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Phillips Exeter Academy, Exeter, New Hampshire

Community Reflects on Happiness

By JACK ARCHER, BONA HONG
and FELIX YEUNG
Staff Writers

To some Exonians, high stress, competition and a lack of sleep are emblematic of life at the Academy. However, others enjoy the social atmosphere of boarding school and have clear methods of sustaining happiness. Though mental health remains a critical issue for students, many identify themselves as happy.

As part of the student-administered "State of the Eight Schools Association" survey, *The Exonian* sampled the student body on mental health and happiness. While the majority of Exonians reported themselves to be "Happy" (51 percent) or "Very Happy" (15 percent), they were less optimistic about their peers, identifying only 30 percent of the student body to be "Happy" and 0.4 percent as "Very Happy." Despite this perception, 81 percent of surveyed students responded that they would send their children to Exeter.

Counselor and Psychology Instructor Christopher Thurber explained that students' experience may depend on a range of factors. "Phillips Exeter Academy is an immersive and challenging environment, by design," he said. "The experience can boost or lower students' moods, depending [on] ... temperament, attitude, time management, sleep, exercise, nutrition, social support, substance use and their goodness-of-fit with this community."

Thurber also cited character strength training as a method of achieving increased happiness. "Students who find ways to engage with

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Seniors enjoy the spring weather by playing spikeball on the quad. JaQ Lai/*The Exonian*

Moriarty To Serve as Dean of Students

By ANNE BRANDES
and DANIEL CHEN
Staff Writers

English Instructor and Dean of Studies and Academic Affairs Brooks Moriarty '87 has accepted a two-year position as Dean of Students. Moriarty's appointment will begin on July 1, and a search for the new Dean of Academic Affairs will commence immediately.

Principal William Rawson described the qualities he sought in applicants, adding that administrative positions often attract several qualified candidates, "making the decision often quite difficult." "A baseline requirement is that each candidate must fully support the mission and values of the school, and be prepared to work well and collegially with others—students, parents, faculty, administrators, staff—as the particular job requires," he said.

Succeeding previous Dean of Students Melissa Mischke after her seven-year term, Moriarty has been charged with the responsibility of surveying all aspects of student life. Components of his new role include constructing advising assignments, coordinating with faculty advisers and managing student housing.

Moriarty said that the Dean of Students can greatly impact students' lives by preparing them for future challenges, an idea he drew from a *New York Times* article. "Too often adults, both parents and teachers are preparing the road for children instead of preparing children for the road," he said. "In other words, adults are clearing obstacles from the path of life instead of helping young people develop the skills to navigate obstacles on their own. The Dean of Students can shape conversations about how to prepare kids at Exeter for the road."

Moriarty continued, "To do that, I plan to lean on the expertise of my colleagues and spend as much time as possible with students, listening and just getting to know as many students as possible."

Moriarty plans to remain constantly engaged with students in other capacities. "I'm hoping we can create a structure that allows deans to continue with some teaching, coaching, living and working in dorms, et cetera," he said. "We have to stay connected to students in those spaces, I think, to serve our students well."

Moriarty also highlighted specific campus and global issues that he will be mindful of and try to address during his tenure. "Various chal-

MORIARTY, 2

PEA Accepts 15 Percent of Applicants

By MOKSHA AKIL and FELIX YEUNG
Staff Writers

Prospective Exonians across the globe opened their inboxes on March 9 to a video of smiling Exonians welcoming them to the Exeter community. To some, this was a morning of celebration; for others, however, their waitlists and rejections left them considering alternative choices.

The Admissions Department reviewed the applications of nearly 2,700 applicants, and 15 percent of those appli-

cants were accepted—two percent down from last year's. "This year's applicants were remarkably talented in so many different ways," Dean of Enrollment and External Relations William Leahy said. "Part of the reason for such a decrease is due to the fact that our yield of admitted students has been consistently increasing."

The newly admitted students represent a diverse array of geographical backgrounds, coming from 42 states, 20 countries and 317 different schools. Two-

hundred-thirteen of accepted students applied for financial aid.

To some, the letter of acceptance came as a welcome surprise. Incoming prep Kodi Lopez of Los Angeles, California felt that her admission was a long shot. "When I woke up to that email, it didn't process in my mind until later. I had just been accepted to my dream school," he said. "I called my mom, and she started crying on the spot. I felt as if everything

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2019-2020 ESSO Board Turns Over

By MAEGAN PAUL
Staff Writer

Seniors Grace Gray and Jenny Yang have passed on their Exeter Student Service Organization (ESSO) co-presidency to uppers Dawson Byrd and Ryan Xie, who will lead the Academy in another exciting year of community service.

The new board also consists of upper Penny Brant and lower Caroline Luff as Directors of Marketing and Communications, lower Anneliese Cowles as the Off-Campus Club Coordinator, lower Ellie Griffin as the On-Campus Club Coordinator and uppers Nana Esi Donkor and Ben Holderness as the Children's Club Coordinators.

