and fire." Photo by Alexandria Cantrell



Nick Jonas sang and played piano at the concert  
All photos by Alexandria Cantrell



## Horde & Mob or Hip & Modern?

Velvet ropes, bouncers and a DJ spinning the latest music. No, it wasn't the opening of a night club but rather the grand opening of H&M, the Swedish retailer of trendy and affordable clothing. It made its debut in Atlantic Station on June 13. Hundreds of eager shoppers waited in line in hopes of being one of the first 200 customers who would receive gift cards ranging from \$10 to \$500.

I left my house around 8 a.m., anticipating there would only be approximately 100 people in line. After some confusion about exactly where the line ended, I finally secured a spot and waited to hear if I had made the cut. A mother got in line next to me and told me that her daughter was about 30 people in front of us. She had decided to drop her off before parking.

About an hour had passed, when the woman received a call from her daughter. Her daughter was the 200th person in line. I was terribly disappointed that I hadn't made the cut. However, it didn't dissuade me from waiting another three hours for the store to open at noon. The line had become so long, wrapping around buildings towards the movie theater, that it would have been foolish for me to give up my spot.

Surprisingly, the time passed quickly, probably because of my eagerness to have my first H&M shopping experience. All of my time spent waiting paid off once I stepped through the enormous glass doors and gazed at all the latest affordable fashions from Sweden. All of the employees clapped enthusiastically while greeting the customers and continuously chanting: "Welcome to H&M!"

There were fabulous fashions on every wall of the two-story, 24,000-square-foot store. The entire first floor is dedicated to

womenswear and accessories, and a ride up the escalator takes you to men's, children's and 'Divided', a department dedicated to young fashion risk takers. I scoured both the women's and 'Divided' departments for something to satisfy my fashion craving, leaving with a skirt (\$20), a pair of lace-up sandals (\$16) and a gold enamel bangle (\$5). Much to my delight, I

received a free makeup bag, clad with an H&M logo, with my purchase. With my first H&M shopping experience under my belt, I took my bag and left. As I exited the store, a bouncer invited the next eager shopper to take my coveted place inside.

I have returned several times since that exciting opening day, leaving with the hottest fashions that don't break the bank. Weekdays are by far the best time to visit because lines start to form at the checkout and dressing rooms very quickly on the weekends. All the hype, music, bouncers and crowds during the grand opening were entertaining, but I prefer to visit H&M when I can easily get inside and browse the different departments without the masses of people.

If you haven't had an opportunity to visit H&M, I highly recommend that you do as soon as possible. No matter what your style is, you can be sure to find a great outfit at an unbelievably affordable price. With

colder months on the horizon, be sure to check out their fabulous fall/winter 2008 collection featuring lots of ruffles, blazers and structured skirts. You won't leave H&M disappointed (or broke).

-Savanna Sweeney



Left and right photos courtesy of hm.com  
Peter Gehrke; fall 2008 collection  
Center photo taken by Emily Atkinson



## The Look for Less

While watching T.V. or visiting entertainment websites, we are constantly reminded of how stylish celebrities are. Often, most of their clothing comes at ridiculously high prices. Have no fear!

Nexus is here to show you how to get their look for less.

Below: Thanks to clothes from Urban Outfitters, Seniors Carly Gaffney, Erica Eaddy, Brittany McKenzie borrow The Joe Bros' Look. (From left to right): Carly, ("Bad" Spraypaint Tee \$28, Hero Stripe Sleeveless Hoodie \$49, Levi's 510 Super Skinny Jean \$49). Erica (Feathers State Line Shirt \$29.99, Standard Stitch Polo \$24.99, Levi's 511 Soft Skinny Rigid Jean \$49.00). Brittany (BDG Heathered Tee \$14, Hawkings McGill Scoop Vest \$48, Levi's 511 Nile \$54)



Above: Senior Erica Eaddy borrows Kim Kardashian's look. Vest - Macys- \$29.99 Tank - Old Navy- \$6.99 Jeans- Old Navy- \$34.99



-Erica Eaddy and Brittany McKenzie

## MODEL BEHAVIOR: UC believes less is more in 2009

Grady's fashion program, Urban Couture, has been a big part of Grady life over the past five years. Under the guidance of program director Vincent Martinez, everything from a spectacular fashion show showcasing models on a rotating platform, to a unique fashion show for dogs has been presented to Grady and the rest of Atlanta. With Urban Couture's ever-rising fame and publicity, many of those in the Grady community might be wondering how the program can continue to improve as it enters its sixth year.

