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A new era at Harpeth Hall

Beloved faculty leave behind a legacy to remember



RETIRING FACULTY MEET WITH STUDENT: Sophomore Helen Rieke cheerfully converses with Mrs. Skelley, Upper School Learning Specialist, and Mrs. Maxwell, Upper School Dean of Students. *Photo by Mackenzie Darnell*

BY CLAIRE GOULD
Editor-in-Chief

What do you think has changed about Harpeth Hall? This a recurring question asked to alums returning for the year's sesquicentennial celebrations. Answers vary considerably: the campus; the uniforms; the quality of women's education; emphasis of instilling empowerment in girls; and inevitably, the faculty. Reminiscing on previous faculty members is enough to render an alum nostalgic about their time spent at Harpeth Hall.

However, next year, two integral administrative positions in the Upper School will be changing hands. Marie Maxwell, Upper School dean of students, and Gwen Skelley, learning specialist, are both retiring before the upcoming school year of 2016-17, and thus the application process for new faculty has opened.

Despite speculation that the hiring process will be internal, Harpeth Hall advertises these positions on its website. It offers a description of the qualifications necessary for applicants, and ergo gives students an idea of what to expect in candidates.

The website states that a potential learning specialist must "connect with all constituencies, while advocating for what is best in promoting a student's growth and progress in the upper school… Other important qualifications include a willingness to collaborate with colleagues, the ability to teach organizational skills, and a thorough understanding of psycho-educational evaluations."

As many students utilize the learning specialist to help with study skills, it is essential for such a prospective applicant to be meticulously organized and to be able to help with students of all learning capabilities and backgrounds. "In some schools, this particular position only deals with students that have learning issues," Upper School Director, Jess Hill said. At Harpeth Hall, I feel like help is available to all of the students for study skills and organizational skills. The position will still remain in a broader context."

"The most rewarding thing about being dean of students is seeing a student mature from 9th to 12th grade."

Marie Maxwell

Mrs. Skelley has long been a crucial resource for students in need of organizational and study advice. "My most rewarding experiences as a Learning Specialist is seeing the difference in students' lives after a little intervention, a little intuition, and a little thinking outside of the box produces creative solutions to their difficult situations," Mrs. Skelly said. And then I realize that I have learned just as much as they have!"

The dean of students has a similarly direct job of interacting with students and aiding them in the success of their academic and personal lives. It is a multifaceted position, and hence states the job posting: "Harpeth Hall School seeks a dynamic Upper School Dean of Students… By working closely with each individual student and finding ways to engage and support all students, the Dean plays an integral role in the welfare of each girl in the upper school. The Dean should easily connect with and successfully work with all members of the school community – students, teachers and parents, in order to ensure that all voices are heard and respected."

Mrs. Maxwell, who has lifelong ties with Harpeth Hall, enrolled here in 1960 as a "silly 13-year old," as she describes herself in a farewell email. "My elementary school was happy to see me go I am sure since I was very mischievous and spent some quality time with principal," she continues, and yet has now held the position of the Dean of Students for 19 years. Mrs. Maxwell was Harpeth Hall's first Dean of Students, and since then the position has expanded considerably.

"The most rewarding thing about being a dean of students is actually seeing a student mature from 9th to 12th grade, developing her confidence in who she is, discovering her personal leadership style, and firmly standing by her own personal values," Mrs. Maxwell says.

Students should look out for potential opportunities to interact with candidates for both positions.

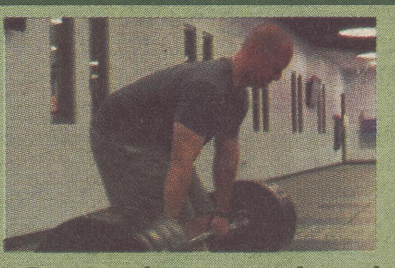
As applicants are predominantly chosen on their ability to connect with the student body, students interacting with such applicants ensures that the position will be filled by someone as capable in their field as their predecessors.



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Impacting our sisters in Lwala

BY ANNA GRACE COLE
Staff Writer

By the end of December, Harpeth Hall's partnership with the Lwala Community Alliance will be coming to an end.

Beginning in 2011, Harpeth Hall partnered with the Lwala Community Alliance to empower girls to stay in school. Prior to the partnership, various study groups were held with the people of Lwala to find out what causes so many girls to drop out of school after the fifth grade. In 14 out of 19 study groups, lack of uniforms was cited as a primary reason girls do not stay in school.

In an effort to fight this trend, the Uniform Initiative was created to supply uniforms to girls in 6th through 8th grade so they would feel empowered to continue their education. Every $22 raised covers the cost of one school uniform.

Each uniform is hand-made in a Women's Sewing Cooperative in Lwala. Not only does the Co-Op provide a place for the uniforms to be made, but it also is a place for the women of the community to be employed and make a living for their family.

Through this employment, the women of the community are empowered to provide this service for their daughters, sisters, nieces, and neighbors in the community. Thus, these efforts empower women of all ages to create a brighter future for themselves.

When the partnership was started, Harpeth Hall committed to raising $30,000 for the Uniform Initiative by December 31, 2015. The $30,000 was divided into three equal parts, meaning a goal of raising $10,000 each year was set in place. Thankfully, Harpeth Hall reached its goal just before the final benchmark.

This past November, Harpeth Hall introduced the Lwala Lunch, a Thanksgiving inciative, and babysitting opportunities to reach the goal in time for December.



LWALA GIRL GETS NEW UNIFORM: Girl in Lwala gets measured for a new uniform that will allow her to go to school. *Photo courtesy of Harpeth Hall*

Dr. Jessie Adams, Harpeth Hall's new Director of Service Learning says "Rather than focusing on raising 'new' money, 'found' money is what we are hoping will push us over the edge."

One major step in this direction is with the Thanksgiving Lunch Initiative. In place of the yearly Thanksgiving lunch that the dining hall staff prepares so graciously, we feasted on rice, beans, bread, and water. This meal was intended to represent common fare in developing nations, in that it has high nutritional density for a relatively low cost. Even so, the cost of providing this meal in our dining hall was $3.68 per student. Compare this to the daily income of the average Kenyan: $3.50. By engaging in this Thanksgiving GiveBack, we were able to get a better picture of what it is like to be a girl in Lwala. The money saved on the Thanksgiving lunch, between $1,000 and $2,000, was directly donated to the Uniform Initiative.

Other measures were made to help bring in donatioin money. Students have been signing up to babysit, do yard work, or provide other forms of help on a list that was compiled and sent out to teachers; the money that they would have been paid for their time was then donated to the initiative.

Also, the Harpeth Hall Parents' Association agreed to donate all the money they raise from October through December to Lwala, as it was brought in by the Kroger and Publix grocery cards.

Current partnership goals aside, Harpeth Hall is in negotiation with Lwala to renew the partnership. "One of the reasons we have decided to try to renew the partnership with Lwala is because of the community empowerment aspect," Dr. Adams said. "It is better to be part of something that jump starts a whole community's ability to raise itself up. This isn't a gift; it's an investment."

We have seen the posters in the hallways—all these girls want to be chemists, teachers, doctors, nurses...just like us. Our families have invested in our future by sending us to a school like Harpeth Hall, a place where we can all see a bright future in our educational and professional lives; without uniforms, the girls of Lwala cannot see that as clearly. They are committed to making the world a better place, and now it is our time to walk beside them in that mission.

Harpeth Hall security intensifies

BY MARIMA DODD
Staff Writer

Recently, armed guards have been presented as a solution for Harpeth Hall as gun violence is on the rise in the United States. According to ABC News, there have been 47 school shootings this year, not including shootings in movie theatres and other public locations. According to BBC News, there has recently been a spike in crimes--including sexual assault, theft and even murders--across the United States.

In direct response to the increase in gun violence, many schools have employed armed guards on campus, including Harpeth Hall as of the beginning of the 2015-2016 school year. "We looked at the solutions other schools had and noticed that many of them use armed guards during the day at certain events," current Head of School, Dr. Balmer said. "We actually began implementing safety with the key cards." However, key cards were not enough for Harpeth Hall administrators. As more and more students began to arrive at 6 a.m. for school activities, the board had to find a way to accommodate the students and their safety. They found a solution in armed guards.

When asked about how she feels about having armed guards on campus, eighth grader Chloe Wilson responds, "I think we have the nicest guards...and having them armed does make me feel safer."

However, administration will not stop striving for security with armed guards alone. "We have already looked into other security solutions as well. We will be installing Raptor Security as the next step in improving our school security and ensuring the safety of all those on campus," Dr. Balmer said. Raptor Security is a system in which anyone who wants to visit campus, whether it be a delivery man, a parent or the occasional visitor, will have to scan their license. The system instantly gives back a quick background check and alerts all central locations on campus when someone arrives who could pose a potential threat.

This upcoming security system, along with the recent implementation of armed guards, have presented new ways to protect Harpeth Hall from danger.



SECURITY GUARD WORKING: Jason Crownover is one of the security guards at Harpeth Hall. *Photo by Eleonor Wright*

Youth voter apathy disappearing?

BY CARRIE HAYNES
Staff Writer

For most Americans, turning eighteen signifies adulthood, a new realm of possibilities. But many forget that the apex of childhood also signifies your first shot at going to the polls. While for some eighteen means moving out, tattoos, and the like, for others, the milestone means voting, democracy, and finally having a say in your community.

In the previous Nashville mayoral election, only 2% of voters were between ages 18-24 and only 10% were under the age of 35. This minuscule number is not representative of the almost 30% of the population that this age groups occupies. Remarkably, this problem is not unusual to Nashville. In 2010, only 21% of youth aged 18-24 voted in the presidential election. Youth all across the country are holding out on participating in one of our countries greatest opportunities. So why don't the youth vote?

Millennials and members of Generation Z are painted in the media as self-absorbed teens who idly scroll through Instagram and snap selfies to pass the time. Thus, to many, younger people are less connected to the political world, often because they don't care. Is the current generation too self-absorbed to engage in politics? To those critical of millennials, the youth have become part of a corrupt cycle of teenage apathy and the political world's dismissal of teenage causes. How do we break this cycle?

The first step is voter registration. Congressman Jim Cooper and State Senator Jim Dickerson are working alongside Nashville's Mayor's Youth Council on a high school voter registration initiation. Along with the Davidson election committee, the group hopes to increase the number of registered high school voters from the low 15% last year by bringing the registration directly to the students. From January 25th to the 28th, the group plans to register voters in every high school in Davidson county. This initiation is fighting the "easy but not convenient", as Dr. Pethel described, registration process. The bipartisan effort hopes to increase teenage voting rates by registering more high schoolers.

At Harpeth Hall last year, we had the most voters registered in a private school 64 students. Dr. Pethel cited Harpeth Hall's "active youth in government clubs" as innovators helping engage students and drive publicized voter registration. With government clubs and active student leaders, Harpeth Hall can continue registering voters and decrease the teenage voter apathy rate.

Voting and politics matter. Our country has defined and lived by the opportunity to vote since our founding in 1776. As women, we gained the right to vote less than a century ago. For the past 200 years, hundreds of thousands of Americans have died so that we can cast our vote.

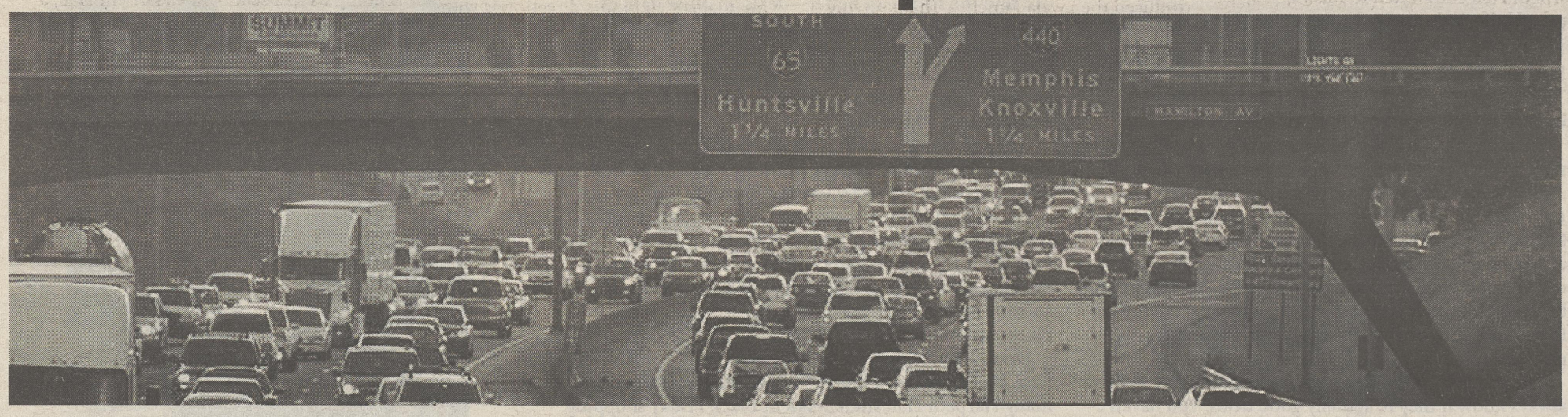
In the next 20 years, the millennial generation will be the forerunner of innovation, leadership, and yes, politics. Any and all Harpeth Hall students can be prepared and get involved in politics, no matter their passion or cause. Sign pledges, work for campaigns, read the newspaper, look at twitter, most importantly vote. As the next generation of leaders, it is our American duty to care about what happens in the future by electing leaders who fight for what we want to change.

As Karin Scott, Junior, said: "Vote because there are people all over the globe who can't. Vote so that you may create a world in which those people can receive the same rights as you." Our vote matters.



STUDENTS SUPPORT VOTING: Carrie Haynes, junior, and brother, Benjamin, encourage young voters to participate in mayoral elections. *Photo courtesy of Carrie Haynes*

Nashville in traffic pandemonium



TRAFFIC CONGESTION ON INTERSTATE 65: Traffic continues to be a problem on freeways throughout Tennessee. *Photo courtesy of Google*

BY STELLA VUJIC
Staff Writer

When in doubt of Nashville's growing urban status, just take a look down any major street.