Gray said the previous two ESSO boards focused largely on increasing community participation and expanding the organization's reach. The 2017-18 board amplified efforts to serve families of varying socioeconomic backgrounds along the Seacoast, while this year's board partnered with the Exeter town government.

The new board plans to continue this initiative. "By doing so, we will hopefully get more participation from local businesses, people from nearby towns and students," Luff said.



New ESSO board takes the helm for the 2019-2020 school year.

Arun Wongprommoon/*The Exonian*

Cowles also hopes to collaborate with service organizations beyond Exeter. "This year, I would really like to see stronger connections made with EHS (Exeter High School) by connecting with their service club," she said.

ESSO is an integral part of the Exeter experience for many, including Donkor, who expressed that "participating truly helped me find my place in our community." In her role, Donkor hopes to "promote student engagement by creating the same welcoming environment that made my experience so positive in every ESSO club."

In addition to expanding outreach efforts, Xie hopes to continue other initiatives from previous ESSO boards, such as dorm service. Griffin also hopes to plan fundraisers and awareness events that will "elicit change" and increase community involvement.

Luff emphasized the importance of service work in an environment as academically-oriented and fast-paced as Exeter. "A lot of Exeter is focused around individual accomplishments, so it's really important to focus on people other than yourself ... and work as a team," she said.

Griffin agreed, adding that "at Exeter, the most meaningful way for us to make an impact is through ESSO."

Gray noted a similar pride in helping others that inspired her time on the board. "I see community service as the ultimate privilege. It allows everyone ... to reach into the world around us and form personal connections."

Xie affirmed his faith in the new board and their potential to lead the Exeter community in its *non sibi* mission. "We have a great group, and I know we can get a lot done this year," he said.

Curriculum for Health Revised Again

By FELIX YEUNG
Staff Writer

After much debate, the Department of Health and Human Development will restrict their curricular reforms to incoming students for the 2019-20 school year. In the following year, the entire student body will be subject to those changes.

The proposals were initially passed as a result of shared faculty sentiment that more contact with students would allow the Health Department to more effectively curb high-risk behavior. These potential reforms, however, have sparked an uproar of student dissent.

The changes to the proposal were the result of potential modifications to students' class schedules. "Since we don't know what [the new daily schedule] may look like, it was just too much change in one year," Health Department Chair Michelle Soucy said.

According to Soucy, the Health Department met with Principal William Rawson, Assistant Principal Karen Lassey and Dean of Faculty Ellen Wolff to discuss the potential impacts of the change on current students. "We talked about what would be the best for our students—what would have the least impact on student anxiety levels," Soucy said.

The department did not feel that overwhelming students with change would be a positive step.

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Exonians React to New Dean of Students Appointment

Continued from **MORIARTY, 1**

will define [the Dean of Students'] work," he said. "Anxiety is on the rise among high-achieving kids... As the recent college admissions scandal, Operation Varsity Blues, makes clear, there are people of wealth and privilege who have lost their moral compass."

These dilemmas lead Moriarty to larger questions, especially about how the Academy fits into the broader picture. "What responsibilities does a school like Exeter have in such a world?" Moriarty said. "We need to think deeply about that and come up with some answers. I'm eager to play a role in that work."

Prep Akili Tulloch is thrilled with Moriarty's appointment and believes that Moriarty possesses the necessary qualifications. "I think Mr. Moriarty has [a] great sense of understanding [of] what his students are going through, as well as being passionate and dedicated," he said.

Similarly, prep and advisee of Moriarty Emily Wang noted how open Moriarty is with his students. "He wants what's best for the students, and is such a chill and easy person to talk to," she said.

Prep Shrayes Upadhyayula, who formerly took one of Moriarty's English classes, added

that he is a deeply empathetic person. "He was always incredibly kind and thoughtful as my English teacher, and my interactions with him as a dean have always been positive," Upadhyayula said. "I'm glad he's taking a larger role in the administration."

Saltman agreed that one of Moriarty's largest emphases will be on communicating with students and remaining involved with student activities. "He's been working in this office for a few years and very much approaches problems through the lens of the students," he said. "I think students will see a lot of him as he intends to be out with the students and in front of the students."

During Moriarty's tenure, Tulloch hopes that Moriarty will take a proactive approach to addressing student problems. "I hope Mr. Moriarty will help to improve whatever issues students face; he should acknowledge and confront these issues, rather than ignore them," he said.

Wang noted that there are certain issues that many students, including herself, would like to see addressed during his tenure. "I hope he can establish more of a focus on mental health, homework load and weekend activities," she said.

Students, like lower Matthew Chen, also

hope Moriarty confronts their concern regarding transparency between faculty and student bodies. "I feel like when it comes to high-level personnel changes within PEA, we as students are entitled to be informed," Chen said.

Chen pointed out that the new appointments were only announced to the faculty in an email; he believes that students should have been included. "The decision affected everyone on campus, so we all should be told about it," he said. "It is definitely very worrying that the school would do something like this—it sets a very dangerous precedents for future communications."

Prep Charles Falivena agreed with Chen, adding that relations between administration and students could be improved if students could contribute input on administrative appointments. "Given that the deans are the focal points of the administration, if students had input regarding the new deans, the student body-admin relationship probably would be improved," he said.