"I've got to look at what's best for the program," Martinez said, "[and] models have been an issue lately." Martinez explained that the energy of the models in previous years "didn't seem right." While you get dedicated models, you also get models who want to make the show exclusively about them.

With around 80 models in previous years, Martinez plans in the future to cut that number in half. Martinez hopes this change will bring several improvements. First, it means less chaos backstage.



Vincent Martinez at the end of the 2008 fashion show with senior designers.

"We minimize how many people with small roles are backstage because even if you're not doing anything, you're still in the way," Martinez said.

Another advantage is the fact that the senior designers will get a more realistic experience. Similar to a professional show, designers will have to reuse models with the same hair and makeup. This scales back the workload of the hair stylists and makeup artists

who generously donate their time and skill to the fashion show each year.

After wrestling with the idea of hand picking models and an open call for model auditions, Martinez and his 12 senior designers decided to restrict the auditions to students enrolled in the fibers classes. "When you use kids who are in the fibers classes, they understand the culture and environment of the show."

-Katie Hinshaw

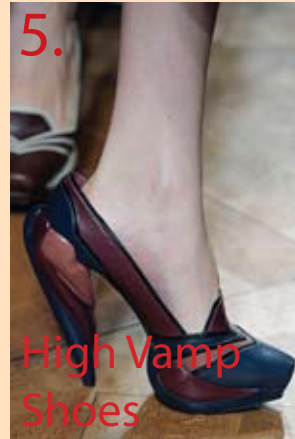
As fall arrives, it's time to dig in your closets and take out your jeans and outerwear. If you plan to go shopping this season, here are some top trends you should know about, inspired by Fall 2008 runway looks -- *Claire Buysens*.



1.  
Statement Jewelry



2.  
Plaid



5.  
High Vamp Shoes



3.  
Florals



4.  
Berry Colors



6.  
Lace

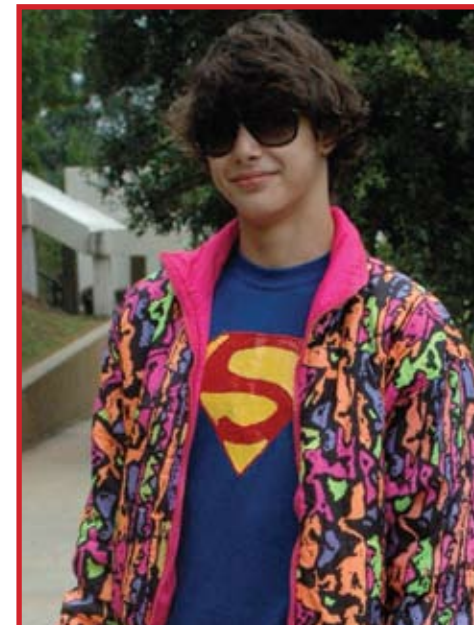
1. Givenchy
2. Dolce & Gabbana
3. Micheal Kors
4. Oscar De La Renta
5. Miu Miu
6. Prada

Photos courtesy of style.com

## Grady Glamour

Photos by Claire Buysens and Paula Harding

For Grady's fashion elite, the hall becomes a runway. Modeling the latest in urban style and creating trends of their own, Grady's fashion experts bring style to our school.