According to the Nashville-area Metropolitan Planning Organization (MPO), greater Nashville's population is rising by 2035, 2.6 million people are expected to call this area home.

With thousands of people driving to institutions such as Vanderbilt and HCA for work each day, traffic congestion is increasingly common. For girls at Harpeth Hall, this usually means a longer commute to school.

Junior Deborah Otuno certainly feels Nashville's growing pains. "If I leave early enough," Otuno said, "it takes me about 35 to 40 minutes to get to school." "But with traffic, it escalates to 50 minutes to an hour…after 6 p.m. it [traffic] starts getting heavier, and by 6:30, get ready to learn what patience truly is."

What can be done to solve the terrible traffic? For some, mass transit is the answer.

Currently, Nashville's public transportation consists of the Metro Transit Authority (MTA), a bus system. All 46 routes lead to downtown and on a typical weekday, MTA reports buses carrying 10 to 50 passengers per vehicle hour, depending on the route.

According to a report released by MTA in 2015, the system has many shortcomings. Namely, the system is too small to provide adequate services for a growing city, and its limited hours of operation make it inconvenient for many residents.

Plans for boosting public transportation in Nashville are on the horizon. In recent years, improvements to MTA have been discussed, but so far, no major changes have happened. An ambitious rapid-transit corridor, known as the Amp, was proposed under Mayor Karl Dean. The Amp aimed to provide a connection between the East and West Nashville neighborhoods, according to the Tennessean. However, various disagreements among local residents and lawmakers stopped development of the Amp.

Although the Amp was halted, MTA's Director of Marketing and Communications, Patricia Harris-Morehead, says that big plans are in store for public transportation.

Harris-Morehead said "We are currently working on a strategic plan called nMotion, which is designed to meet the Nashville area's vision for transit. The plan looks at how the transit system is working today and will identify opportunities to enhance the transit system, improve service, attract and retain new riders, and meet the growing needs of the Nashville region. Throughout the project, the public is being engaged in developing the blueprint of actions to make the best opportunities a reality."

The transit organization is also connecting with the local government in order to make these plans a reality. Harris-Morehead shares that "Mayor Barry is very supportive of public transit and will be looking to us to come up with bold recommendations to help address the issue."

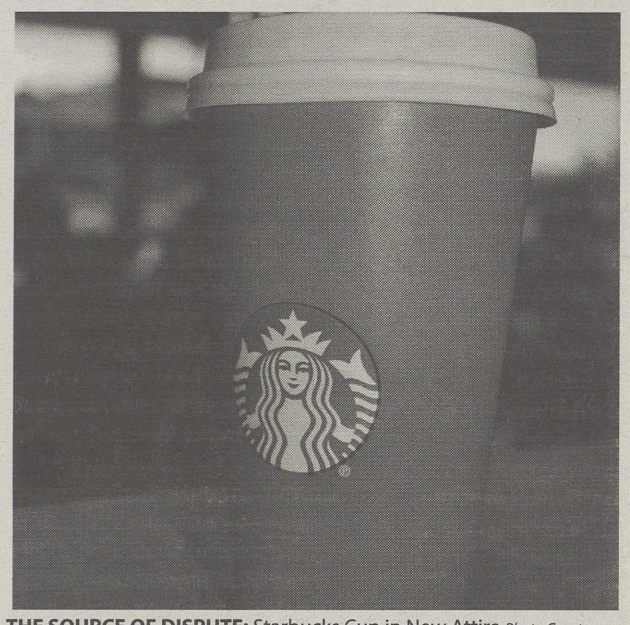
Transit was certainly a prominent issue in this summer's mayoral race. Our newly-elected mayor, Megan Barry, states on her website that "I will create an office of transportation responsible for coordinating metro departments and working with local, regional, state, and federal agencies to streamline the process for improving and building new sidewalks, roads, and mass-transit options."

So what does the conversation about Nashville transit really mean? Essentially, things are changing. Nashvillians are speaking up about the increasingly unavoidable traffic problem. According to MTA, "public meetings are currently held" to discuss "ways to improve public transportation."

The Harpeth Hall community also has the power to contribute to the conversation. Attending these meetings, keeping up with transportation developments, and sharing opinions with local leaders are only a few of the ways that students can be involved in this growing issue.

Starbucks cup controversy

Staff Editorial



THE SOURCE OF DISPUTE: Starbucks Cup in New Attire *Photo Courtesy of Emma Wise*

A disagreement has swept through America in recent weeks in the shape of a Starbucks cup. With the various crises plaguing the world at this very moment, it seems trivial to cause a country-wide disruption over the design of a holiday cup. However, a group of people are up in arms over Starbucks' decision to go with a more simple holiday cup this year. The Starbucks coffee cup is an example of recent controversy about a "war on Christmas," or that the spirit and religious orientation of Christmas are being diminished.

In recent years, Starbucks has issued holiday cups adorned with ornaments, snow men, and poinsettia flowers. However, this year, the Starbucks holiday cup is a simple ombre effect from red to fuschia. A group of Christians are outraged because they feel that Starbucks' absence of prior decorations allegedly proves that Starbucks is belittling Christmas in hopes of being politically correct.

Starbucks' original intention was not to purposely attack Christmas by omitting any festive design. "This year we wanted to usher in the holidays with a purity of design that welcomes all of our stories," says Jeff Feilds, vice president of Starbucks. Essentially, Starbucks' choice to go with a minimal design was in an effort to de-stress. Although the cup might be boring and lack festive cheer, its lack of decoration was blown out of proportion. At the end of the day, all of this distress is over the design of a disposable coffee cup.

When asked if he thought that people were slightly overreacting to the change in the Starbucks' cup design, Tony Springman, Upper School social sciences teacher said, "I don't know if it is an attack on Christmas per say. I do know that being a nation of diversity, that people who have perhaps been troubled for years--and I think just more or less being neglected is maybe how I see it at times--that they're wanting to be recognized as well. Maybe it comes across as a negative thing, but I try to not look at it as people are trying to abolish Christmas."

While the Starbucks controversy may be frusterating to some, it is important to contextualize the situaion. Instead of being angry over the Starbucks cups' lack of ornaments and snowmen, Logos is in agreement that people need to remember what the holiday season is all about: love and hope.

Black Friday: saving or spending?

BY PRIYA AND DHARA PATEL
News Editors

After having a scrumptious meal with the entire family—stuffed turkey, buttery mashed potatoes, green bean casserole and a traditional pumpkin pie—you decide to go shopping. Black Friday is the only day of the year when people are not judged for their extravagant spending and they are getting amazing deals, right? Well, not exactly.

Each year, you see countless commercials about those shoes that are 60% off the original price at DSW. Express has the most gorgeous jewelry on sale that you just need to get your hands on. And don't forget about Target; you've been eyeing that super adorable purse for months. Finally, the time has come, but is it worth it?

It's probably the single most important question you need to answer before you choose to embark on any store the day after Thanksgiving. Although many do not realize it, Black Friday is a day dedicated to impulse buying. The smartest post-Thanksgiving shoppers have an organized and strategic plan for the day. They know exactly what they want and prioritize the stores they will be visiting. But for less prepared individuals, the deals they stumble upon can sometimes be too enticing to pass up.

The problem with these impulse buys is that you don't always know if they're actually good deals. You haven't compared prices, read reviews, or thought about whether you really want the item. Therefore, you will end up spending too much money on things that you never really wanted. That's the shopper's worst nightmare!

Companies and stores should take a lot of the blame as well. They use strategic plans to fool the ordinary shopper into thinking items are "great buys" or "once in a lifetime" when in reality, the item is being discounted off an increased price. This is why it is important to compare prices and make sure whether these "great buys" are actually great.

According to a recent Wall Street Journal study, you can find the same—or better—deals on other days of the year. For example, expensive gift items like watches, kitchen utensils and electronics' prices will be reduced as the holiday seasons come to an end. "I think sales starting so early takes away from enjoying the holidays," senior Carrie Brake said.

"A lot of stores jack their prices up really high before Black Friday," junior Sydney McSharry said. "It just looks like their prices are really low but in reality they are not."

In addition to the not-so-great deals, you may encounter some not-so-great fellow shoppers. We have all seen the hordes of shoppers pushing their way through entrance doors and overflowing into aisles filled with the season's hottest products. There will be shoving, trampling, and maybe even fighting.

Despite knowing this, almost 100 million people went Black Friday shopping last year. Unquestionably, many Harpeth Hall students went Black Friday shopping this year. Looking at the numbers does prove one thing however: Black Friday is an indispensable element of the holiday season and has established itself as a tradition. Next year as you consider your Black Friday plans, ask yourself: is it worth it?



OH THE SHOPPING WE'LL DO: Priya Patel ponders her purchases *Photo Courtesy of Dhara Patel*

Dining Hall menu: A vegetarian's POV

BY BUSHRA RAHMAN
Opinions Editor

In an effort to improve the dining hall experience for Harpeth Hall students and faculty with dietary restrictions, the menu has undergone some changes this year. Five new vegetarian entrees have been adopted this year, which brings the total number of vegetarian entrée options to fourteen. Gluten free bread, tortilla chips, and taco shells have also been introduced this year. Speaking as a vegetarian who packs her lunch and used to believe that the offered vegetarian selection was scarce, the changes implemented this year have caused me to reconsider my standing.

Back in middle school, I was on the meal plan and most days was not very satisfied with the lunch options offered.

Most days, I would have to settle with the salad and sandwich bar to appease my hunger. Finally by 8th grade, after growing tired of the countless sandwich and salad days, I realized it would be in my best interest to pack my lunch from home for better vegetarian options. Since then, I've stuck to bringing my lunch.

However this year, after witnessing the dining hall's clear effort to cater to a wider variety of palates, I have been wondering if bringing my lunch to school is worth the extra effort. Also, the lunch cart carries vegetable wraps and other dietary restriction options daily. While observing my friends who are on the meal plan, I have seen that many of the new entrees have been met positively. Nonetheless, crowd favorite selections such as pasta bar, Chinese bar, and of course pizza, are still offered frequently along with the entrees and bars.

"There are still those days when the special bar and the main entree bar are both meat-centric, but those days are happening less often,"upper school history teacher, Adam Wilsman said. "It's clear that the dining hall is making a concerted effort to cater to the needs of vegetarians, and I hope they'll continue in those efforts."

From the perspective of a vegetarian, the changes and efforts made by the dining hall this year are impressive and have definitely caused me to change my standing on the dining hall's menu. I've become curious to try some of the new entree offered and might even begin to pack my lunch with less frequency. The new selections that are offered this year in addition to the popular entrees from before have definitely made a wide array of lunch options to various dietary options.

Another year gone by of unfulfilled resolutions

BY AVA BONEY
Arts and Entertainment Editor

Albert Einstein once said, "Insanity is doing the same thing over and over again and expecting different results." If that is so, New Year's resolutions are slowly but surely driving the world mad. Every year, after the holiday frenzy comes to a close, people are eager to find something else to get excited about; typically, that "something else" happens to be New Year's resolutions. This must stop.

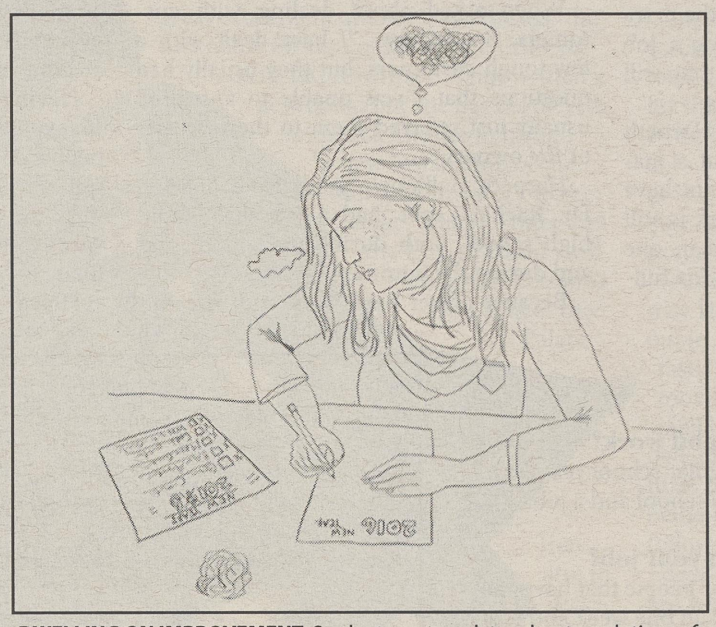
Why must we stop setting goals for ourselves? Why must we stop planning to be a better version of ourselves at the start of a new year? Because it is a waste of time. Each year we wait until December 31st to reflect on ourselves and determine what we need to improve on. Then, starting January first, we consider ourselves "re-born." According to a study done by Forbes, only 8% of individual's achieve their New Year's resolution, leaving the other 92% unsuccessful in their efforts. Yet, come the next year on December 31st, that same 92% will make a resolution promising themselves "that this time I will achieve my goal," but have slim chances of actually doing so. Was Einstein right? Is the reason we keep making resolutions and expecting that we will change each year because we are insane? Or is it because we are lazy?

I believe that New Year's resolutions are the ultimate form of procrastination. Though they seem to be an inspirational motivator of how to improve oneself, New Year's Resolutions promote dalliance. Throughout the year, it is certain that we come face-to-face with our many flaws; and rather than making an effort to fix them in that moment of encounter, we wait until the end of the year when our list of flaws seems endless and we try to fix all of our problems in one year.

Although the initial motivation of making New Year's resolutions is admirable, has anyone truly kept up with them? The best motivation does not come from setting arbitrary dates to change your life, it comes from gradually working on a goal until it is achieved.

Hard work makes the payoff of a goal so much more rewarding, and you are not likely to achieve your resolution on the first try. To quote the worn-out maxism: "Practice makes perfect."