However, Saltman clarified that open communication is often more complicated to execute than students believe. "Transparency is such a difficult thing," he said. "There's so much that is legally confidential and it's very difficult to assure

students that there was a thorough process in decisions. However, we can't tell students details of the process when they are confidential."

Overall, Rawson explained that the administration is always looking for opportunities to aid the Exeter community. "As administrators, we are constantly thinking about ways we might better serve our school and our students," he said. "When a transition occurs, there is a fresh opportunity to reimagine the role. I look forward to seeing what new ideas each of these administrators will bring to their new responsibilities."

Moriarty concluded that Dean's office has the opportunity to make tangible, positive effects on the Exeter campus. "Working with kids in a residential school is really fun," he said. "While students probably first think of rules and discipline, the Dean's office is behind a lot of joy at PEA."

In addition to Moriarty's appointment, Principal Rawson has announced that Carol Cahalane, currently the interim Dean of Residential Life, has accepted an official five year appointment for the position. Scott Saltman has accepted an official five year appointment as Director of Studies, and Jane Caldwell has extended her appointment as Continuing Professional Development coordinator from three to five years.

Students Critique Pervasive "Suffer Culture" on Campus

Continued from **HAPPINESS, 1**

the community, applying their pre-existing strengths, are able to find the most happiness on campus," he said.

Despite these positive aspects, the culture at the Academy also induces stress. "There is a lot of competition between students, and I feel pressure to be better than others. It can be very overwhelming at times," Sherman* said. "It leads to self-esteem problems that I've personally experienced."

Many students feel that the college admissions process drives unhealthy competition. "Naviance, [a college readiness assessment software], makes you a number," senior Dhruva Nistane said. "It adds to the culture of comparing yourself to other people."

Another negative aspect of boarding school for some students is the difficulty of seeking out support from adults after traumatic incidents. One student, who experienced an

incident of sexual harassment, felt unable to rely on adults for support. "I feel that the administration should make adults more open to the kids," Shirley* said. To Shirley, the faculty-student relationship holds an inherent power imbalance, one that makes it difficult to bridge the divide.

Although Exeter provides an abundance of mental health resources, there continues to be a stigma around attending therapy meetings, according to upper David Kim.

Still, according to the survey, there was a clear disparity between the perception of peers' happiness and the happiness of students themselves. "Perhaps, there's a misperception that, if you're happy and enjoying yourself, you're not working enough," Learning Specialist Jonathan Nydick suggested.

Certain students attributed the disparity to the "suffer culture" at the Academy. Huang believes this culture has contributed to unnecessary stress at the Academy. "I feel like people

say that they're stressed, that they're overworking themselves," he said. "I'm not sure where that mentality comes from."

According to Thurber, the "suffer culture" may be intrinsically linked to adolescence. "Adolescence is a time of accelerated independence, interdependence and self-definition," he said. "During that process, students sometimes exaggerate their expressions of the challenges they face."

Other students believe this "suffer culture" to be a way for students to bond. "Because being busy is also something a lot of us deal with, it's a relatable topic," upper Annabel Lee said.

For some, this culture is also an indicator of privilege. "Students get extremely upset about minor changes and forget the amount of voice they are given within the community," said upper Charlotte Kaufmann. "The administration takes students' desires into very high consideration, but it would be impossible to implement every students' wishes."

However, others saw the complaint culture as based, at least somewhat, on valid issues. "I think [privilege and legitimate concerns] are not mutually exclusive; complaining is completely natural and we do it in a certain capacity regardless of where we are," upper Blane Zhu said. "Still, a lot of complaints I hear are about surface level things, such as being hungry or getting a bad grade." Zhu believes that students still view the Academy in a positive light.

Although stress is certainly a part of life at the Academy, it has not deterred students from wanting to send their future children to Exeter. "Exeter is the best thing that's happened to me. I would send my kids here because the difficulties I've faced have made me better. They've made me stronger," lower William Viotor said. "If they're up to it, I want my kids to experience that too."

*Asterisks denote name change to preserve anonymity

Exeter Applicants React to Admissions Results

Continued from **ADMISSIONS, 1**

came together at last, all my hard work... The packet came later, and with that, I started jumping off the walls with joy." Lopez has accepted his place at the Academy.

As the acceptance rate attests, the Academy is an appealing place to many budding scholars. Incoming lower Anya Tang of Granger, Indiana was drawn by the intellectual challenges Exeter provides. "[I] realized that my public school wasn't the best place for me to grow, especially with regard to my passions and interests," she said. "After hearing my interviewer describe the Harkness method, I realized that my education could be so much more than just working towards a diploma."

Applicants who had experienced Exeter Summer were further compelled to give the regular session a try. Incoming lower Max Triff of Durham, New Hampshire was a two-year Summer Exonian before his acceptance. "I fell in love with everything about [Exeter Summer]," he said. "The Harkness table, the campus, the people and the opportunities that it gave guided me to apply to the Academy."

