

Remember
Spring Break is March 20-24.



Gallatin High School

GHS WaveLength

Wavettes Among Nations Best

Dance Team Competes at NDA National Competition

By Rebecca Thornton

The Wavettes Dance Team ranked among the best high school dance teams in a national competition early this month.

The team traveled to Universal Orlando with Coach Sue Luna and Choreographer Shelby Luna for the National Dance Association competition on March 3rd. They finished 6th in Hip-Hop and 19th in Pom against teams from across the nation and overseas.

Although the team hoped for a win, senior dancer Jillian Donoho said the team knows they did a great job. "We're all proud and grateful," said Donoho.

"The amount of time we've spent cleaning and perfecting our routines has brought us so close

together as a team," said senior dancer Bayleigh Gibson, who viewed the national competition as a great opportunity to do what she



loves one last time: to dance.

"And I got to do it with a team I love, too. I'm very proud of what we've accomplished this year and I wouldn't trade the memories and experience for the world," said Gibson. "At the end of the day, no

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Dog Of The Month

The Dog of the Month for March is Piper. A rescued from Sumner County Animal Control's dog pound, Chef West and his family fostered Piper for several months while she recovered from a broken tail. The West family helped heal Piper's trust issues and couldn't stand the idea of giving her back, so they made the adoption.

She loves long walks as well as chasing cats and squirrels.

"She's squirrely for squirrels," said Chef West. "And we don't have any stray cats in the neighborhood."



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Advocating For a Healthier Choice

By Rebecca Thornton

In an effort to give students in Sumner County the opportunity to make healthier choices in the school meals, three Gallatin High School sophomores addressed the Board of Nutrition about implementing vegetarian and vegan cafeteria options.

"We noticed that this school has a lot of vegetarians and vegans who don't eat during school because they don't have the options of eating their choice so we wanted to make it fair for everyone," said Niki Patel.

On January 31 Niki Patel, Kristen Moore, and Emily Ruiz offered the Sumner County Board of Education's Nutrition Board some menu options to consider.

"We asked them to add another option to the school cafeteria or replace one of the meat options and put one of the vegetarian options that" said Emily Ruiz.

We surveyed 200 students in enrichment and to see if they were or knew people who were vegetarian or vegan," said Kristen Moore. The survey indicated that a majority of students are or know vegetarian or vegans, "and it was about 50% who thought there should be vegan or

ASTRONOMY

Are you are interested in joining an Astronomy Club?

See Mr. George in Room 231 during Enrichment.

Bring a note from your teacher.

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vegetarian options.”

The girls incorporated this effort into an FCCLA competition called “Star Events” in the Advocacy classification. They won First Place in the regional competition on February 16 and will compete again at the state level on March 27-29.

The trio believes this topic is prize-worthy because not a lot of vegetarians are advocated for in the Tennessee school systems, but it is an issue that impacts a lot of people who will no longer need to bring food from home, particularly those students benefitting from free and reduced meals. Additionally, just having the vegetarian and vegan options on the lines will likely motivate non-vegetarian and non-vegan students to make healthier choices, the girls said.

“If we win it will help spread awareness to people and empower people to talk more about it to persons in power who can advance the cause even more,” said Ruiz.

WAVETTES

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matter the turnout, I’m proud to have made unforgettable memories with these girls.”

Donoho said the seniors pushed through all of the challenges they encountered and learned leadership skills. But the years she’s spent on the Wavettes have given her much more than opportunities to lead.

“My best experience in high school is being a Wavette,” she said. “Not to be cheesy, but it did build a strong family and I’m glad I experienced it!”

The Pom routine is on the NDA website at [http://tv.varsity.com/video/1123182-gallatin-high-school-wavettes-small-varsity-pom-finals-2017-nda-national-](http://tv.varsity.com/video/1123182-gallatin-high-school-wavettes-small-varsity-pom-finals-2017-nda-national-championship#.WMhDrk0zXIU)

The Hip Hop routine is at <http://tv.varsity.com/video/1123101-gallatin-high-school-wavettes-small-varsity-hip-hop-finals-2017-nda-national->

championship#.WMhFAk0zXIU

FCCLA’s Regionals

These GHS students placed in the FCCLA Regional competition February 16 and move on to compete on the state level March 27-29 in Chattanooga.

1st Place in Advocacy — Kristen Moore, Niki Patel & Emily Ruiz
1st Place in Career Investigation — Kierstin Neely
1st Place in Illustrated Talk — Rachel Broadrick
3rd Place in Chapter Service Project — Arai Adams
3rd in Illustrated Talk — Jazmin Granillo

S’PORT GHS Green Wave Baseball

Home Game Schedule

March 28 vs Mount Juliet at 4 & 7

March 30 vs Rossview at 4
April 1 vs Hillwood at 1
April 4 vs Station Camp at 4 & 7
April 7 vs Hume Fogg at 4:30/6:30
April 12 vs Beech at 4 & 7
Green Wave Classic April 13-15
April 13 vs Hume Fogg at 4
April 14 vs Watertown at 7
April 15 vs Hillwood at 2:30
April 15 Championship at 7:30
April 19 vs Hendersonville at 4 & 7
April 20 vs Clarksville at 4:30/6:30
April 24 vs Portland at 4 & 7
April 27 vs Watertown at 6
May 2 vs Harpeth (Sr. Night) at 5 & 7

Dedicated to My Mother

By Amber Renee White

Suicide
An escape from life
The responsibilities
Of a *child*
A *mother*
A father
A long list of people
Life isn't perfect
We all know that
Life isn't easy
We all know that
Life isn't fair
We all know that
But one thought of
Suicide
Is a thought of *selfishness*
Think of the people around *you*
Think of what damage you can *cause*
With one pull of a trigger
One stab with a knife
One pill too many
One jump with a rope around your neck
Everyone goes through tough times
Everyone knows what it's like to be different
We are all different
Consider the ones you love
Think of how you would feel
If they were no longer
Here
Think of the grief it would cause
You
If you knew they *committed*
Suicide
The inner demons within us
Will try to tear you down

Don't listen to them
We all have that inner demon in us
They will fight us
Make us think the worst in ourselves
But if you go past that
You will realize you are strong
You will realize that life
Is not to be *squandered*
And by taking *your life*
You are harming mine
And by taking your life
You are not just ending
Your life
You are altering
The lives
Of everyone
Who cares about you
Everyone
Who enjoys
Your presence
So when
You think
You can't do this anymore
Think of all of the *lives you*
Will *manipulate*
With
That one bullet
That one knife
That one pill
That one jump
You hurt everyone
You hurt *me....*