So, what should we be doing? We should be facing ourselves head on. Do not wait until the end of the year to realize what you should be doing. Start now. It is never too soon to improve yourself and your surroundings. Whether you want to start exercising on a regular basis or start pushing yourself out of your comfort zone, don't make it a New Year's Resolution, just make it happen. Prove Einstein wrong, and achieve a different result.



DWELLING ON IMPROVEMENT: Student comtemplates about resolutions of 2016 *Picture by Jordyn Lesh*

Bright side of being an early bird

Advice from Aristotle and Augusta

BY AUGUSTA BOWHAY
Opinions Editor

Are you a morning person or a night owl? This question has dramatically split the population into two types of people. Staying up into the late hours watching Netflix appeals to some, while others enjoy an early start to the morning with a jog and cup of coffee.

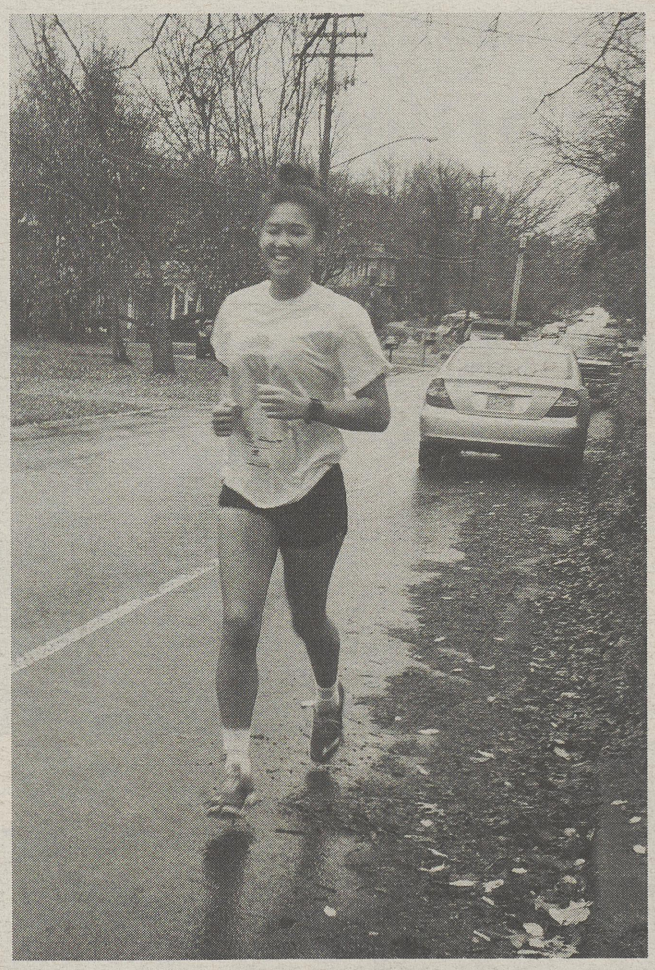
Oh, how I would love to be a morning person. To wake up as the sun wakes up, eyes open and shimmering with the many hopes of the day. To my disappointment, I awake with eyes wanting to stay closed and an uncertainty as to where I am.

Being a morning person has sparked my interest recently, as it has become rather trendy thanks to Instagram and Pinterest. Lifestyle accounts have posted countless pictures of beautiful breakfasts--including the majestic acai bowl--that make a bowl of cereal look like just that: a plain old bowl of cereal. No sparkle, just function… and fiber. Where is the glamour in that?

And so my night owl self was inspired, and I began my journey to becoming a morning person. Routine and all.

While I was drawn to the recent glamour of being a morning person, my ear was pretty full of the benefits of waking in the wee hours. The recommendation was even made by Aristotle, who said, "It is well to be up before daybreak, for such habits contribute to health, wealth, and wisdom." Even Benjamin Franklin is quoted saying, "Early to bed and early to rise, makes a man healthy, wealthy and wise."

Historical figures aren't the only ones who recommend being a morning person. Numerous speakers, doctors, and Dr. Oz have filled us in on the benefits of an early morning.



BRISK MORNING JOG: Eleonor Wright wakes up the "Wright" Way *Photo Courtesy of Tove Wright*

One is more likely to exercise, more productive and more optimistic. The studies have been done, and it seems that being an early riser really is a great thing. Of course, I can see the benefits of waking up in the wee hours. Still, tell all of that to my 6:15 a.m. self, and you will most definitely receive a slap to the face. I did it. I woke up early, made myself a Pinterest breakfast and coffee, and called myself a morning person. It was no easy feat, and it was no instant morph. I moved around the house like sluggishly, not so much the chirping bird I aspired to be. Yet slowly, as the early mornings added up, I saw a positive change. I wanted to get up glamorously. I wanted to wake up, do some amateur yoga, brew coffee, and compose a nice little breakfast. My days of rushing out of bed were over and impossible to go back to.

After living by this morning routine, I feel like a different person. Not an anxious high school student trying to get by, but a functional human. That is the most important takeaway I have found after adopting a morning routine. It is not for getting better grades, or for being more efficient, but for my own psyche. I feel better treating myself to a slower-paced morning.

Aristotle was onto something, and I bet he would be pretty into acai bowls.

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Adam Wilsman

Logos is a student publication of Harpeth Hall. It represents the students' voices, views and opinions. It is in no way reflective of the faculty, staff or administration of the school. Any questions can be directed to Claire Gould, Keely Hendricks and Gracie Pope, Editors-in-Chief, or Adam Wilsman, adviser.

Logos encourages Letters to the Editor. Letters should not exceed 250 words, and they must be signed by the author to be considered for publication. *Logos* reserves the right to edit the letters for length, grammar, and content. Letters may be submitted to Opinions Editors Augusta Bowhay and Bushra Rahman.

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Quill and Scroll

Time to enter the work force, Honeybears

BY MARGARET GAW AND ELEONOR WRIGHT
Sports Editor and News Editor

High-school students have jobs for many different reasons. Some have to, some do it for fun, and some may just want the extra cash. Whatever the reason, having a job teaches teenagers valuable skills that will benefit them throughout their lives.

Kathryn Brown, a senior at Harpeth Hall, works during the summer at a maternity store. Although she does not have to balance school and her job, work is still hard. After she worked 40 hours in one week, she gained an appreciation for full-time workers.

On a day-to-day basis, she had various responsibilities, including working the cash register, answering phone calls, helping place orders and rearranging the store.

When asked about dealing with customers, Brown says, "I have dealt with a few tough customers, but they usually had questions that I was unable to answer. I usually just referred them to the manager or the owners."

Harpeth Hall's own guidance counselor, Dr. Rachel Cupit, had a job throughout high school, both during the school year and during the Summer.

Because of her hard work and determination, she was able to pay for college. She learned valuable skills while working and appreciated her education all the more because of how hard she worked for it.

Although students are involved in many after school activities, Dr. Cupit hopes that every girl will have the opportunity to work at some point in high school.

Having a job "provides an opportunity to expose students to different types of people and teach values such as work ethic, grit, and time management," said Dr. Cupit. "Additionally, it allows students a perspective regarding earning and managing finances."

However, Dr. Cupit cautions students about taking on more than they can handle. "If a student finds themselves in a constant state of stress then I would recommend they evaluate their choices and make sure they are practicing self-care. If having a job does not allow a student to have personal balance, I would not recommend working unless it is financially necessary."

This year, the Logos features section is providing girls with an opportunity to showcase their work lives through articles about their jobs. This opportunity is open to any student with a job--just another benefit of working in high school. Through these articles, Logos hopes to inspire other students to enter the work force.

Kathryn:

How do you balance school and work?
I don't work there during the regular school year, so I don't know what it's like to balance school and a job.

What have you learned from your job?
I have gained an appreciation for people that have full time jobs. Once, I worked 40 hours in one week and was beyond tired. It's hard to believe that adults work that long every week while juggling family responsibilities.

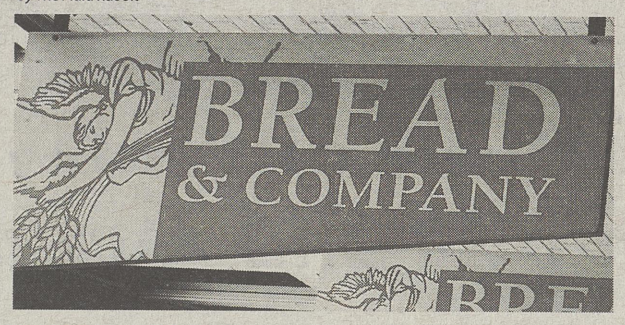
How were your coworkers?
My coworkers were awesome. They were mostly women over the age of 35, which frightened me at first, but their kindness and hospitality made the 8 hour work days enjoyable.

What did you do while you were on the job?
On a day-to-day basis, I worked the cash register, answered phone calls, helped place monogram orders, and rearranged the store. I didn't get to sit down all day besides my 30 minute lunch break, so I was quite tired by the end of each day.

Have you dealt with any tough customers?
I have dealt with a few tough customers, but they usually had questions that I was unable to answer. I usually just referred them to the manager or the owners.



PLAID RABBIT: Senior Kathryn Brown's workplace. *Photo by The Plaid Rabbit*



BREAD & COMPANY: Guidance counselor Dr. Cupit's worked at Bread & Company in high school. *Photo by Bread & Company*

Dr. Cupit:

Why do you believe having a job is a good experience for high schoolers?
I believe that having a job is a wonderful learning experiences for any high school student. It provides an opportunity to expose students to different types of people and teach values such as work ethic, grit, and time management. Additionally, it allows students a perspective regarding earning and managing finances.

Did you have a job in high school?
I did have a job during high school and I also worked every summer to earn money to pay for college. I believe it was a valuable learning experience. Although stressful at times, I am grateful my parents required me to work and earn money to pay for school.

What do you have to say about balancing work and school?
I know that many of our students are involved in after school activities in addition to managing their school work. It is important to have balance in your life. Being stretched is so important for our growth and a healthy level of anxiety helps to keep us motivated to reach our goals. That being said I hope that each of our students have the experience of working at some point while in high school.

Rolling out the Red Carpet for Winter Formal

BY MARGARET HAYWORTH
Staff Writer

Between hectic school hours and a busy social schedule, it seems difficult to imagine that Winter Formal is coming up soon, yet February 6th, 2016 is just around the corner. To the average Harpeth Hall girl, the mention of Winter Formal may appear irrelevant, because the dance is months away. However, the students involved in Student Council and the freshman class officers have been thinking about Winter Formal 2016 for weeks.

Every year, the freshman class has a dinner in the Harpeth Hall dining hall prior to the dance itself. This dinner is planned extensively, with an elaborate theme, decorations and food.

The officers, who just recently revealed their theme to the whole freshman class, could not be more excited about what they are planning. They polled the freshmen on themes, and they finally came to a consensus on Old Hollywood. Decorations and food are not cheap, so to fund this special night, the officers will be organizing a movie night at Harpeth Hall.

Similar to the lock-ins that have been done in the past, a movie night will raise the funds needed to create a great dinner and atmosphere. To add on, a movie night ties in with their theme. In terms of decorations, President Kate Pittman and Vice President Ella Nelson have big plans, including Oscar posters, a large Hollywood sign on the lawn, and red carpet.



HOLLYWOOD AT THE HALL: The Freshman Class President Kate Pittman reveals the Winter Formal dinner theme of Old Hollywood at a class meeting. *Photo by Marie Maxwell*

Although Pittman and Nelson are not nervous yet, they know how much planning is ahead of them. While they may have only been planning for three weeks, these girls have already thought of nearly everything.

On another front, the Student Council is hard at work on Winter Formal, as well. Although they have not actually started planning the dance yet, they have already completed some of the beginning steps to a successful evening, such as the Halloween Dance. This dance is a huge fundraiser for Winter Formal. Carrie Haynes, a junior who has served on Student Council since her freshman year, said, "We are starting to plan in our next meeting!"

College: the next step after HH

BY ELLA MCKENZIE
Staff Writer

At a school like Harpeth Hall where 100% of graduates go on to receive a higher education, college weighs heavily on the minds of current students. Harpeth Hall girls may be among the most well-prepared students in the state, but college still presents itself to them as a huge, looming mystery.

It is no secret that college is a completely different animal than high school. With more options and less accountability, the college student has to learn how to be an adult while still keeping her status as a student, balancing both a new world and a familiar one.

To the Harpeth Hall student, the idea of college maintains its enigmatic nature even after campus tours, open houses, and countless visits to a University's website. It is helpful for the Harpeth Hall girl to gain perspective as to what life will really entail after she crosses into her collegiate future.

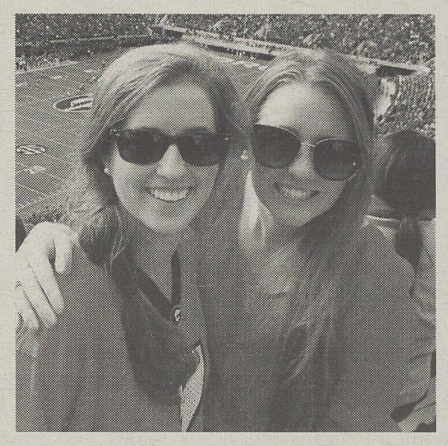
Katy Bowers, a Harpeth Hall alumna and a history teacher for Harpeth Hall freshmen and sophomores, graduated from University of Georgia with undergraduate degrees in history and political science. When asked what the main difference between high school and college was for her, she says that she "found that the actual schoolwork in college fairly easy because of my preparation from Harpeth Hall." She then adds that she "could enjoy intellectual life at the University without the pressure and stress that many of my peers experienced."

Recent Harpeth Hall graduate Marliese Dalton, who currently attends the University of Chicago, has similarly reassuring words for current high school students, stating that "Harpeth Hall does an excellent job of preparing you for college."