Current Exonians whose siblings were accepted voiced their delight. "My brother,

Andrew, is currently an eighth grader at the Cooperative Middle School in Stratham, New Hampshire," upper Emma Cerrato said. "He has already decided to commit. I was away when Andrew received his acceptance letter and video, but my mom told me he was thrilled by the response."

The acceptances came after much hard work during the application process, including standardized testing, admissions essays and much anxiety. Incoming upper Adriana Tzintzun, of Asheboro, North Carolina, found it to be grueling. "I was nervous because I wanted to make sure that Exeter would see me in a good way," she recalled. "It was hard to showcase myself in a way that would make me stand out."

This process did not end happily for all. Lower Ariel* was disappointed by the fact that her brother was rejected. "To be honest, I was kind of expecting it, because my brother isn't too great academically. However, he was pretty upset about it. The person that was most upset, though, was our mom," she said. "My parents have donated a lot of money to the Academy, and, for the past year, my mom worked hard to get to know the teachers and staff and give them a good impression." The Academy's decision has resulted in tension in the family,

and Ariel does not expect her parents to donate again.

Similarly, upper Jemma* hoped to have her brother around for senior year. "He really wanted to be with me, and he really wanted to get into Exeter. He's bummed. He really liked it when he visited, but he got into [other schools]," she said.

Applicants who have long vied for a spot were particularly disappointed. Max, of Long Island, New York, dreamed of attending the Academy as a repeat lower. "All my life, I've woken up each day with the goal of doing one thing better. I'm always trying to improve and better the world around me. Exeter seemed like the next natural step," he said. Max described his rejection as a numbing experience.

For accepted students, however, The Academy is ready to extend open arms. "The majority of our admitted students will be taking part in our Experience Exeter programs," Leahy said. "They are eager to see Exeter firsthand and we are so grateful to all community members who will help welcome these newest Exonians to campus."

For some, Experience Exeter will be a time to form more definitive opinions on the Academy. "I've heard way too many things about Exeter from way

too many people, so I think I'm going to reserve my judgement for when I actually 'Experience Exeter!'" Tang said. In time, she hopes to call herself an Exonian.



*Asterisks denote name change to preserve anonymity

English Department Revises Senior Curriculum

By **DANIEL CHEN and EMILY KANG**
Staff Writers

The English department has restructured the senior English curriculum for the 2019–20 school year to give students more opportunities for personal reflection. The fall term will serve as the final required sequential course in the English curriculum, while the winter and spring terms will offer various electives on literary genres, authors and topics.

The current curriculum requires students to read *Hamlet* during their upper spring, take a creative writing elective in their senior fall and write their senior meditation in the winter. The revised curriculum replaces senior fall electives with a standard English class in which students will read *Hamlet* and write meditations.

According to English Department Head Nathaniel Hawkins, the meditation was moved to the fall primarily to create a clearer arc in the writing program. Hawkins believes that the meditation—a long personal essay and a staple of the Exeter English curriculum—should immediately follow the upper sequence. "The current system has a fall term

detour into creative writing within a genre and then students go back in the winter term to meditation," Hawkins said. "So we moved the meditation to the fall as the capstone project of the writing program."

English Instructor Matthew Miller added that this change will provide more students with the opportunity to read their meditation in Phillips Church, as both winter and spring term meditation blocks will be reserved for senior writers. "The student meditations are really some of the most profound pieces we all get to hear read," Miller said. While the schedule currently allows for ten meditations to be featured, this number could double next year to 20.

The English Department has also made *Hamlet* required reading for the senior fall term. Miller drew a comparison between the second line of *Hamlet*, "Stand and unfold yourself, to the meditation-writing process." "That is what the play is about and that is what the Meditation is all about: unfolding oneself in an essay," he said.

However, a number of rising seniors have expressed upset over the curricular changes, including upper Meredyth Worden, who

had been looking forward to taking elective courses in the fall and winter. "If you only can take one English elective, it limits the curriculum," Worden said. "I planned to take certain classes for English in the fall, so I have to reconsider now."

Upper Thomas Wang raised concerns about the rescheduled meditation, noting its overlap with college application-writing season. "Fall term and the college admissions process is what many Exonians consider to be the culmination of their lives so far," Wang said. "I've seen people cry while writing their meditations. Combining this intense emotional stress on top of the stress of college admissions would create unnecessary pressure."

Senior Mark Blekherman commented on the need for more variety than what standardized English courses would allow. "There's more to literature than Shakespeare plays and Morrison novels," he said. "The fall writing seminars are engaging and a breath of fresh air during a very stressful time for seniors."

Senior Josiah Pansil shared similar sentiments. "Shakespeare can be a difficult read for some people and it would be tough to have that while also trying to write college apps and fill

out scholarship essays," he said. "I think that choosing your English makes it easier to get work done because you choose something that is your strength or forte. If you make people read Shakespeare, then that makes life much more difficult."

While some believe that the lack of flexibility and stress of college applications will make fall term an inconvenient time for meditation writing, Hawkins pointed out that the meditation is not as burdensome as students may think. "Students already, currently, write several papers in the fall and the meditation is not something that is added on top of the other three or four papers they write during a term," he said. Hawkins compared it to a 333 history paper where students are given a month to complete a multi-page research project.