Clockwise from top left: Senior Anja Griffin, Sophomore Max Erwin, Junior Khalyn Jones, Junoir Hannah Jackson, Senior Dane Alexander, Junior Sarah Darrow, Senior Tawnie Mason, Sophomore Carson Starnes and Senior Darian Steward (shoes in center).

STYLE IS THE KEY TO HAVING YOUR PICTURE IN THE NEXT ISSUE!



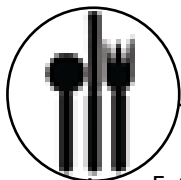
Top Left: Vogue Lee-Williams. Top Right: Taylor Fulton. Bottom Right: Alexandria Cantrell. Bottom Left: Jillian Woodliff. Center: Jael Right: Sarah Bufkin  
Photos By Claire Buyens



Models from our own Urban Couture participated to present Rubbing Noses, a charity fall fashion event, Sunday September 14 at Lambert Place. The show benefitted Pets Are Loving Support (PALS), an organization that provides care and support to the pets of Atlanta. Students worked it on the runway, accompanied by some fierce dogs. LUXE-Atlanta and Universal Gear supplied the clothing for the catwalk.

-Claire Buyens





## A Healthy “Nut” for the Human Body

Eating just a handful of almonds on a daily basis can have many positive effects on your body. Almonds improve your complexion and prevent acne, while helping you to maintain a healthy diet, without actually having to diet!

Teenagers don't need to spend at least sixty dollars every few months on an acne treatment solution. A much less expensive solution for improving your complexion is eating foods that are good for your skin. (They weren't kidding when they said you are what you eat!) Instead of wasting money to temporarily clean your facial skin every day, solve the problem naturally and from the inside.

Not only do they keep your skin healthy, but almonds also prevent cancer, improve the movement of food through the colon, and have anti-inflammatory, immunity boosting, and anti-hepatotoxicity (fights toxins away from the liver) effects.

They are also one of the best sources of Vitamin E, magnesium, fiber, phosphorus, protein (almonds are a protein powerhouse! One cup is equal to 13.2 grams of protein), and potassium.

Researchers say that eating 73 reduces your cholesterol by heart disease, while acting as a diabetes.

Almonds also lower the risk of they coat the inside of your fuller longer. Nutritionists almonds between major meals on less healthy foods. Shown an experiment done to see the adding almonds to their daily

Almonds, however, are not party mix, they are actually very and religions. The Chinese beauty.

The almond is native to Iran, which is the seed of the fruit

In Ayurveda, India, the ancient the Indian subcontinent, they the brain and nervous system. of almonds induces a high

In Christianity, almonds play an important role all throughout the Bible; Genesis 43:11 says that almonds are “among the best of fruits,” meaning almonds are superior to other seeds.

Jeremiah 1:11-12 states that almonds are a symbol of watchfulness and promise. Many paintings of the baby Jesus include a mandorla encircling him. Mandorla, which is Latin for almond, is a symbol of the virgin birth of Jesus. In the painting, they often use this shape as a symbol of the virgin mother, Mary, to show her watchfulness and promise over her son.

All in all, whether you believe the superstitions that came from India and other cultures, you are trying to maintain a healthy



An Almond a day keeps the cancer away. Photo  
Claire Buyens

grams of almonds on a daily basis 9.4%, which also reduces the risk of double-barreled protection against

weight gain. When you eat almonds, stomach, which keeps you feeling say that snacking on a handful of prevents you from wanting to snack in the chart below is an example of difference in a person's health when diet.

just the healthy “nut” in your typical important to many different cultures consider almonds a symbol of female

and is actually not a nut, but a drupe, from an almond tree.

health-care system that is native to considered almonds a nutritive for They also believed that consumption intellectual level and longevity.

Health-promotion substances	Percent of significant increase in the participants' intake
Monounsaturated fatty acids	42 percent
Polyunsaturated fatty acids	24 percent
Fiber	12 percent
Veggie protein	19 percent
Vitamin E	66 percent
Copper	15 percent
Magnesium	23 percent

Unhealthy substances	Percent of significant decrease in participants' intake
Trans fatty acids	14 percent
Animal protein	9 percent
Sodium	21 percent
Cholesterol	17 percent
Sugars	13 percent

Forty-three men and 38 women participated in an experiment to find out whether or not almonds really improved a person's health. They ate two ounces of almonds daily for six months, but changed nothing else about their diet..