However, there are a few points about the college experience about which these graduates wish they had known prior to their entry into college. "I wish that someone had told me how weird of a bubble college can be," states Bowers. "I wish that someone had reminded me that the outside world existed and that we were still accountable for our actions in the real world." A touch of wisdom is never a bad idea, and Bowers believes that a student should utilize this wisdom after graduation.

Dalton, when asked a similar question, assures the Harpeth Hall student, "You do not have to have your life planned out when you start college! I was so worried about what my major might be and getting involved in theater when I started, but it all kind of works out."

As the present slips away and the future shines on the horizon, Harpeth Hall girls often have the tendency to stress out. However, Harpeth Hall graduates Bowers and Dalton have seen the other side of the graduation stage, and they know what it takes to succeed after high school is over.



FROM BEAR TO DOG: Teacher Katy Bowers, Harpeth Hall Class of 2005, and sister Amy Bowers, Harpeth Hall Class of 2010, attending a Georgia football game. *Photo by Katy Bowers*



COLLEGE T-SHIRT DAY: Marliese Dalton and Elizabeth Leader, Harpeth Hall Class of 2015, showing off their college choices. *Photo by Marliese Dalton*

Psychology behind winter blues

BY SOPHIE FUCHS
Staff Writer

You know what a mood disorder is, whether or not you've heard that term. Simply put, a mood disorder is a psychological disorder recognized by elevated or lowered emotions. Bipolar disorder and depression are the most well-known mood disorders, especially with media and pop culture influence.

But you probably don't know what seasonal affective disorder (SAD) is. SAD is a period of depression that happens at the same time every year. Yes, this is a real diagnosis, and no, feeling a little blue when it's raining/hailing/snowing is not the same thing as SAD.

Common symptoms are antisocial behavior, mood swings, weight gain/loss, fatigue, suicidal thoughts and depression. Common treatments include talk therapy, medications, exercise and light therapy.

One Harpeth Hall student, who would like to remain anonymous, explained to me that she realized that she had SAD about a year ago, after routinely feeling exhausted, depressed, and unmotivated during the winter. "Cloudy weather is the worst. The cold is bad too, but clouds are worse," she said. "It usually isn't really bad until the end of winter because it kind of builds up for me." She also described antisocial behavior and back pain during winter.

SAD can have a seriously negative effect on students' mental and physical health—and that's before the added stress of exams. So why don't we hear about it very often?

On one hand, SAD is a fairly mild diagnosis. It generally goes away after a few months, and it's usually self-diagnosable. But on the other hand, 1% of Americans suffer from SAD. This means that 6 or 7 students at Harpeth Hall statistically have SAD. That may not seem like a lot, but think of schizophrenia, generally considered one of the most serious of mental illnesses, though not a mood disorder.

Schizophrenia also affects 1% of the US population, meaning that there are 6 or 7 schizophrenic students at Harpeth Hall, according to statistics. Thinking of the assumptions you have probably made about schizophrenics, 7 suddenly seems like a big number, doesn't it?

While SAD may not seem as serious as depression or bipolar disorder because it typically spans a few months, it is a valid diagnosis that needs to be taken seriously. We as a society are just beginning to openly recognize mental illnesses and the difficulties that people living with disorders face, and we need to include SAD in this movement to accept each other. So maybe this winter, be a bit more compassionate to everyone. You never know who's the 6 or 7.



WINTER BLUES: Cartoon portays seasonal affective disorder. *Photo by Graphics Hunt*

New Spin on Service: Dr. Adams

BY OLIVIA DOBBS
Staff Writer



LWALA INITIATIVE: Dr. Adams and Kelsey Kay Herring displaying new uniforms for girls in Lwala. *Photo by Emma*

1. What was service learning like when you were a student at Harpeth hall?

We didn't have a service learning program. The first coordinator might have been hired my senior year, but it wasn't a formal part of the experience. We had a few clubs (like the Key Club, which Reese Witherspoon mentioned in her speech!) that were service related, and a couple projects with MBA. Service has always been an implicit part of the Harpeth Hall experience, but it's a relatively recent development that we've been intentional about it.

2. What is your goal as the new Service Learning Coordinator?

My goal is for young women to leave Harpeth Hall with the critical thinking skills and experience to understand big problems, the connections between issues, their origins, and their solutions.

3. What part of Harpeth Hall service do you believe needs the most revamping?

The enthusiasm, for sure. I love that girls are motivated to do good, to make a difference, and to live our lives with purpose. This wouldn't work in an environment where that notion wasn't part of the culture. I've also found the school at large to be very forward-thinking and welcoming of new ideas. There's a sense that we can be whatever we want to be.

4. What has been the biggest challenge coming into this position?

Walking the line between tradition and innovation. We want to honor things that are an important part of who we are, but also know that we may need to evolve as time goes on and the world changes.

5. What do you wish all students at Harpeth Hall knew about Service or SLLC?

I hope all students feel like service is open to them, even if they're not sure what they want to do or what they have to give. Part of my job is to help students process that conversation. You don't have to have all the answers.

I'd also love for students to know that service is honorable in its own right--doing good for others--but there are also really important life skills one learns through service.

6. Anything else you would like to add?

As a former student, one thing I've been struck by is how deeply the faculty and administration care about you girls. I hope I was an appropriate steward of that dedication and respectful of their efforts when I was 17. I doubt I was. Even if you go on to the best educational institutions in the world, you'll never have a team like this again.

GLOBAL TERRORISM

...AND WHAT IT MEANS FOR YOU

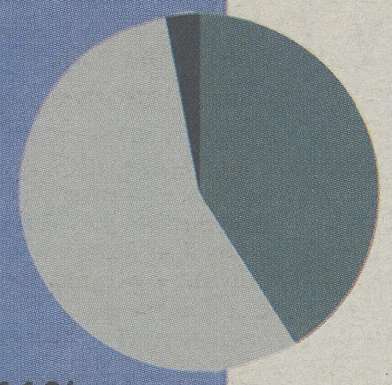
Terrorism on a Global Scale

- Recent attacks in France, an ally of the United States, makes the issue of terrorism closer to home for many Americans.
- In 2015, a hostage situation in Mali left 21 people dead. A group that is associated with al Qaeda took responsibility for the shootings at a hotel in Mali.
- ISIS uses social media to recruit new members across the globe



How does Terrorism Affect Your World?

- San Bernardino shooting is deadliest Islamic State-inspired attack on American soil and biggest terrorist aggression since 9/11
- In aftermath of Paris attacks, at least 28 governors oppose admitting Syrian refugees into their states
- "The strategy that we are using now – airstrikes, Special Forces and working with local forces who are fighting to re-gain control of their own country – that is how we'll achieve a more sustainable victory"- President Obama in a rare Oval Office speech.



41% of Americans approve of Syrian refugees coming to the U.S. after Paris attacks

56% of Americans disapprove

3% of Americans are uncertain



Bullard Gym fell into complete silence on
dents and faculty gathered together in solida
in prayer, some in deep thought, as they hon
able acts of evil. Students filed into Dean of S
office to sign a letter to the students and facu
school in Paris, La Maison de la Légion d'Ho
from the French Club. That Thursday, Global
for an impromptu lunch to discuss global ter
us, and to our world.

Even over four thousand miles away, Harp
were rattled by the tragedy of the November

In what President Francois Hollande called
nessed in France since World War II," at least
hundreds wounded in a chain of six simultan
lande's response to these events were hardly e
"act of war" was perpetrated by "a jihadist ar
the values that we're defending everywhere i

This particular "jihadist army" is a defecto
name of ISIS, an acronym of The Islamic Stat
is an extremist splinter group of Al Qaeda--s
disowned ISIS in 2014. ISIS orchestrated the
punishment for their airstrikes against the Is

Hollande declared, "We will lead the fight a
because when the terrorists are capable of do
know that they will face a France very determ

In the same vein, Prime Minister Manuel V
We will take exceptional measures. And this

These declarations are alarming; the langu
hardly a loose term. At moments like these, i
fear take over. However, it is crucial that peo
"united", as Hollande stated.

In the December centerspread, we have inc
mation about terrorism in the current day an
violence affect our daily lives.

Terrorist attacks on the Twin Towers
September 11, 2001

Rebel defectors form Syrian army to rebel against Assad

Rise of ISIS, extremist Sunni militant group
June-August 2014

March 15, 2011
Arab Spring blooms in Syria

August 21, 2013
Assad launches chemical attacks against Syria, kills 1,300

September 10, 2014
United States starts bombin
in Syria

VOUR WORLD



ete silence on Monday, November 16. Stu-
ether in solidarity for Paris, some bowed
t, as they honored those lost to unspeak-
into Dean of Students Marie Maxwell's
dents and faculty of Harpeth Hall's sister
a Légion d'Honneur, a gesture of support
ursday, Global Scholar students gathered
cuss global terrorism and what it means to

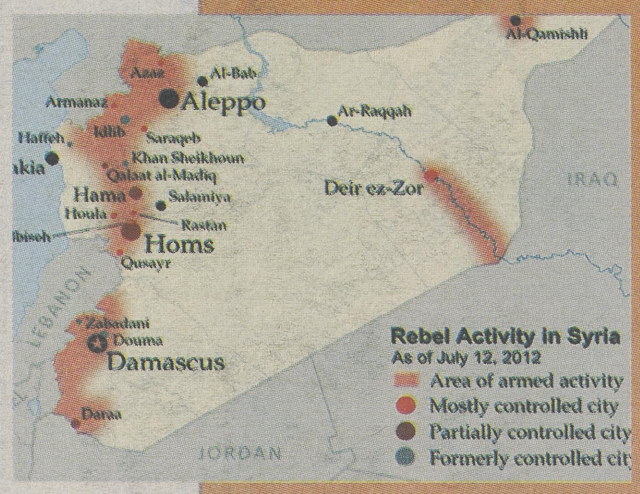
es away, Harpeth Hall students and faculty
he November 13th Paris attacks.
Hollande called "the worst violence wit-
War II," at least 129 people were killed and
of six simultaneous terrorist attacks. Hol-
s were hardly equivocal; he stated that this
"a jihadist army, against France, against
everywhere in the world."
y" is a defector group that goes by the
he Islamic State in Iraq and Syria. ISIS
of Al Qaeda--so extreme that Al Qaeda
chestrated the recent attacks on Paris as
against the Islamic State in Syria.
lead the fight and we will be ruthless…
e capable of doing such acts they must
ce very determined -- a France united."
ister Manuel Valls tweeted, "We are at war.
ures. And this war, we will win."
ing; the language is strong, and "war" is
nts like these, it is more than easy to let
ucial that people stay hopeful and remain

d, we have included graphics and infor-
current day and age and how these acts of

BY: CLAIRE GOULD, KEELY HENDRICKS, AND GRACIE POPE
Editors-in-Chief

Sources: NBC News, CNN, PBS, BBC, New York Times, globalresearch.ca, timeline.com, UNHCR, The Atlantic, The Clarion Project

Syrian Crisis



In 2011, pro-democracy protests erupted and rebel groups formed to end President Assad's dictatorship. As the country descended into a violent civil war, Islamic State took advantage of the chaos and became a major anti-Assad force. However, they have only undermined the democratic goals of the revolution and risen as ISIS, the strongest terrorist group in the world.

250 THOUSAND Syrians have died as a result of their civil war

4 MILLION people have fled to Europe or the United States to escape the violence

30 percent of Syrians live in abject poverty

Syrian Refugee Crisis

In the aftermath of the Paris attacks, many in the West are fearful that Syrian refugees pose a threat as potential terrorists, despite statistics that show these fears are largely unfounded.

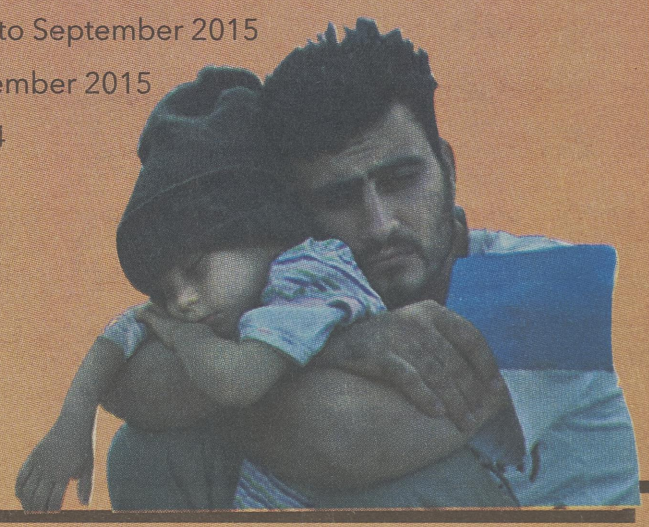
1,854 refugees admitted to the U.S. from 2012 to September 2015

92,991 admitted to Germany from 2012 to September 2015

252,264 admitted to France as of December 2014

"With each passing day there are fewer safe places in Syria. Everyday decisions – whether to visit a neighbor, to go out to buy bread – have become, potentially, decisions about life and death."