Hawkins noted that the new system will cater to students who are less inclined to creative writing and English. "One of the problems we see in the fall currently is that regardless of whether a student is interested in a creative writing genre, they have to take a creative writing genre course," Hawkins said. "[The new curriculum] is a more open and honest elective system."

Student Council Executive Board Plans 2019-2020

By ANNE BRANDES
and LINA HUANG
Staff Writers

The newly elected 2019–20 Student Council Executive Board stated their commitment to actively gather student ideas and translate them into concrete changes throughout their tenure. The board is also launching their “\$10,000 initiative,” a contest open to all students for the best proposal on how the budget should be spent.

Exonians elected the new board on Feb. 20—upper Ayush Noori as president, upper Matthew Wabunoha as vice president and lowers Charlotte Lisa and JaQ Lai as co-secretaries. The official board turnover will happen on April 9; by this date, new committee heads, class representatives and dorm representatives will also be appointed. Within this transition period, the departing and incoming boards plan to hold frequent meetings and conversations to ensure a smooth turnover.

Departing President and senior Elizabeth Yang said that the 2018–19 board impacted the school community through small but

concrete actions. She noted the board’s funding of Exonians Against Sexual Assault’s “Got Consent?” t-shirts, as well as their organization of the Q&A assembly with Principal William Rawson in the fall.

Yang added that this year, StuCo began many larger-scale initiatives to be continued by future boards. “We’ve planted seeds for the OneCard program and a larger StuCo project. And we have continued and continue to work with faculty on a new daily schedule and new health curriculum,” she said.

The departing board also generated the idea of setting aside \$10,000 of the Council’s budget to devote to a large project with a lasting impact on the Exeter community. However, the board could not decide on an initiative warranting the large sum of money.

“We had trouble getting a great deal of student ideas and feedback early on in the process, which slowed down the timeline,” outgoing Secretary Audrey Vanderslice said. “We want to make sure that whatever the money ends up going towards is reflective of student opinion and desire.”

While the departing board held discussions with Student Council, Dean’s Council and various administrators and staff members, they decided more feedback was necessary. As a result, the new board has decided to launch “The \$10,000 Initiative, a school-wide call-to-action,” according to Noori. “We aim to find the most compelling ideas that will have the greatest potential to increase the quality of student life,” he said.

The board has created a Google Form where students can submit their ideas. According to Noori, the Executive Board will then select a project “based on our experience of what is feasible” as well as on discussions with Student Council and adults on campus.

Noori said that the \$10,000 initiative was only part of the new board’s broader goal to hear student voices and enact concrete changes. “As a board, we have decided that our priority is to engage as many people as possible in conversation, and then turn their ideas into tangible action,” he said.

Wabunoha said that the new board is also considering other areas for student input.

“Right now, we’re discussing a project on students giving course feedback, and I’m excited to work with that because part of my campaign was improving access to student feedback in a variety of ways,” he said.

Under the incoming board, Student Council will also face some internal structural changes to facilitate communication between different committees and boards. “Each committee will now have a point person on the Executive Board, who will be responsible for establishing the connection between Exec and committees,” Noori said. “When students propose ideas for change they want to see, the Executive Board will form a clear timeline for its feasible implementation with the appropriate committee.”

Overall, Noori said the board hoped that in the upcoming year, Student Council would serve as a forum to unite Exonians from diverse backgrounds in dialogue which can create positive change on campus. “The new board is wholly committed to garnering as many ideas as possible, and turning as many ideas as possible into reality.”

Academy Discusses Student Health Curriculum

Continued from HEALTH 1

“We just decided that it would be helpful to not have two major changes going into next year, particularly for uppers who are already so susceptible to the stress of that year,” Soucy said. “However, new students will still have to meet the new requirements because they have the time to plan.”

Faculty in the department still debated over these new developments. “I think that there was concern about what the new plan was going to look like and what new uppers might be missing out on,” Soucy recalled. “Still, it was just a call that we had to make. There was just so much change and so little time that people had a difficult time with the adjustment.”

To ensure that the new curriculum best serves the community, the Department has decided to host another open forum for students to give more of their input. This forum will take place during Faculty Meeting on April 11 in the basement of the Lamont Health and Wellness Center.

Next year, returning uppers will receive information on health through alternative means. “We always look for opportunities, as a Health Department, to think about ways that we can do things with dorms and residential life—conversation dinners, tabling, speakers—so that we can get important information out to all of the students,” Soucy

said. “[Uppers] won’t not get any health education. It just won’t be in the form of an academic class.”

The initial changes drew significant opposition from students. On Bus Ride—a Facebook group in which students can anonymously submit their thoughts and opinions on Exeter’s student life—a petition against the reforms garnered over three hundred signatures, though some appeared to be from students outside the community. The Health Department is adamant that student protests were unrelated to the decision to delay the reforms, and the decision was “really about what’s in the best interest of our students’ health and wellness, stress levels and anxiety,” according to Soucy.