## Tofu: The Asian Cheese

Tofu has been greatly misunderstood over the years due to its bizarre texture and lack of taste. Many Americans, however, are beginning to embrace this Asian specialty due to its nutritional benefits and it's extreme versatility.

Tofu starts out simply as soy milk. From there it is heated and nigari is added to coagulate the soy milk. The mixture is then left to curd, then compressed into solid blocks. The final product is a white, tasteless, Jell-o like sponge. It doesn't sound very appetizing but in the right combination of spices and flavors, tofu can be quite surprising and appetizing.

Tofu's spongy texture allows it to soak up any flavors that are cooked with it. In Asian cuisine, soft tofu is often added to soups or deep fried and sautéed with sauces. The silken variety has also been used in a very popular Asian desert where warm silky tofu is served with a ginger, and brown sugar sauce. The Western culture is more familiar with the firmer tofu that can be compressed and used as imitation meat. Because it retains its structure so well, it can also easily be stir fried, grilled or baked. Many tofu fanatics have also found more creative ways of incorporating tofu in everyday American recipes such as in salads, meatballs, dips and pies.

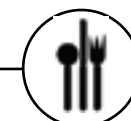
Soy is often noted for its nutritional benefit so it would seem likely that tofu would have similar benefits. Tofu is low in calories, a great source of protein without the cholesterol and high in calcium. On top of that tofu has also lowers the risk of heart disease and cancer. It is also a great source of calcium, copper and manganese.

Despite misconception, tofu can be a delicious additive to many of your favorite recipes. Think of it as the Asian cheese. If you're ready to give tofu a chance , Atlanta is home to some great tofu-themed restaurants such as Tofu House, a Korean restaurant known for its spicy tofu soups and tofu hot pots. Otherwise try making tofu dishes at home by adding it to for favorite salads and omelettes.

-Thuy Dinh



Photo by: Thuy Dinh



## Healthy Foods For The Skin

Wouldn't it be great to eat well and help your skin at the same time? There are great foods and drinks out there that are very

beneficial for your skin.

Low-fat dairy products, whole grains, Pom Juice and Borba gummy bears are just a few. There are also fat-free and vitamin-enhanced candies that are very good for your skin, too.

Low-fat dairy products, such as low-fat yogurt, offer important nutrients that keep your skin healthy.

Other low-fat products

like lean meats,

poultry and fish contain vitamins and minerals. These vitamins protect your skin

from damage, and can help reduce the damage of skin cells, by harmful radicals these benefits age your skin permanently.

Pomegranate juice, which can be seen in the hands of many Grady students, is fantastic for your skin. Pomegranate juice is full of powerful antioxidants that work really well for preventing acne. The seeds from pomegranates have oil that contains beneficial phytoestrogen and punicic acid. Pomegranate juice is sold everywhere, from grocery stores to vending machines.

Whole grains help your skin from the inside out. These days whole grains can be found in all of your favorite snacks. They help your digestion, which is essential for your complexion, because if your body isn't able to get rid of waste, the toxins will build up and show up on your face.

Last but certainly not least: Borba gummy bears were created entirely for skin care. It's the best of both worlds, eating a sweet treat while helping your skin all at the same time. Borba gummy bears are tasty treats that do so much for your skin strengthening the capillary walls that enhance skin clarity and clear pores. The gummy bears contain Acai, which is an antioxidant that works to protect skin. They also contain green tea extract, and vitamins A, C, and E that work to protect skin from stress, you can purchase these special gummy bears online, at the doctor's office or, in spas as well as at Nordstrom's. The bears cost about \$25 in stores and online. These fat free, vitamin enhanced gummy bears are very favorable to your skin and can keep you look good and feel good, too. If you want to keep your face looking good and healthy eat them everyday.0