-Paulo Sérgio Pinheiro, chairman of UN panel investigating human rights in Syria



Hostage situation in Mali hotel, 21 killed
August 15, 2015

Terrorist attacks in Paris theater
November 13, 2015

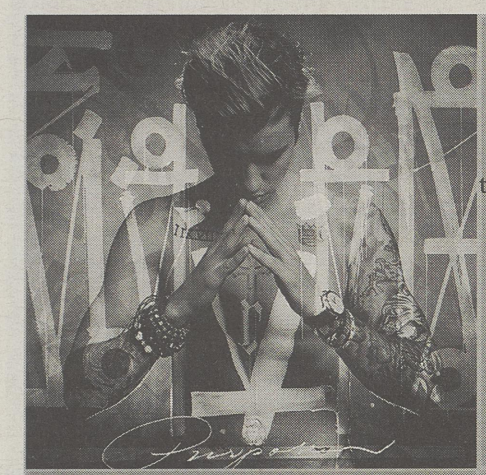
2014
ts bombing ISIS

October 30, 2015
Diplomats from 12 countries in the European Union and the United States meet to resolve conflict

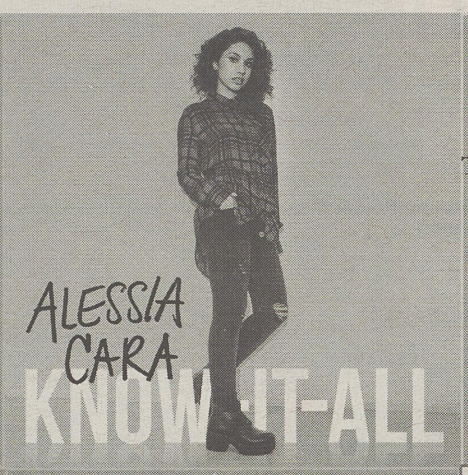
December 2, 2015
San Bernardino, CA shooting tied to ISIS, ISIS sympathizers

Editor's pick: Bear beats for winter

BY SHAYE HENDRICKS
Arts and Entertainment Editor

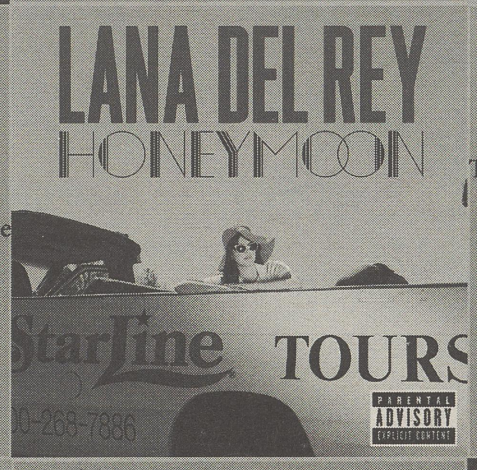


Purpose
Justin Bieber
Bieber fever has made a comeback. Justin's fourth album was released November 13th, and has already landed at number one on the charts. This pop album will make a girl's heart swoon, as rumour has it, a select few songs are about Selena Gomez.
Highlight: The Entire Album

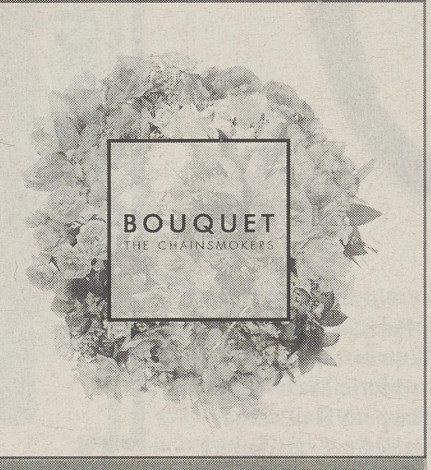


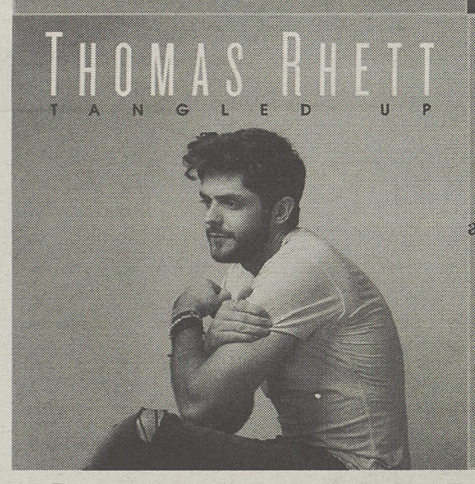
Know-It-All
Alessia Cara
This R&B, pop and soulful album is practically made for sing-alongs on long road trips. At only 19 years old, Alessia's rich voice and sassy tunes are quite empowering. She says most of her songs reflect her life before being famous.
Highlight: Here

Honeymoon
Lana Del Rey
This is the fourth studio album released by 30 year old indie pop singer, Lana Del Rey. Although some songs may give off the dreamy depression vibe, they are perfect for listening to while doing homework.
Highlight: Music To Watch Boys To

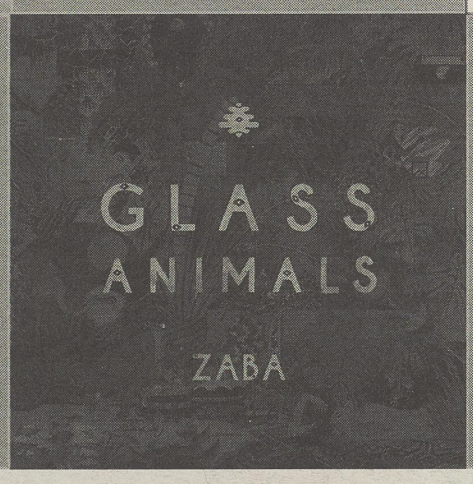


Bouquet
The Chainsmokers
This EP of only five songs has the weekend written all over it. It's great for dancing as it has a great mix of elecronic flare and upbeat melodies. The band is New York based and joined only three years ago.
Highlight: Roses





Tangled Up
Thomas Rhett
This album proves that country music isn't solely for the summer. Tangled Up includes danceable tunes that will cheer anyone up. His album has already charted two number-one hits including "Die A Happy Man" and "Crash and Burn".
Highlight: Crash and Burn



ZABA (Deluxe)
Glass Animals
This alternative pop album has perfect beats for working out. The band, from Oxford, England, started in just 2012 and have no doubt gained popularity since. They started their US tour Septemeber 14th.
Highlight: Gooey

What are Honeybears saying these days?

BY AVA BONEY, LIZZY ASAD, AND SHAYE HENDRICKS
Arts and Entertainment Editors



Claire Temple
@ctemps16

rt if the college counselors are the wind beneath your wings



corinne brien
@corinnebrien

no, mom,you don't understand. i HAVE to go to school tomorrow. it is fudge pie day.



anna grace
@AnnaGraceCole

language & perspective shape the way we live



Corinne Gibson
@coriin_thehouse

Starting a gofundme page for a space heater for the senior house. All donations appreciated

Harry Potter at the Hall

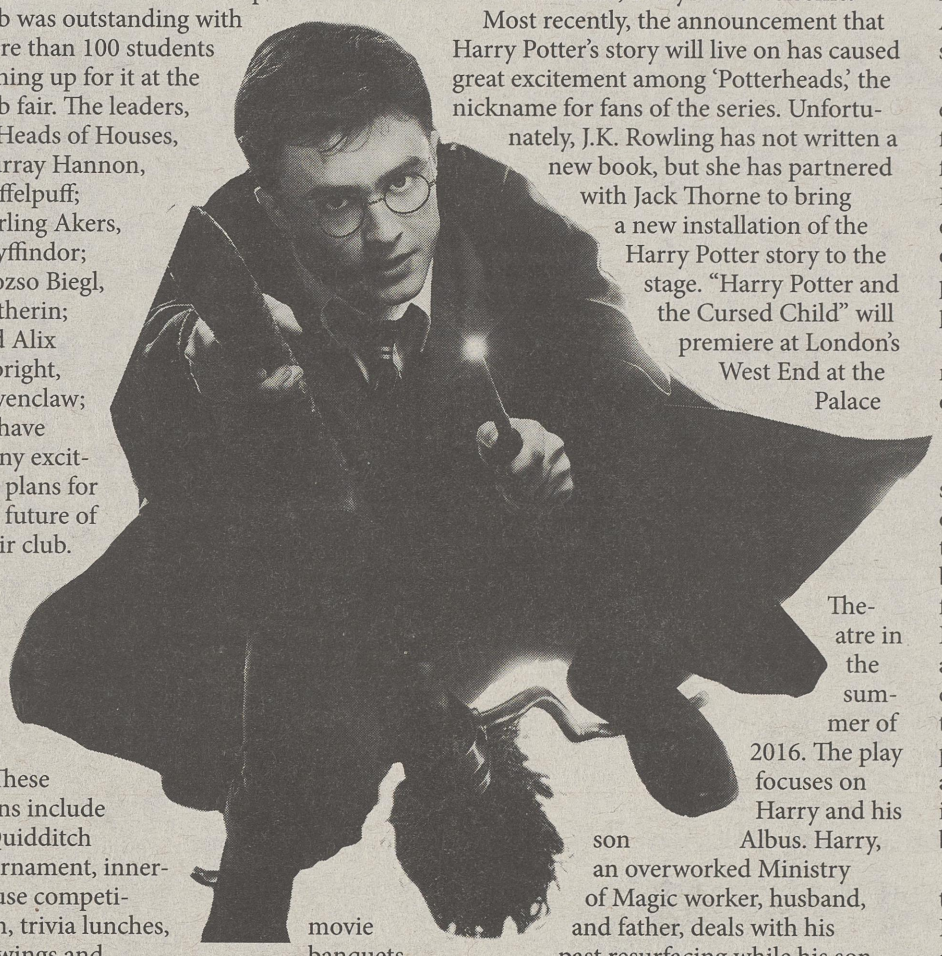
BY ALIX ALBRIGHT
Staff Writer

While the last Harry Book may have come out almost ten years ago (2007), the world of Harry Potter continues to capture the imagination of people young and old. As author J.K. Rowling works on a theater production and a new movie, a club on Harpeth Hall's campus hopes to tap into the extraordinary passion that many still feel for Hogwarts.

While walking through the halls of Harpeth Hall, one might find a weathered copy of a Harry Potter Book clutched in a pair of hands or hear excited chatter about the upcoming Harry Potter Weekend on ABC. Even though J.K. Rowling published the first Harry Potter book 18 years ago, the spirit of Harry Potter continues to live on in the Hall.

The Ann Scott Carell Library holds a collection of sixteen Harry Potter books (in English, Latin, and Chinese) ready for checkout at all times. When asked if the interest in Harry Potter has increased or decreased at the Hall, Librarian Susan Timmons remarked, "I think it's increased throughout the years because the girls who loved Harry Potter 10 years ago still love Harry Potter, but the girls who were too young to read Harry Potter then are reading Harry Potter now and falling in love with it." Whether it is for the very first time or for the umpteenth time, the magic of Harry Potter continues to pass from student to student as these books are picked off the shelves time and time again.

This year, Harpeth Hall gained a Harry Potter Club as well. The response to this club was outstanding with more than 100 students signing up for it at the club fair. The leaders, or Heads of Houses, Murray Hannon, Huffelpuff; Sterling Akers, Gryffindor; Zsozso Biegl, Slytherin; and Alix Albright, Ravenclaw; all have many exciting plans for the future of their club.



These plans include a Quidditch tournament, inner-house competition, trivia lunches, movie viewings and banquets. Club members typically are the more dedicated Harry Potter fans of the school but nonetheless, everyone is welcome.

Most recently, the announcement that Harry Potter's story will live on has caused great excitement among 'Potterheads,' the nickname for fans of the series. Unfortunately, J.K. Rowling has not written a new book, but she has partnered with Jack Thorne to bring a new installation of the Harry Potter story to the stage. "Harry Potter and the Cursed Child" will premiere at London's West End at the Palace Theatre in the summer of 2016. The play focuses on Harry and his son Albus. Harry, an overworked Ministry of Magic worker, husband, and father, deals with his past resurfacing while his son, Albus, struggles with his unwanted family legacy. The play will only be showcased in London and has no foreseeable future in America, much to the dismay of thousands of avid American fans.

Junior Carrie Haynes said, "I am very ecstatic and glad that J K Rowling has found a new avenue for her work and for the world of Harry Potter." Ever since Potterheads read the last lines of the seventh book, they have been craving more of Harry Potter's infamous story. This play could be the answers to all of their prayers.

Alongside the play, there is yet another new Harry Potter addition said to come out in 2016-- the highly anticipated "Fantastic Beasts and Where to Find them" movie. In 2011, J.K. Rowling wrote a small book about a wizard, Newt Scamander, and the many different magical creatures he has encountered which is now being brought to the big screen. The plot follows Scamander, who will be played by Eddie Redmayne, who is an English Wizard who comes to America with a magical case full of magical creatures. In America though, wizards are in hiding from their prejudice muggle neighbours, which poses a slight problem for Scamander. The plot involves some escaped beasts and a lot of bewildered muggles.

This continuing love for Harry Potter demonstrated not only in the halls of Harpeth Hall but throughout the world as well, truly exemplifies the magic J.K. Rowling wrote about in her beloved books all those years ago.

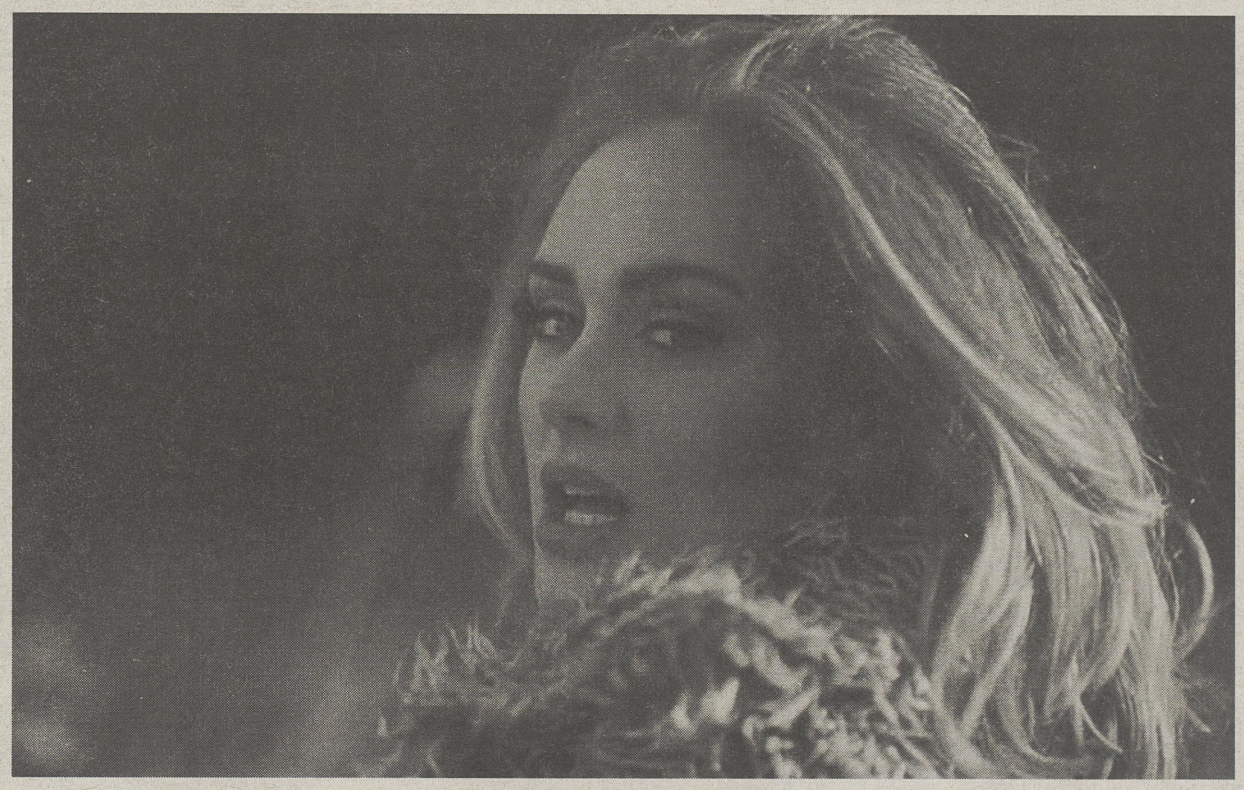
Back from the other side: Adele

BY AVA BONEY
Arts and Entertainment Editor

"Hello"; that one word is all it took to shake the earth off of its axis and put it back into place again.