Members of the student body are appreciative of the delay. “It was very thoughtful of the Health Department to delay [their reforms]. I am glad they considered both student concerns about an overloaded schedule and how else that schedule might change, and I think this will be beneficial to the students,” lower Albert Chu said. “Now, I have more faith that the Health Department is just trying to help the student body.”

Lower Isa Matsubayashi shared similar sentiments. “I wasn’t happy about [the original changes],” she said. “I mean, who wants another required appointment?” Matsub-

ayashi is grateful that she will have more free time to cope with the stresses of upper year, particularly the college admissions process.

Members of the student body also questioned the lack of any announcement by the Health Department on these changes. “I didn’t know about the [changes] at all,” lower Oliver Hess said. “I would only ask for more transparency from the Health Department.”

Despite the announced delay, the debate on the reforms themselves continues. “Health and Human Development felt unnecessary for me,” lower Mei Li Hart said. “All of the topics covered were not covered in great depth, and, as a result, I didn’t feel that I had learned much.” Hart feels that unless the Department of Health and Human Development can supplement its curriculum, additional class time would be ineffective.

Upper Sam Farnsworth agreed. “I thought it was a good introduction to Harkness and my classmates, but... I didn’t learn that much,” he said. “I think the curriculum needs to change, but I’m not sure if this is the best way to do it.”

Students who had positive experiences in Health as underclassmen also questioned the need for another term. “I found the curriculum informative and necessary,” upper Paula Perez-Glassner said. “However, I personal

ly would not have wanted upper health. As an upper now, I definitely saw a shift from my lower to upper year academically, and having an added load would have been really stressful for me.”

However, some feel that more time in the health curriculum could allow for discussion of critical issues. “The changes benefit us [because] health is important,” prep Charles Falivena said. “We need proper sex education, sexuality education and mental health education. Health [gives us] all of those things.”

In addition, the department’s changes involve a one-term reduction to the health curriculum for those in the prep class. “There’s a lot going around about extra class time, but new students will only have two terms of health their first year,” Soucy said. “It’s just drawn out over a longer period of time.”

Soucy is confident that, when in effect, the changes will benefit the community. “Spreading health out over time will give us important contact points at more age-appropriate, developmentally-appropriate times in an adolescent’s life,” Soucy said. “It can help heighten their awareness of someone else in our community who might need access to information or resources.” In the meantime, however, Health and Human Development courses will be absent from the lives of most returning uppers.

Human Resources Searches for New Spiritual Leader

By ANNE BRANDES
Staff Writer

The nationwide search for a Director of Religious and Spiritual Life, a position currently assumed by Interim Reverend Heidi Heath, will hopefully conclude this term, according to Human Resources staff member Lauren Caldwell.

The search committee began their selection process last term by reaching out to adults and students to ask for their perception of the spiritual leader role, according to Assistant Principal Karen Lassey. “This was an important part of the process and helped us understand what this role meant or could mean in the future to various people on campus, and why it is important, both to individuals and to the institution,” Lassey said. After the selection committee interviews candidates and compiles a recommendation, the final decision will be made by Lassey and Principal William Rawson.

The role of spiritual leader plays a multifaceted role in supporting the community, according to Religion Instructor Russell Weatherspoon. “The leader helps coordinate spiritual and religious activities for students of many different

backgrounds and interests, including atheists,” Weatherspoon said.

He added that the spiritual leader also leads numerous Academy rituals. “This person will continue to lead some gatherings like Evening Prayer, alumni reunion memorial services, some religious services,” he said. “The leader oversees the use of Phillips Church, a resource for many religious, musical and other events.”

Other responsibilities include building relationships with students and offering support in challenging times. “Some students will seek the leader for specific or general spiritual counsel,” Weatherspoon said. “Some students will be able to get to know this person in the classroom as a teacher.”

Senior Josiah Paintsil noted that the spiritual leader should also offer religious counseling to students questioning their beliefs. “The leader is a source of knowledge that can answer the questions that students don’t usually think of,” Paintsil said.

The leader also facilitates conversation on and off the Exeter campus about community and spiritual affairs. “We would expect this person will help build bridges of concern and action

between people and groups on campus, between the Academy and alumni and between the school and some groups in the town of Exeter and surrounding communities,” Weatherspoon said.

Senior and Christian Fellowship co-head Maddie Moon agreed with Weatherspoon, emphasizing that the ability to listen and understand are vital skills. “In my opinion, a spiritual leader is meant to be a facilitator of conversation and welcoming person to ask any kind of question,” she said. “I think that our Academy spiritual leader should be inclusive to all faiths and beliefs so no student feels uncomfortable or unsafe about what they believe.”

According to Caldwell, community input has shown that warmth and inclusivity are two qualities highly desired in the spiritual leader position. “It will be important to find someone that is warm, welcoming, inclusive, kind and empathetic,” she said.

Upper Helen Xiu added that the leader must be proactive when addressing student crises. “I hope that they will continue to reach out to students when troubling events have occurred to make sure they are alright,” Xiu said. “Their

values should align with loving all, equality and empathy.”

