

Renaissance woman

Logan learns to balance and excel in every aspect of life no matter what

A fearless leader, an accomplished musician, and a comforting classmate, Grace Logan's fearless determination has allowed her to excel in all walks of life. She is the sports editor of her school newspaper, A cheerleader and a violinist, and one of only 18 certified peer health educators in the country.

Her drive to tackle challenges and excel in multiple fields has its roots in her desire to help others and her self-confidence. "I am a very stubborn person, especially towards myself, when I set a goal I am achieving it. My self-drive helps me excel in academics and all of my extracurricular because I believe that is so important to do as much as possible to help the community and build your resume, and do everything you can to just help people, and help yourself" Logan said.

She serves as the sports editor on her award-winning school newspaper, and has singled out Journalism as a career goal. She is grateful for the opportunities and resources her student journalism programs have provided her. "I want to be a journalist when I go up, I wanna be in public relations and sports media. And it is really beneficial living in a college town to have access to what we have" Logan said. Her school's athletic success has allowed her to meet with and interview multiple Division One athletes and even an NFL draft prospect. Her tenure as sports editor has not been without challenges, she had to work diligently to earn the respect of the older staff members who served under her.

"At the end of sophomore year I became the sports editor and two out the three boys that are under me are older than me, so they were not happy about it, so to gain their trust and respect it took a lot, from both sides, and it took a couple of months to get in the full dynamic that we can do this as a team and it is not about competition. Finally, we all came together and realized that teamwork honestly does makes the dream work... it really does make a big difference to work together rather than go against one another. So once we learned that, we really clicked and made our sports section even better... I realized that you do not have to be a guy to be the sports editor, the past four have been guys, so all the girls are kind of opening their eyes that I can write about baseball and football. So I really think that this year after learning how



to deal with the dynamic it really clicked and made for a historical thing for our newspaper" She said.

Her ability to tackle challenges such as these and earn respect from her peers has given her the confidence necessary to get involved in other extracurricular activities and excel at them in the same way she does in journalism. Her involvement in orchestra has allowed her to become more comfortable with different groups of people.

"It is so different because you are around two different people. So you get the side of the musicians that are more interested in arts than who got MVP in the Super Bowl, and then you go to the baseball field when you are cooking burgers and talking to the baseball players, and it allows me to have such a different mindset going into how I talk to people, I am able to know and communicate with every type of person, from musician to athletes" Logan said.

Logan is also one of only 18 Peer health educators in America certified by RISE a student mental health organization. "I am a certified peer health educator. So I deal with mental health and stress, anxiety, depression, and suicide for students in our school. So I am not a therapist but I am trained like one. My school has 18 students including me, and we are the first public high school in the nation to have it" Logan said.

Mental health has played a large part and Logan's life and she wants to be able to help those who struggle with it. "I feel like mental health affects everyone, I personally have dealt with it in the past and stress and anxiety is something so common in Oxford and everywhere else, that I think having the ability to talk to people about it really brings a personable side to me, and really helps people open up especially in interviews" Logan said.

Logan attributes much of her success to



(Above) Junior **Grace Logan** interacts with Southern Interscholastic Press Association participants as she mans her campaign station on March 2. **Grace Logan** is running for the 2020 SIPA president. *photo//Claudia Ottinger*

the support she has received from her family. They have a great impact on me. She (Mom) is like my best friend. She supports me and really helps me get where I need to be. My dad helps with the business side of everything and makes me know that my goals can happen. They work hard to make sure that I can achieve it, Like this summer I am going to New York for 2 weeks for the New York times school and its a lot of money and they are making sure that I am able to do it. I am very grateful for my family" she said. Logan also has a younger brother who she has a good relationship with. "I have one younger sibling, he is 14 his name is Vince, he is very athletic, complete opposite of me. I am all academics.

Logan is now taking on a new challenge and running for SIPA president. She hopes to create a year-round countdown to SIPA on social media that would allow attendees to stay in touch with each other year round, she has been attending the conference since her freshman year and it has played a pivotal role in her development. "I have loved this conference since freshmen year. I have built so many relationships from it both friendships in my own high school and at other high schools. I think it is important to really build the community. You are surrounded by people who are just like you. You are surrounded by people who enjoy the same thing you do so your ability to open up and be yourself, I think that is the best part of this conference. You can really not care about the stereotypes of your high school, you can leave that behind for the weekend and join everyone else who wants to have fun and learn".

Grace Logan is passionate about everything she does and that passion and drive has propelled her to a place where she has been able to help people from all walks of life.

High School Mental Health

Suicide Rate
8.9 per 100,000 students

Anxiety Disorder
25% of teenagers are affected by anxiety disorders

Depression
20% of teenagers experience depression before adulthood

Treatment
62% of youth have not received treatment for Major Depressive Episodes

Info provided by: UHF, Psychology Today, MHA, Center for Discovery