After the airing of a promotion on British television during the telecasting of "The X-Factor", social media erupted. The ad featured a black screen with the lyrics to the first verse of the song displayed as Adele's voice sang them. The first lines being, Hello / It's me / I was wondering if after all these years you'd like to meet.

After waiting nearly four years for Adele to come back from the other side and release her next masterpiece, people across the globe shared their excitement for the announcement of the upcoming album, 25.



GUESS WHO'S BACK: Adele serenading the camera in the music video for her new single "Hello" *Photo Courtesy of The Telegraph*

"Hello", the song featured in the commercial, was released October 23, 2015. The album, 25, was released November 20, 2015 and is available for digital download on iTunes and physical copies can be purchased from Amazon, Target, Walmart and local stores such as Grimeys New and Preloved Music.

25 was co-produced by multiple acclaimed figures in the music industry such as Mark Ronson, 4 Non Blondes' Linda Perry, Ariel Rechtshaid, Danger Mouse, and Paul Epworth, who has produced artists such as Paul McCartney, Florence and The Machine, Bruno Mars, John Legend and many more. Along with the single, Adele released the music video featuring the star of "The Wire", Tristan Wilds, and herself. The video, not only broke Taylor Swift's "Bad Blood" record by reaching 27.7 million views within its first day of being released, but also became the fastest video to achieve Vevo certified status by receiving over 100 million views within five days, breaking Miley Cyrus' record by one day.

Celebrities such as Katy Perry, Chloë Grace Moretz and Lionel Richie sang their praises for the ballad with the rest of the world.

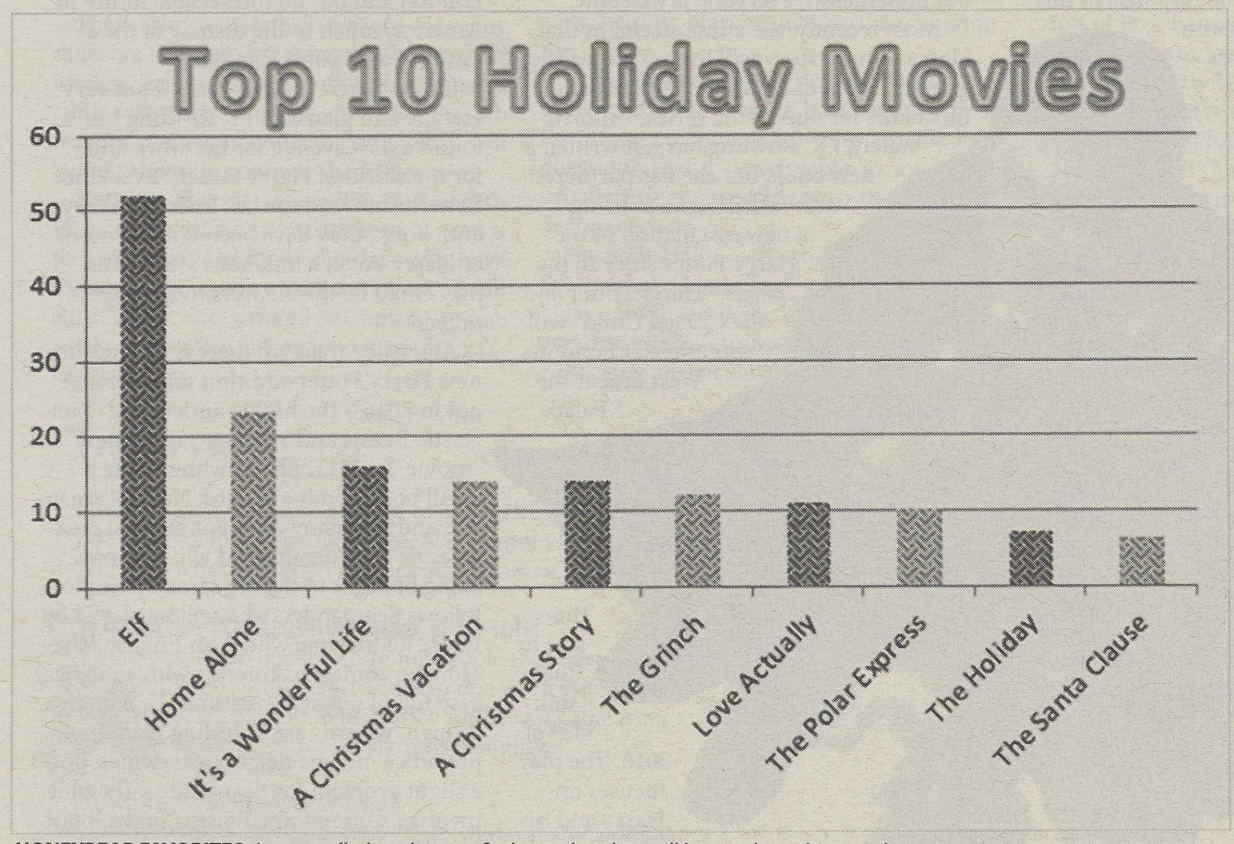
However, the stars weren't the only ones raving about the new hit; the Honey Bear Nation had quite a lot to say as well.

When surveyed, of the 90% percent of students who had listened to "Hello", 85% responded saying they enjoyed the song. After being asked about the upcoming album release, junior, Emmie Wade, laughed, "It's such a relief for [Adele's] album to come out and save us from Fall Out Boy." Sophomore Sophia Grande said, "It's a really good song to listen to when you want to relax."

Not only is she talented, but Adele is clearly a saving grace in some cases. Overall, Adele's new single has achieved major success and almost no criticisms. It's safe to say the world is glad to have answered the call and heard Adele's voice on the other side. We hope she will call again.

Countdown to favorite winter movies

BY CAMILLE PATTON AND HALLE PETRIE
Staff Writers



HONEYBEAR FAVORITES: Logos polled students to find out what they will be watching this month. *Graphic Coutesy of Camille Patton and Halle Petrie.*

It's that time of year again! Not just time for religious holidays, excessive shopping or a few weeks off of school. It's time for Christmas movies!

So what kinds of traditions do Harpeth Hall's students and faculty have surrounding Christmas movies? And what will Harpeth Hall students be watching this holiday season?

In order to get better insight into holiday movies and traditions, we interviewed Harpeth Hall's spirited librarian, Kristin Bernet, a Christmas enthusiast.

Twelve years ago, she and her husband started a tradition she calls "12 Days of Christmas Movies," which is still a part of their Christmas festivities to this day. They always start with Mrs. Bernet's personal favorite, "National Lampoon's Christmas Vacation" and continue from there.

Back when Mrs. Bernet and her husband were dating, they each picked six movies to watch. Now, Mrs. Bernet's two daughters get to pick movies as well.

On Christmas Eve, their last night of Christmas movies, the Bernet family watches "The Nativity Story" to remind their children of the true meaning of the Christmas season.

"Christmas can be a lot of pressure and overwhelming," Mrs. Bernet said. "So the movies are a nice way to calm down everyday." Overall, her tradition helps her remember the magic that dominated her childhood holiday seasons each December.

While Mrs. Bernet has made Christmas movies a regular part of her holiday season, she certainly isn't the only one. So which Christmas movie should you be watching?

Top Five Holiday Movies

1. "Elf"
"Elf" is a story about Buddy (Will Ferrell), a man who was raised as an elf in the North Pole, but later comes to realize that he is actually a human. He then decides to trek out to New York City to meet his biological father, who unfortunately is on the naughty list.

2. "Home Alone"
"Home Alone" is about the McCallister family, who-decide to take a vacation to Paris, but in the chaos of departure day, they leave their youngest son Kevin (Macaulay Culkin) at home. After figuring out that the boy is home alone, robbers target the house - forcing Kevin to fight in order to keep his home safe.

3. "It's A Wonderful Life"
"It's a Wonderful Life" is a holiday classic about a man who is dissatisfied with his life and attempts suicide. Luckily, an angel spares him and puts him in a life in which he does not exist.

4. "National Lampoon's Christmas Vacation"
"National Lampoon's Christmas Vacation" is a film that brings the comedic frustrations surrounding the holiday season to life. The Griswolds try to have the perfect Christmas when their whole family is in town , but they deal with the same frustrating difficulties that families deal with every year: broken lights, bickering family members and the struggle to find the perfect tree.

5. "A Christmas Story"
"A Christmas Story" is about a boy struggling to get his version of the perfect present from Santa: a Red Rider BB Gun. On Christmas morning, he gets a present under the Christmas tree, but is it the BB gun?

Winter style: what's in and what's out

BY GRACIE POPE
Editor in Chief

The start of winter marks a beginning and an end in terms of attire. While some people are reluctant to say farewell to their flip flops, there is a certain excitement in the opportunity to throw on those beautiful boots or to embrace one's favorite sweater.

However, while the start of winter is a time of new beginnings in terms of fashion, it can also serve as an opportunity to remember the ghosts of winter's past. While one can still usually spot the occasional Ugg boot on a chilly casual day, they are not as common as they were in the senior class's prime year of 2010 (i.e. seventh grade).

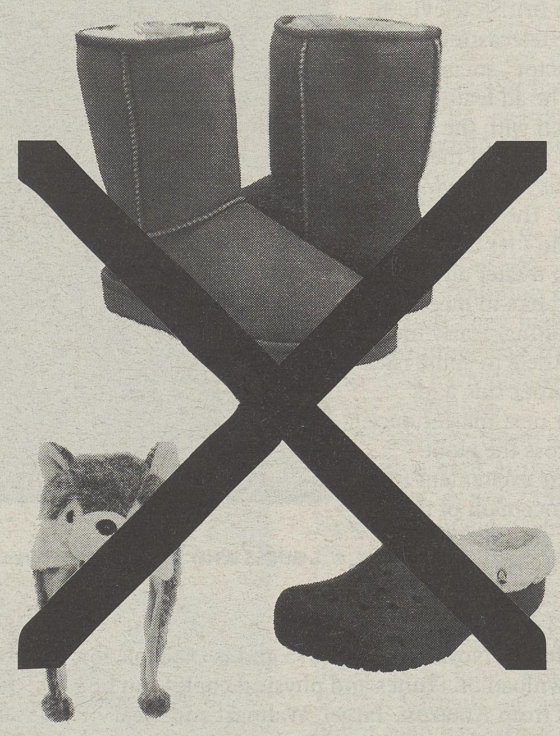
Another winter fashion staple that has been lost in the abyss of past year's style is the infamous hipster-esque animal hat. For all who fondly remember these adorable hats, they were usually knit with the design of a forest animal across the front. Hats with owls and foxes were especially popular.

This winter is likely to bring a blast from the past. According to Senior Isabella Grande, 70s style is going to be a major staple in various wardrobes this winter. Turtle necks and chunky sweaters are also likely to be popular trends during the chillier months this year. "Personally I like to pair all dark tones together in the winter months because it is so easy and always chic, but I have my eye on those cowl necks and flats," said Grande

Winter style promises to be interesting as the members of Honey Bear Nation bundle up and face the oncoming chilly weather.



STRIKE A POSE: Junior, Carrie Haynes, poses for the camera in her winter attire.
Photo Courtesy of Carrie Haynes



GHOSTS OF CHRISTMAS PAST: Previous winter fads, such as uggs, animal hats and furry crocs, belong to the past. *Photos courtesy of Google.*

Sugar Plum Faires take Nashville

BY BIANCA SASS
Staff Writer

When you think of the holidays, what do you think of? Maybe scented candles, fuzzy socks or family? One answer for many would be Nashville's Nutcracker. Performed at TPAC annually,the Nashville Ballet production draws over 22,000 viewers each December.

E.T.A. Hoffmann was a famous 19th century writer known for The Nutcracker and the Mouse King. The tale is distinctly eerier and less child-friendly than the contemporary story of Clara and her adventures; however, Alexandre Dumas rewrote the story to make it more family-oriented. Based on the tale's popularity, a ballet was created by the famous Russian choreographer Marius Petipa. Featuring a score specially composed by Tchaikovsky, the ballet was an immediate success. As over a hundred years later, The Nutcracker has not lost any of its grandeur.