Lassey highlighted experience and knowledge of school life, pastoral duties and faith as another important quality. “My expectation is that a director of religious and spiritual life would both be committed to their own authentic faith or spiritual practice and at the same time have a deep appreciation for and knowledge of many religious faiths,” she said.

While Exeter is a nonsectarian institution, Weatherspoon believes that spiritual and religious commitment are very present in Academy life. “Spirituality and/or religious commitment are important to a significant portion of the population anywhere you go,” he said. “Exeter recognizes that.”

Weatherspoon concluded that the spiritual leader should serve as a resource for each member of the Exeter community. “The spiritual leader is a resource students can turn to, regardless of the spiritual/religious background of the leader or the student,” Weatherspoon said. “The spiritual leader reminds the community that our beliefs and practices are another aspect of our diversity which must be honored.”

PEA Reduces Number of EpiPens Across Campus

By ANNE BRANDES
and LINA HUANG
Staff Writers

Starting this spring term, Exeter will be reducing the number of EpiPen locations on campus, according to Medical Director Katherine Lilly.

EpiPens, or Epinephrine auto-injectors, aid allergic individuals in anaphylaxis, or an allergic emergency. Once administered in the upper thigh, the EpiPen injects epinephrine, also known as adrenaline, which increases cardiac output and raises glucose levels in the blood.

In an all-Academy employee email, Lilly explained that the reduction of EpiPen locations will help us “better align with State legislation requirements and ... avoid any potential risks of having medication with hypodermic needles openly accessible on our campus.”

State legislation details that EpiPens should be stored at room temperature. If exposed to extreme heat or cold, temperature

could shorten the life of the product and cause the epinephrine to degrade. Due to this regulation and the elimination of temperature gauge windows, campus vehicles will no longer store EpiPens.

However, for some like upper Keaghan Tierney who have severe nut allergies, this challenge in policy does not bode well.

“Last year, I had this teacher, and I explained to her many times that I had an allergy, as I do with all my teachers at the beginning of the term,” Tierney said. “One of the first days, she brought in peanut candy and I couldn’t be in the classroom because that’s how bad the allergy is. The severity of my allergy is, if there are peanuts in a surface and they have been opened, that has the potential to kill me.”

After experiences like this, Tierney is wary of the policy alterations. “Personally, I think that if there is potential exposure to an allergen there should always be an EpiPen nearby,” she said. “It’s a safety and comfort thing.”

Tierney added that she thinks the

school’s perception of risk regarding EpiPen needles are not valid. “The school’s justification that they will be abiding by a certain needle policy is kind of a silly excuse because the needles in the EpiPen do not even become exposed until after using the EpiPen,” she said.

Prep Dellara Shebani, who has used an EpiPen 29 times, agrees that the school’s reasons are somewhat flawed. “There [are] three layers of protection for the EpiPen needle,” Shebani explained. “First, you have to open up the case and take the pen out, which has warnings on the sides, and then you have to take the blue safety cap off to finally inject. But even after that, you have to apply pressure to even remotely get the EpiPen to inject.”

On the other hand, Lilly cited that there have been instances in which the pens have been misused. “EpiPens need to be replaced when they expire and during replacement times, our staff have sometimes found the pens were ignited and tampered with,” she said.

Senior Evan Vogelbaum, who has sev-

eral allergies, acknowledges that the school has an obligation to State regulations. “As for removing the locations around campus, I don’t really think they have a choice because the law is the law, but I certainly hope that they’ll find a way to reinstate those because I think that there is a large potential for accidents to happen,” he said.

For Tierney, the gravity of the situation truly comes down to life or death. “The only thing that I think can truly explain the importance of the EpiPen is a ‘what-if situation,’” she said. “0.1 g of peanut has the ability to kill me... If I am not administered the EpiPen right away, I risk death.”

“Until the people of this campus are able to fully grasp the severity of my allergy and other allergies like mine, I don’t think any policies should be changed,” Tierney said.

Lilly maintained that the Health Center’s decision came after considerable analysis, including medical literature research about best practices for anaphylaxis treatment in school settings, as well as discussions with boarding school physicians and school administrators.