-Takisha Walls



## Stephen 's Unforgettable Meal

Ben Franklin expressed it best: Hunger is the best pickle. The best meals I've had have been when I was very hungry. There is nothing like hamburgers on the grill after a day spent in the ocean or a meal of beef stew after a cold morning spent splitting firewood. And I think it explains why some folks like to fast. The food tastes so much better when the fast is over. In Egypt, for example, they've found that people gain weight during Ramadan, the month-long Islamic fast. It turns out that when the sun goes down, the feasting begins and sometimes doesn't end until sunrise.

But I digress. The most memorable meal I ever had was at my wife's parents' house for Christmas dinner. I can't remember if we were already married or engaged or just seeing each other, but I'll never forget the meal.

The Barbieri household lived just outside New York City in Westchester County. Everything about the family seemed Old World to me: the love of music and opera, their Catholicism, and their ease negotiating what to me seemed the most intimidating city in the world – New York. The kitchen was the focal point of the house. That's where Amalia's mother, also Amalia, presided. The smells of tomato sauce and fried eggplant and roasted chicken and grilled onion and garlic permeated the room. The Barbieris were making pesto before it became mainstream. I had always loved Italian cuisine, but I was especially smitten by the Barbieri meals. My mother, who is a wonderful cook, did not do Italian. Her idea of an Italian meal was opening a can of Chef boyardee spaghetti and throwing some pimiento olives on top.

The meal began with a special place setting. The best china and silverware and goblets were brought out and set on the table. Often, the place setting was photographed before the meal, just to record the beautiful image of perfection.

There were about 15 of us gathered for this meal. Once we were seated the antipasto was brought out and set reverentially on the table. We each had a little antipasto plate. There were the familiar plates of cold cuts and cheeses, but there were some new names like soprasetta and capicola. There were oringinis, balls of rice with a mixture of meat and cheese on the inside. There was a sweet-and-sour dish called copinatina, a delicious mix of eggplant and celery in a vinegary sauce. To go along with the antipasto there was toasted bread from a bakery down in Little Italy. Of course, there were also olives, pickles, pearl onions, capers and all sorts of sweet and sour and salty appetizers. I was already feeling satiated before the main course.

After these dishes were cleared away, the matriarchs of the family brought out steaming bowls of spinach and meat-filled raviolis. These were accompanied with bowls of what the Barbieris called "gravy" that looked a lot like tomato sauce to me. I discovered later that my wife had never made traditional gravy based on meat juice. It was just not an Italian concept. I had a large dish of ravioli and then got seconds. The pasta was handmade and then rolled out using a pasta machine. It literally melted in my mouth. The sauce was exquisite, tangy and not too sweet. Thick sauces were considered too "paisan." As the ravioli was being eaten Mr. Barbieri began a critique of this year's dish. "Not as good as Catherine's, a bit on the chewy side." Arguments started about how this ravioli compared with raviolis of the past. "Too much oregano." "Not enough meat filling." "This gravy is a little watery." "Aunt Catherine's were plumper." Raviolis of the past were talked about like wine "No, she doesn't cook ravioli. That had to be Aunt Olga."

Again, the dirty dishes were whisked off the table. My stomach was bursting, and everyone pushed back from the table a bit. The females were gone for quite some time, and conversation turned to politics, foreign policy, the New York art scene, the stock market and sports. I was ready to go outside for some fresh air and some exercise, having sat at the table for almost two hours. Then through the kitchen door came Amalia, her oldest daughter, Maria, and two aunts. They placed a large platter of roast pork on the table accompanied by bowls of mashed potatoes and broccoli. I was stunned. I thought the meal was over with the ravioli, but this was the main course. Clean plates were brought out and the third course began. I couldn't eat a mouthful.