DANCE OF THE SUGAR PLUM FAIRY: Members of the Nutcracker pose in their decorative costumes. *Photo Coutesy of Bianca Sass*

As freshman Megan Murphy puts it, "The Nutcracker is the ballet that connects classical ballet to the modern world; everyone has seen it, [...] everybody knows the music."Nashville's Nutcracker is an important tradition to countless families--including the very first Clara for Nashville Ballet, who is now a grandmother. One woman able to attest to the show's importance is Sharyn Mahoney, the Director of Artistic Operations. She has been at the ballet since the beginning of "Nashville's Nutcracker." "When I move to Nashville as a dancer in 1989, it was the first year that they did 'Nutcracker,'" said Mahoney.

On the importance of "The Nutcracker" in our community, Mahoney said, "[There are] so many really touching anecdotes." Mahoney recalled one time when a young couple got engaged at a performance of the play. "They come back every year."

In 2009, Mahoney witnessed Paul Vasterling, the Artistic Director, add new elements of Nashville history to personalize Nashville's Nutcracker. If you attend a performance, keep an eye out for the house modeled directly after the Belle Meade mansion and the ice skating scene that takes place at Shelby Bottom Park!

Nashville's Nutcracker also presents a unique opportunity for aspiring dancers. Anyone age eight to eleven can audition to be in the show, no experience necessary!

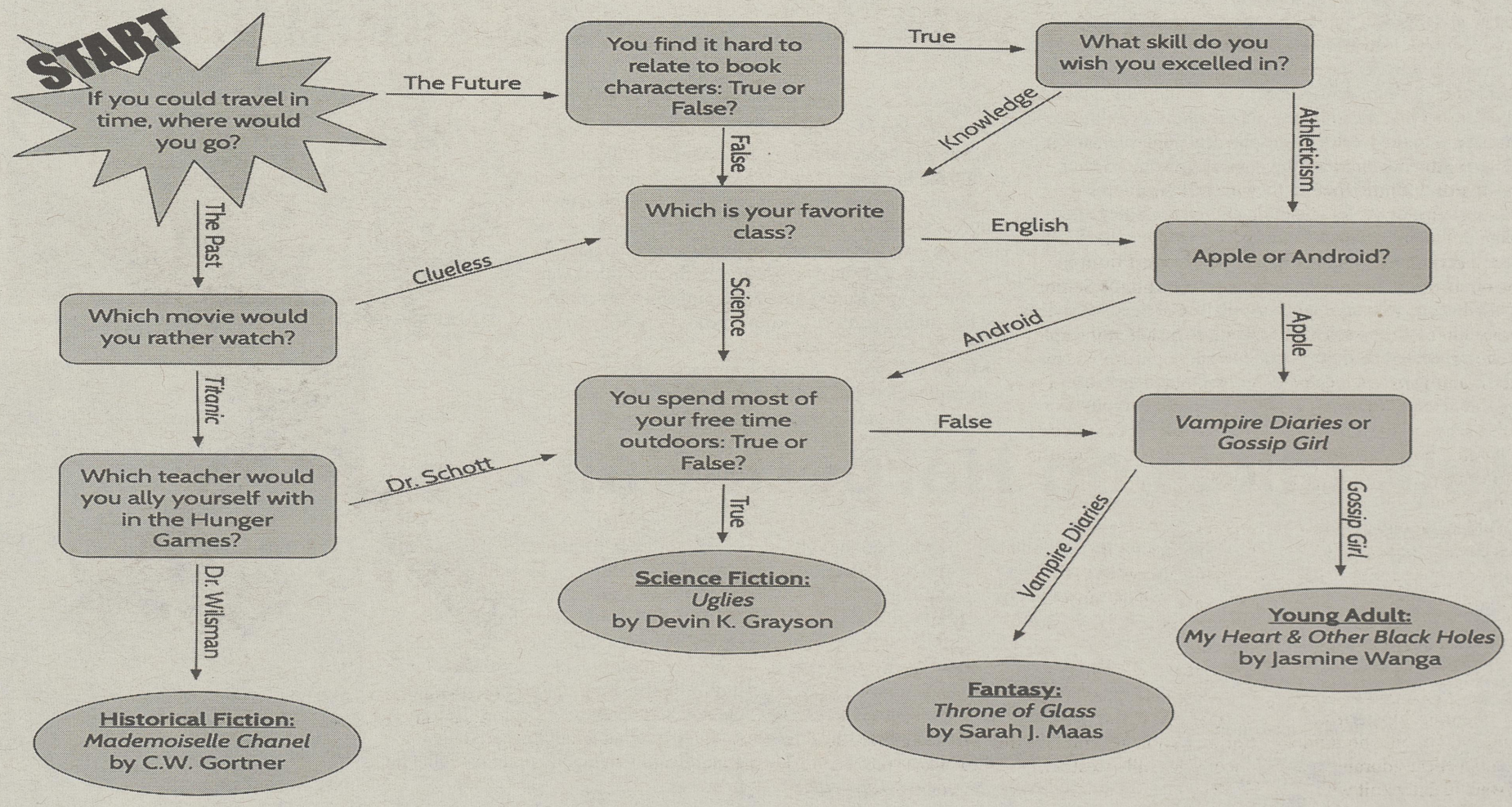
Older dancers enrolled at Nashville Ballet's school can also try out. Freshman Megan Murphy, dancing in the Nutcracker for the fourth year, plays a "Bon Bon" this year. "Nutcracker with Nashville Ballet is one of the few ballets where the youth really has roles where they're dancing a lot," said Muprhy. "Especially 'Bon Bons.' You have a three-minute dance."

Additionally, students get to work with professional company dancers. "[It's] A little bit scary sometimes. But when they're your inspiration, it doesn't really matter. It's just exciting."

So whether you are a young dancer looking for an opportunity to try out your moves on the big stage, a ballet-enthusiast/long-time fan, or just looking for a study break during exams, Nashville's Nutcracker will surely add festivity to your holiday season!

Which book is best for you?

BY AVA BONEY AND LIZZY ASAD
Arts and Entertainment Editors



A Day in the Life of a Harpeth Hall dancer

BY SOPHIE MCKENZIE
Staff Writer

Dance is an athletic art that plays a major role in the lives of certain Harpeth Hall students. However, unlike in other sports and arts, not many other students know about what a Harpeth Hall dancer does from day-to-day.

As is the case for all extracurriculars, balance and time management are important aspects of life as a dancer. Sunni Luo, a sophomore dancer, is a member of level three, which is the highest level of the dance company hierarchy. "I do most of my homework over the weekend," said Luo. "Sadly, the price I pay to dance is my social time."



DANCING QUEENS: Seniors (left to right) Margot Dupris, Anna Warner, Isabel Nygard and Tess Myers worked all semester for their concert: "Under the Umbrella of Style" *Photo courtesy of Peyton*

This sacrifice of time comes from intense scheduling. Luo also states that "the average day for me would be dancing from 5:30 p.m. to 7:15 p.m., and doing homework or studying before 5:30 p.m." Level-one and two dancers practice on an average day from 3:30 until 5:30 p.m., along with occasional practices from finale in the early mornings.

This schedule changes about a month before the concert to include fifteen and ten minute rehearsals throughout an afternoon and during tech week. Tech week starts the Wednesday before opening night, during which all dancers often stay until past 6:00 or 7:00.

On performance days, call time is 3:10 p.m., and dancers run the show until it is time to put on makeup and costumes.

Besides just learning choreography and perfecting each small movement, it is required for all dancers to take either an after school or block class of ballet technique class. The technique the dancers learn in this class translates into all aspects of dance, even into styles such as modern or jazz.

"I think a big misconception about dance is that it's easy to do," said junior Claire Gould, a level-two dancer, "By no means so! Dance and athletics are very similar in that anyone who wants to get better has to build endurance, control, and frankly, a lot of leg muscle."

As challenging as dance is, many Harpeth Hall students come back to it year after year. "I definitely value the sense of community," said Gould. "We spend hours with each other daily, and we've seen each other at our most exhausted and sweatiest, but we've all seen each other grow tremendously, and my fellow dancers are all incredibly supportive. It's hard not to cultivate a sort of family after that."

From long rehearsals to dance concerts with a full house, Harpeth Hall dancers put hours of taxing work into their company over the semester to create art that the whole community can enjoy.

An unsung Harpeth Hall hero

BY KELSEY KAY HERRING
Sports Editor

As the school day comes to a close at 3:10 p.m., Megan Gillespie's day is just beginning. As Harpeth Hall's athletic trainer, Gillespie works with a slew of injured athletes who need professional care and advice.

Adept at handling common injuries, such as ankle, low-back and hip pain, Gillespie also manages more serious injuries, like concussions. She is officially employed by Results Physiotherapy, a local physical therapy clinic in partnership with Tennessee Orthopedic Alliance. As a certified athletic trainer, Gillespie has been able both to help the athletes heal and to create a safer environment for the Harpeth Hall athletics program.

Gillespie began her career in sports medicine because of her ardent love for athletics. "It was an incredible blend of the sports I loved and let me play a role as a healthcare professional in the world," Gillespie said. Gillespie works with strength and conditioning coach Jim Romero in an effort to avoid injuries before they occur by combining her knowledge of the female body and coach Romero's understanding of necessary exercises.

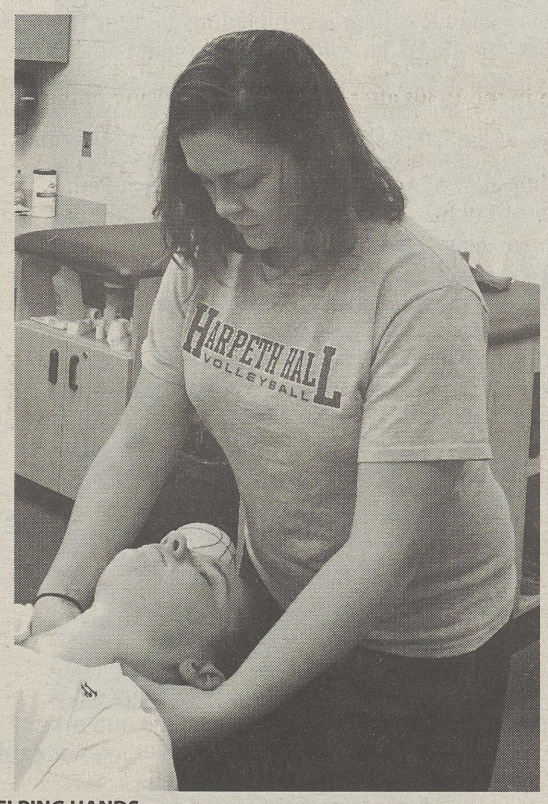
She also believes that the availability of a nutritionist on campus would be beneficial to the athletes in order to discuss dieting, weight and other nutritional needs and to to counteract new, sometimes unhealthy fads and diets that are promoted through social media.

The training room, located near the Green Gym in the Athletic and Wellness Center, is stocked with physical therapy tools, an ice machine and an ice bath. Gillespie uses Kinesio tape to wrap injured areas in an effort to avoid further pain. The room is often busy with an onslaught of girls who heat before practices and ice afterwards. Gillespie also travels back and forth between practices and games to check on athletes need her immediate attention.

Gillespie represents the voice of each athlete as she attempts to weave her way through the physical, mental and emotional aspects of the healing process. Athlete in every sport and dance company visit her to discuss their pain and their options. "By far, without a doubt, the most rewarding part of my job is seeing an injured athlete return to full play without restrictions and watching them succeed at what they love to do," said Gillespie. She is not only a trainer for each athlete, but also an advocate for her success.

Anna Clarke Harrison, a junior, suffered an anterior cruciate ligament tear, which kept her off the field and away from her soccer team for a season. "She supported me through the process, keeping me informed on my progress and what was going on with my recovery," said Harrison. "She worked with me individually to help me recover as quickly as possible and in the healthiest way possible. Megan knows about me, and since my injury, she has made an effort to know me and my body to give me the best care possible."

Megan Gillespie's hard work for each individual Harpeth Hall athlete has contributed to their personal successes, as well as the success of each team and company.



HELPING HANDS: Ms. Gillespie soothes an athlete with neck pain. *Photo Courtsey of Rachel Brown*

Hulk takes on Harpeth Hall

BY SHAYE HENDIRCKS
Arts & Entertainment Editor

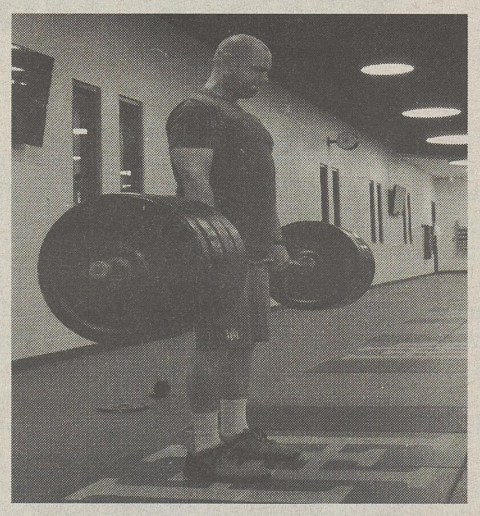
Coach Jim Romero has long served as an important member of the Harpeth Hall faculty and a fixture in Harpeth Hall's weight room, but what does the workout expert do for his own exercise regimen?

Romero, known affectionately as "J-Ro" to many of his students, has a workout regime of his own. Coach Romero, being no stranger to the gym, is a fitness fanatic on and off the job. He works out almost every morning for an hour, taking Sundays off.

In order to get a mix of both fat burning exercises and strength building, he likes to mix it up. On Mondays, Wednesdays, and Fridays, Coach Romero lifts weights, while on Tuesdays and Thursdays, he performs high intensive cardio exercises.

His perfect health is not simply a result of his workouts; he also maintains healthy eating habits throughout his day. For breakfast, he suggests eating some type of protein or carb. At lunch, he eats a salad with hard boiled eggs. "For dinner, I usually have a salad, vegetable and either chicken, fish or red meat that my wife cooks," Romero said. "Very rarely do I ever eat out for breakfast or dinner."

It may be shocking to find that he wakes up at 4:30-4:45 every morning. There's no question that when Romero talks about healthy living, he practices what he preaches.



