

# SCIENCE & TECH

## Blogging Your Way Forward

Kristen Gallagher, Staff Writer

A week ago I posted a note on Meredith's Enews page asking for students who blog to contact me if they were interested in being featured in the Herald. Two girls, Bethany of The Skinny on Living, and Marie of Learning to Fly, emailed me about the story. Last Friday I sat down with these two young women and chatted about blogs, social networking, graduate school, and television. Here is how the conversations went:

KG: You both seem to have a well-developed blog. How long have you been blogging?

ML: Since March of 2008 – I am a psych major studying theory and practice in counseling, and one of

the techniques we learned about was journaling.

B: Over the summer while in NYC – I started on Blogspot, then started a website in September of this year.

KG: How has blogging impacted your daily life?

ML: I enjoy it and it is just a way to get thoughts out there, an avenue and motivation for photo taking.

B: It pretty much gave me the job I have now with Triangle Boulevard TV, and I've talked to Sarah Snow.

KG: Marie, why did you decide to start blogging?

M: Well, Learning to Fly is a Tom Petty song, and it signified that I needed to find out who I was more. It continues to be fitting through-

out this last semester, and each step I take.

KG: What about you, Bethany?

B: I really started getting interested in health and foods and nutrition training for ballet and the effect of food on my performance. I want to somehow make this into a career; Sarah Snow is really an inspiration. It is kinda just a way to practice.

KG: Bethany, from reading a bit of you blog, I can tell you've met some famous people. Tell me about that.

B: Talking to these people has transformed my career goals – I met the owner of Baby Cakes, I've got a job as a TV host now, and I've made many connections. Being able to work with them has done a lot for me.

KG: How do you think blogging fits in with other forms of social networking?

ML: It has made me appreciate all forms of social networking. I think of it as a form of karma; if I follow other people's blogs, they'll read mine. It opens lots of different pathways. It opens up a new form of expression but there is still a need for other networks – I try to take it with a grain of salt.

B: Blogging opens you up to people you don't know – they can give you advice and just talk with you. It gives you a much broader audience and something in common with the people who come up to you and chat about it.

*If you blog, please email us for a possible feature in this section!*

# SPORTS

## 2010 Winter Olympics: Let the Games Begin!

Jillian Curtis, Staff Writer

The 2010 Olympic games began on Friday, February 12th and are off to a fast start. Lots of action has already happened and the world has already seen some truly phenomenal performances.

Team USA has already begun to prove itself to be a dangerous competitor in the 2010 games. 23 year old Hannah Kearney was the first person to win a gold medal for Team USA. Kearney competes in Olympic moguls, which is a sport that involves skiing over a hilly terrain and finishing with a trick performance. Kearney earned the fastest time of 27.86 seconds and managed to beat the defending Canadian champion, Jennifer Heil, to steal first place and the gold medal. Fellow Team USA member Shannon Bahrke came in third to take the bronze.

In addition to Kearney, Apollo Ohno has been contributing to the Team USA's immediate success by earning the silver medal in the 1500m short track race. Ohno is one of the most celebrated Olympic athletes because of his previous success. Winning the silver in the 1500m gave him his 6th medal in his Olympic career, tying him with Bonnie Blair as the most decorated Winter Olympic athlete. On Saturday, February 20th, Ohno won bronze in the 1000m short track making him the most decorated Winter Olympian of all time.

On a negative note, a tragedy struck early in the Olympics during a luge training session. 21 year old Nodar Kumaritashvili from the country of Georgia lost control of his sled and went over the track wall. Doctors were unable to revive him, and he was quickly air

## Player of the Week

Jillian Curtis, Staff Writer

Name: Megan Rahn  
Year: 2011 Junior  
Position: Guard  
Major: Mass Communications

This issue's player of the week is junior Megan Rahn. Rahn is a guard for the Meredith Avenging Angels Basketball team. She is a three year varsity starter who has helped lead the team to success this season.

Rahn currently averages 15 points per game, 8 rebounds per game, and leads the team in steals, totaling 48 for the season so far. "This season, Meredith is becoming a much better team than our record proves. We have a lot of potential and it excites me that we are building for next season!" commented Rahn. Rahn has been playing basketball for eight years, and her love for the game continues to grow. Her favorite part of being a college athlete is the relationships she forms with her teammates both on and off the court. Rahn is also a mass communications major who takes her studies very seriously.



lifted to a trauma center where he died shortly after. This tragedy has affected everyone in the Olympic games, not just the athletes from Georgia. There has been improvements on the luge course in order to protect athletes and prevent future accidents from occurring.

This tragedy was a huge loss for the entire Olympic community.

There will be more events coming to you live from the Vancouver Olympics soon, so make sure to keep an eye on all the action!

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