The tradition continues at our house, with ravioli often brought down by plane or car from New York. My brother-in-law, Ernest, is now the ravioli maker. He mass produces it for Christmas in his fifth-floor walk up on the East Side and I always look forward to the expression on the face of the new guest at Christmas dinner who has gorged on the ravioli and then must face the prospect of another course.

-Scott Stephens

### Atlanta Celeb Restaurants

#### The Grape

-Usher Raymond  
Usher and his business manager Soloman Smallwood decided to expand the Grape restaurant franchise. He initially opened the first restaurant in Atlanta and plans to open three restaurants in Manhattan, Las Vegas and in Los Angeles. Striving to add a personal touch, Usher helped design The Grape. In addition to the wine bar and retail seller, The Grape also provides private dining areas. The Grape is located at 3500 Peachtree Road, with another location Inman Park. Foods to try @ The Grape:

Meal: The Grape Club Sandwich  
Dessert: Chocolate Cream Brownie

Price Range: \$30 and under  
Contact Number: 4) 577-4662



#### The Straits

-Chris "Ludacris" Bridges  
Rapper Ludacris decided to collaborate with Chef Chris Yeo to open an Asian restaurant in Atlanta. Ludacris had a hands on approach to helping his partner style the menu for his restaurant. He insisted that Yeo add a Southern flavor to his Asian cuisine. The straight is located at 793 Juniper St.

Foods to try @ the Straits:  
Meal: Straight Spare Ribs  
Dessert: Basil Chicken  
Price range: \$30 and under  
Contact number: 4) 877-1283



-Takisha Walls, Tyler Lawrence, and Kebra Fray

## Mom's Shrimp Pasta Salad



photo by : cookingwithconfidencec.com

My mom began writing these recipes when my older brother moved out a few years ago. She was determined to make sure we would take care of ourselves on our own and not resort to fast food and canned waffles (they do exist).

This is one of my favorite recipes. It's good for any meal and its healthy without tasting like it.

1 pound of shrimp (60 to 70 per pound)

1 box of pasta 16 ounces (You might choose tricolor rotini or just plain rigate.)

1 large can of small olives

1 can of water chestnuts

1 large stalk of celery

1 pint of grape tomatoes

1 bottle of Newman's Italian Dressing

Cook the pasta according to the directions on the box. Set it in a bowl in the refrigerator to cool. It needs a good two hours to get cold. Boil some water for the shrimp. Add some gumbo file to the water for a little spice. Remember to cook only three minutes or until the shrimp turns pink. Set the shrimp in the refrigerator to cool.

When you're ready to assemble the salad, cut the grape tomatoes in half. Cut the olives in half. Cut the water chestnuts in half. Cut the celery into bite size pieces.

Put it all together into the large bowl with the chilled shrimp and pasta. Add a quarter cup of dressing. If it doesn't seem like enough to coat the salad, add more. Add salt if it suits your taste.

-Sarah Lawrence

## Eat Cheap and Stay Healthy Doing it

Eating healthy can be expensive, but it doesn't have to be. Instead of munching on a bag of nacho cheese Doritos and chugging it down with a 20 ounces Coke, try these tips that will help you eat healthier without breaking your bank.

### Pack your lunch instead of paying

for it in the cafeteria line. Make sure you pack water instead of juices to limit your sugar intake and substitute sugar cookies for low-sodium cheese crackers. Use generic brands in your lunch. Generic or store brands provide the same quality and nutritional value at half the cost of brand names. Don't knock them before you try it.

### Make your own snacks at home.

Pack your own snacks to save money and avoid temptation while at school, work or practice. Make sure to store your snacks in re-sealable plastic bags to manage your portion size.

Apples make great snacks and are easy to cut and store in snack bags.

### Go for the regular fruits, meats and vegetables, not the organic

Ones. While organic foods do provide nutritional benefits, they have the same nutritional value as non organic foods. Stick with the regular foods to save money.

When eating at a fast-food restaurant, go for the salad. Opt for the salad instead of a burger and fries and go for water instead of juices and sodas. Ask for water in a cup instead of bottled water. Tap water is just as good for you as bottled water.