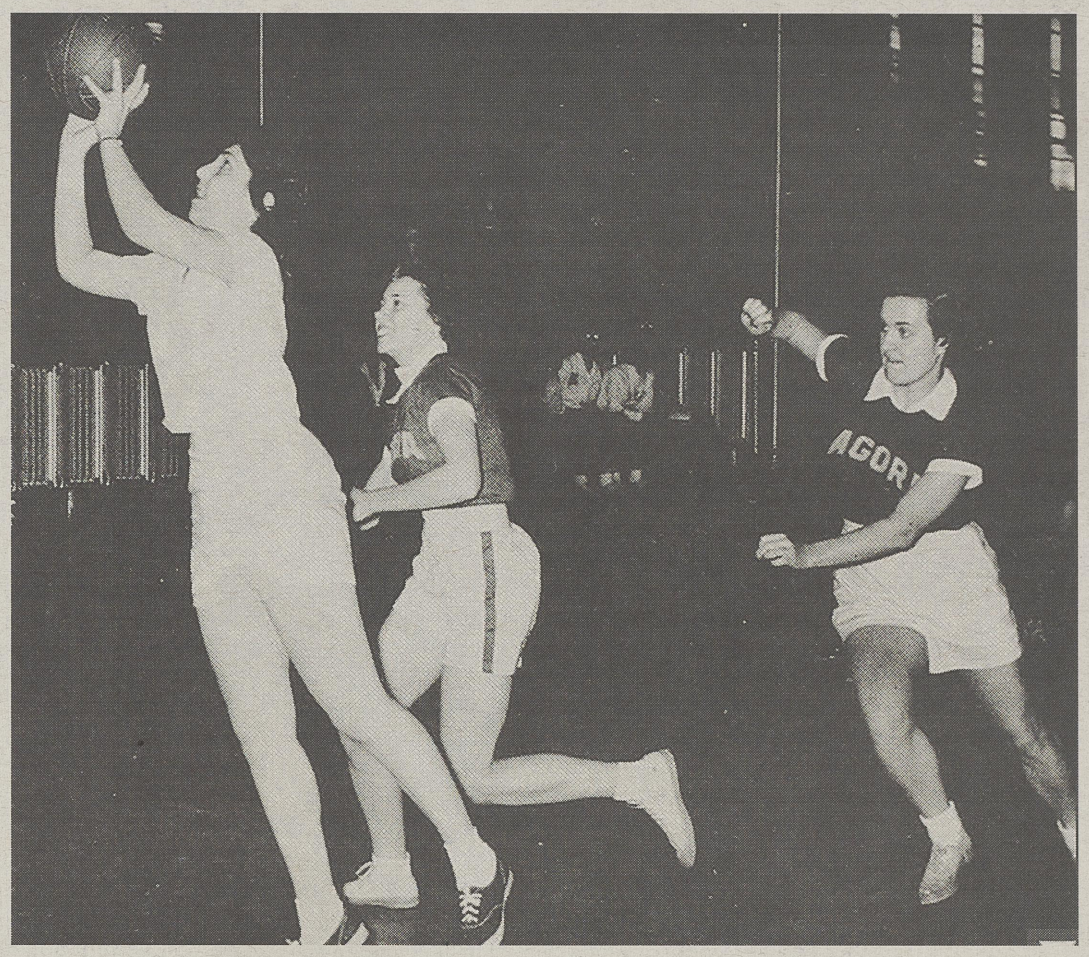
SUPER-HUMAN STRENGTH: Coach Romero deadlifts 400+ lbs. *Photo courtesy of Kathleen Norton*

Sports history: Ban on varsity teams

BY KEELY HENDRICKS
Editor-in-chief

Sports have become an integral part of the 21st-century high school experience, and for many students at Harpeth Hall, sports mean everything. In fact, Harpeth Hall's recent developments in the athletic department point to a burgeoning culture of sport-adoration on campus. With new facilities and budding teams, Harpeth Hall has entered into an era of unprecedented athletic growth.

…Or is it truly unprecedented? During the Roaring Twenties, sports were all the rage at Ward-Belmont. Much like Harpeth Hall today, the school constructed a brand new gymnasium; however, Ward-Belmont also built horse stables, bowling alleys, tennis courts, playing fields, and a natatorium. Physical education classes expanded until they formed a separate department that even gave out special diplomas. In an article written in 1925, students wrote a "Ward-Belmont Alphabet," in which "G stands for gym, not 'Jim,' if you please," and "H stands for hockey, an athletic disease." If there ever was such a disease, Ward-Belmont students seemed to have caught it in the '20s.



WARD BELMONT BALLERS: Clubs compete during a basketball game in the 20s. *Photo courtesy of Mary Ellen Pethel*

However, this trend did not last long. A backlash against the Progressive Era of the early 20th century began in the 1930s after the Women's Division of the National Amateur Athletic Federation (WDNAAF) banned female varsity sports from competing and participating in public games. According to Dr. Mary Ellen Pethel, Harpeth Hall history teacher and published author, "The argument against women's sports was based on fears that certain sports, namely basketball, were unhealthy and inappropriate and would lead to problems related to men's sports (gambling, violence, cheating). Ward-Belmont did follow this national trend, and while Tennessee did not ban female athletics as the state of Colorado did in 1929, the emphasis shifted from competitive athletics to a 'sports for sports' sake' mindset."

With no outlet for competition, Ward-Belmont athletes turned to school clubs and societies to fill the void. 14 clubs were established, 10 for boarding students and four for day students. These clubs functioned both as sororities and as athletic teams. They hosted teas, luncheons and dances, as well as tournaments in basketball, hockey, archery, swimming and bowling.

When Harpeth Hall opened in 1951, it kept the four clubs for day students, naming them Angkor, Ariston, Eccowasin, and Triad. The school did not, however, keep its socialite traditions. Rather, the clubs became the main source of athletic competition on campus. Girls' sporting teams were designated by their clubs, and all rivalries became strictly intramural. Dr. Pethel writes, "Sports and field-day competitions took on the feel of Olympic competition as Eccowasin, Triad, Angkor and Ariston fought to win annual titles in archery, tennis, bowling, basketball, field hockey and non-athletic categories, such as citizenship." In the end, every club fought for the cherished honor of inscribing its name on the Club Cup, which was bestowed upon the club with the most points accumulated throughout the year.

This intramural period continued until the late 1960s and early 1970s, when club teams transitioned into varsity teams and Harpeth Hall competed against other schools for the first time. However, the legacy of the four athletic clubs stemming from Ward Belmont continues today. Harpeth Hall still hosts a field-day competition for middle schoolers; club songs are a highlight of Awards Day; and club members still rack up team points from pep rallies to win the coveted Club Cup. Although the competitive spirit of a soccer match or basketball game may no longer be evident in these friendly club rivalries, they remain a cherished tradition and provide a link to the athletes who came before us. Perhaps now they will serve as a reminder of the privilege to varsity sports--a privilege which was denied our predecessors for almost four decades--and gender equality in athletics.

Riflery team hits bullseye at MBA classic

BY MOLLY POWER
Staff Writer

The Varsity Rifle Team started their year with a first place win in the precision category of the annual Montgomery Bell Academy Rifle Classic. The largest high school shooting match in the nation, this event draws hundreds of shooters from across the country for several days of intense competition. There are two types of matches available: 60SAR, or 60 shots in the standing position, and 3PAR, or 20 shots each in prone, standing, and kneeling, and the course of fire in which most awards are given.

The team's sporter squad, competing at the entry-level for the sport, started off the main day of 3PAR competition bright and early—they had to arrive at the range at 6:30AM in preparation for their match an hour later. "The MBA Rifle classic was truly an amazing experience," 8th grader Abigail Nichols said. "It was a completely unique competition that brought our team even closer together." Though this match was the first shoulder-to-shoulder competition for three out of four squad members, they all performed with skill. Led by senior Alex Slaton with a stellar 490 out of a possible 600, the sporter squad ended up achieving a solid 1713 aggregate score.

"It was a completely unique competition that brought our team closer together."
Abigail Nichols

Later that afternoon, it was the precision squad's time to compete. Precision shooters use more gear, more accurate rifles, and usually have more experience that sporter shooters. With the possibility of a podium finish, the Harpeth Hall team felt the pressure as they took their lanes. After two hours of very competitive shooting, some anxious point calculations once the match was finished revealed that the Harpeth Hall precision team had won the Classic with a score of 2298, narrowly besting the runner-up team by just 7 points. Senior and team captain Anne Rajbundit, who was also just one point away from qualifying for finals, led the precision squad with a fantastic 580.

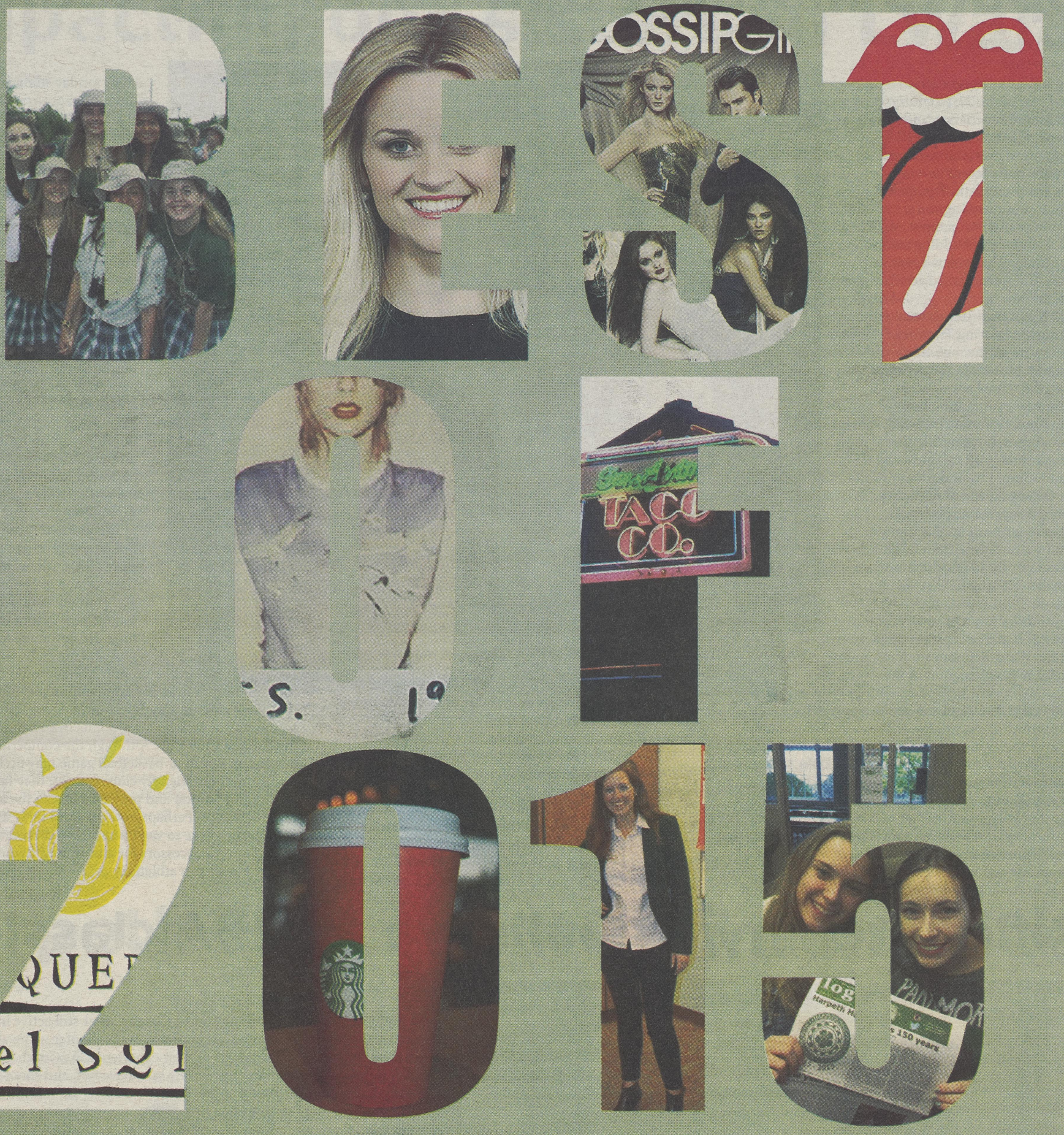
However, the win did not come without its challenges. "Some of the targets had glitches, so we had to stay flexible during the match," team member Katie Wilkins said. "A few visiting coaches also didn't abide by match rules, which led to more interruptions. I'm proud of the score we reached despite the distractions." Sporter shooters faced some problems as well. Several other competitors had issues with their guns, which led to an unusual amount of activity on the line. For new shooters especially, regaining focus after distractions can be hard, as matches require a high level of mental effort.

Of course, the team wouldn't have achieved this win without great leadership. Head Coach Jim Abernathy returned to lead up the team for the 5th year, with Mr. Mike Carter joining the team for the first time as Assistant Coach. Together the two have decades of experience in shooting sports, Coach Carter still active in competitions himself, and provide every shooter with valuable advice regardless of their experience. As Coach Abernathy's mantra goes: "Be safe, have fun, and shoot well."



SUPERB SHOOTER: Sophomore Sam Lance shoots in a match. *Photo courtesy of Saffee Croker*

Logos Corrections Section
In the October issue, the picture "Frolicking in the Fall" in the Features section was taken by Franny Ford



Best Senior Theme: Safari Chicks
Best Assembly Speaker: Reese Witherspoon
Best TV Show: Gossip Girl
Best Concert: The Rolling Stones
Best Album: 1989 by Taylor Swift
Best Restaurant: SATCO
Best Restaurant for Off Campus Lunch: Taqueria del Sol
Favorite Seasonal Starbucks Drinks: Peppermint Mocha
Best Dressed Teacher: Ms. Bowers
Best Newspaper: Logos

By Saffee Croker
Backpage Editor