Remember to allow yourself to cheat once in while. Don't fully deprive yourself of all unhealthy foods. It's OK to have cake and ice cream once in a while just as long as it's in moderation. This is the best way to avoid binge eating and to stay disciplined.

-Tyler Lawrence

## Wacky Diets

These days it's all about looking your best. The halls of high school can feel like walking down a crowded red carpet, there are people everywhere watching and judging. It's important to stay healthy and fit, but there is such a thing as going too far.

Here's the perfect diet for all of you get-fit-quick extremists out there.

### Get a quick fix

#### The Lemonade Diet

If you're tired of wasting your precious time eating, the lemonade diet is perfect for you. All you have to do is drink the lemonade-like substance.

-Fresh squeezed lemon juice

- Maple syrup

- Cayenne pepper

- Water

Just mix and enjoy.

Procedure	Estimated Immediate Weight Loss	Procedure	Estimated Immediate Weight Loss
Clip finger and toenails.	1 ounce maximum	Amputate your leg	15-45 pounds (not advised)
Haircut	2-6 ounce	Go barefoot	1-2 pounds
Shave your head.	4-12 ounce	Go Naked	1-8 pounds (summer vs. winter)
Trim body hair.	1 ounce (ladies) 3 ounces (men)	No salt all day	0-1 pound
Remove a wart	1 ounce.	Don't wear underwear	1 ounces (thong)-2 pounds (granny panties) (thong)-2 pounds (granny panties)
Run a marathon on a hot day	3 pounds (women), 5 pounds (men)	Donate a kidney	3 pounds.
Amputate your arm	10-25 pounds (way too permanent)		

Amputation Diet Plan (copyright 2006 Keesha Myas)





## Jokes and Pick up Lines:

Q: What do you call a pig that does karate?

A: Pork Chop  
-Ashley Oglesby

Q: What do you call a cow lying on the floor?

A: Ground Beef  
-Giovanni Dejean

Q: How do you get an elephant into the subway?

A: Take the s out of sub and the f out of way.  
There's no f-in-way.  
-Ashley Oglesby

Q: What do you call a mushroom that buys all the drinks?

A: A fungi to be with.

-Rachel Cruz

Q: Why did the blonde get fired from the M&M factory?

A: Because she threw away all the W's.

-Payton Fritch



Did it hurt when you fell from heaven?

-Kamau Austin

If you were a booger I'd pick you first.

-Marquez Dawson

You want to go to my house and make breakfast in the morning?

-Alex Blaze

Do you like water? Then you'd like 90 percent of my body.

-Elliott Erickson

Does this rag smell like chloroform?

-Rachel Cruz

I lost my number. Can I have yours?

-Miles Gilbreath

Is there a mirror in your pants? Because I can see myself in them.

-Zach Mills

-Erin Johnson

## Grady's Globetrotters

Twelve students from six different countries have come to Grady High for the foreign exchange program. With them, they bring different cultures and opinions to America. Over the course of a year they will try out the American lifestyle and integrate into Grady society.

-Seamus Mead



## A New Way to Surf the Web

Stumbleupon.com allows you to discover and rate web pages, photos and videos. It permits its users to discover the best the Internet has to offer: from videos and pictures to recipes and essays, which you, in turn, can share with your family and friends. Users can, however, only access the site through Firefox, Mozilla and Internet Explorer. But don't worry Apple users, Firefox is a free and easy download.

The stress of entering a site like Stumbleupon.com may be a bit overwhelming, but the creators of this site have made it very user friendly, even your parents can use and understand it. You can get started by going to stumbleupon.com and installing the website's toolbar. They allow you to personalize the recommendation system by interests entering your account. Here, you can choose from the lengthy list they present with and off their subscribers you go into a different sites that are molded to your interests. Once you download the application, you add a button to your bookmark bar that lets you launch the application, Another well thought of feature by Stumbleupon, is its use of ratings by other users to form collaborative opinions by people who are "like-minded stumblers."

In July of 2006 this site had one million users. eBay bought the company in 2007 for 75 million. In May 2008 it received its 5 billionth stumble with a billion in 2008 alone.

-Linden Taber and Claire Wilson



**You Tube**  
Video of the Month:

### The Evolution of Dance

A comedian demonstrates dance crazes throughout the decades.

Courtesy of www.youtube.com



Johannes Mengs  
Country: Germany  
Age: 17  
Favorite food: Fast food  
Hobbies: sports (handball, tennis), coaching handball  
Favorite thing about America: "The friendliness of people."



Elvin Jabbarzadeh  
Country: Azerbaijan (former Soviet Union)  
Age: 16  
Favorite food: Chicken  
Hobbies: Playing video games  
Favorite thing about America: "The lifestyle."



Sylvia Vlkova  
Country: Slovakia  
Age: 18  
Favorite food: Chinese  
Hobbies: Swimming and Skiing  
Favorite thing about America: "Shopping is the best thing so far."



Susanne Harder  
Country: Germany  
Age: 17  
Favorite food: Mexican  
Hobbies: Hanging out with friends, shopping  
Favorite thing about America: "You get to choose the classes that you want to take."



-Jamie Powell and Payton Fritch



## Unusual Ways to Unlock Your Car

Have you ever been tired from walking all around Atlantic Station, but can't find your car because it seems that everyone else in Atlanta drives the same car as you? Or, have you ever been in a competition with the driver of that red sports car to get inside of Krispy Kreme before they turn that hot donut sign off, only to find that you have locked your keys in the car? If you answered yes to either question, these next tips should come in handy.



1.

1. Cell Phone- If you lock your keys in your car, you can still get in your car provided that the person with your spare keys has a cell phone and your keys have a keyless remote. Stand about a foot from your car and call the person who has your key. Point your cell phone toward your door while they press the unlock button directly into her cell phone speaker. According to the host of the Bert Show on Q100, the signal should transfer from phone to the other unlocking your car door.



3.



2.

2. Tennis Ball- According to the post on techeblog.com, this technique comes in handy when you lock your keys in the car, and you have an older car without a keyless remote. All you need is a tennis ball with a hole in it. You can either burn a hole through it or use a screwdriver. You take the tennis ball, put it on the lock so that hole is touching the lock. Then you give a very hard push and the lock should pop up.

3. Jaw- The next time you are too far away from your car in the parking lot, and you don't know which one is your's, simply take your key (if it's a keyless remote), and place it under your chin with the jagged edge pointed away from your chin. Next, open your mouth widely; move your head in increments from left to right while pressing the car door button. Your jaw enhances the car remote's range, and you can look for flashing lights and listen for the click of your car doors unlocking.

-Brittany McKenzie



# October

SUN

MON

TUES

WED

THUR

FRI

SAT

1

Maroon 5 @  
Lakewood

2

3

4

5

Black  
Crowes @  
Verizon  
Ampithe-  
ater

6

7

8

Wicked @  
The Fox  
Begins

9

Antigone  
Musical @  
Oglethorpe

10

The Allman  
Brothers  
Band @  
Chastain

11

Oakhurst  
Arts &  
Musical  
Festival

12

13

14

15

16

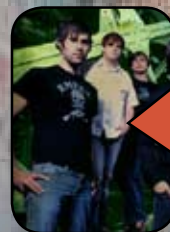
Girl Talk  
@Variety  
Playhouse



18

L5P  
Halloween  
Parade

19



21

Hawthorne  
Heights @  
Masquer-  
ade

22

23

Atlanta  
HorrorFest  
@ Masquer-  
ade Begins

24

25



26

27

28

29

30

31

Halloween  
Critical  
Mass Bike  
ride

Calender by: Emily Atkinson  
Photo by: Linden Taber



**"I never  
think that  
people die.  
They just go to  
department  
stores."**

**-Andy Warhol**