ExonianHumor



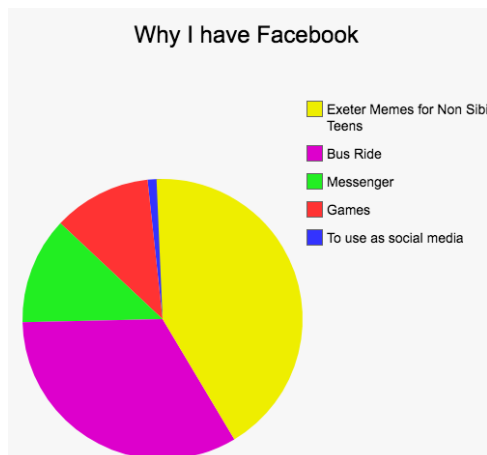
Things To Hope For in Spring Term

By FIONA MADRID
Really Hoping for a Good Term

1. That your teacher acknowledges all kinds of participation: using the huge paper dictionary to define words, annotating the text, listening and knocking on the table when you agree with someone's point
2. That your teacher doesn't dress code cuz it's officially Spring, and we need to be able to wear spring things that come above our fingertips. Especially for those whose arms feel disproportionately long ;(
3. That your coach doesn't take one look at you, realize how much you've let yourself go and decide that they will forever be disappointed in you
4. That you will finish your homework the NIGHT BEFORE it's due, you know, like you're theoretically supposed to
5. That when your first assignment says "read from the start to page 40," the first page of actual reading starts on page 11
6. That you won't return to your winter term habit of skipping dinner and then running around your dorm mooching trashy food from all your friends
7. That you'll stop using lunch as naptime
8. That you will finally stop seeing posts from "Exeter in (Blank)" Instagram accounts on your daily feed
9. That you will no longer spend your day studying for the SAT
10. That you will keep your optimistic Spring Term mentality for more than a week

Why I Made a Facebook Upon My Arrival to Exeter

By RYAN XIE
Can You Guess Which Section Is Which?



TFW You Cut Across the Quad And Your Crocs Get All Muddy

By SAM WEIL and ANGELE YANG
Don't Cut Corners



Do you need to triple space your essay to fill up space like we just did here?

Submit to the Humor Page.

Email exonianhumor@gmail.com.

StuCo's Party Leaders Look To Regroup Following Losses

By NICK SCHWARZ
Voted for the Political Abstinence Party

The Humor Section is more than pleased to offer congratulations to the winners of Student Council's Executive Board elections, and prognosticate the student body's future under their leadership. Although News has selfishly snatched that honor up, as they always steal article ideas, luckily for your favorite section, those avaricious fools on page one neglected to cover a very significant aspect of the election's aftermath: how the majority of StuCo's political parties plan to insure a better result for their nominees next year. So Humor sat down with several key figures who represent these defeated academic-political ideologies.

Charlie Preston '21, chairman of the Exonians for Imperialism Party, admitted that the EIP should have backed a candidate with a

more realistic and palatable proposed policies.

"Yeah, it would be a stretch, even with the endowment, to start Exeter West in a former New Mexico ghost town like our nominee wanted. I think we would have fared much better with something more mundane, like conquering and annexing Berwick Academy."

Carsten Bressel '20 and his Anarchist Exeter Party however, felt that he and his fellow chaos worshippers would have been better off pushing the envelope a little more.

"To truly advance our cause, we shouldn't have complied with the rigid structure of StuCo's democratic election; that's somewhat hypocritical. We should've, I don't know, rioted in the quad or strong-armed the Classics Department into buying us light-up Sketchers."

Sloane Valen '19, the nominee of the Non-Secular Exeter felt that her party's goals were misunderstood.

"We aren't advocating a specific religion. Exeter would be better off as a religious school, doesn't matter which one. I hear Jediism is pretty good. I mean, maybe we should have proposed a cult with Principal Rawson as its head diety. Maybe the administration would have thrown us a bone at that point and rigged the election in our favor."

Next year, however, these established parties may have their work cut out for them; rumor has it Katie Reid '21 and her Make Exeter a For-Profit Online Program Party are turning heads among underclassmen.

Faulkner On An Alum Dicking Assembly

By MATT "BILL FAULKNER" BATES
PEA's Resident Ceetahdean and Antelopeboy Expert

Perhaps memory believes before knowing remembers, but rumor disperses in insidious fashion, sowing belief in what memory never knew, and sowing remembrance in what memory ought never to have believed. So I should have hated and feared the words, words that conveyed a fanciful tale of a time long past, a time before I had come to the school, unknowing of the whispers pervading through the halls, whispers that stirred disbelief yet rang true. So I should have hated and feared the words, words that fell upon ears not prompting but not unlistening, possessing the curiosity of one not yet jaded by the evermurmuring nature of the school, and that heard a not quite believable yet known true in some fashion tale of the blond proctor with whom I shared an alcove. A tale of before he had seized the StuCo presidential office, the captainship of his teams, the acceptance to a prestigious university in Palo Alto, and become the progenitor of his own narrative.

So I should have hated and feared the words, yet I listened to the tale regaling the dicking (dicking meaning the ritual all but the most law-abiding, or perhaps the least independent, among us partake in, the brashest of all on a bi-weekly basis. It is a respite from the unending journey that some call the seeking of knowledge and others yet call the creation of madness and sorrow, and is unilaterally known as not allowed. It is called wrong to miss a scheduled appointment, yet the wrongness only adds to the appeal, to the adrenaline-

fueled joy of spinning the chamber and cocking the hammer of whose collective abodes would be called for check-in and whose sins would be punished by the administration.) and the chase. The dicking by a boy yet to become a man and yet to become a president and yet to become a captain but who possessed the spirit of one who sought all of those things even while not consciously knowing so himself. For then, he thought of footsteps, footsteps of purpose that struck hard and measured blows upon the pavement. Footsteps that he himself was the owner of and footsteps that brought him ever closer to Wentworthhaven, the bubble that granted a sense of immunity to those brazenindependent students known as the Bulls that reveled in the ritual dicking.

His footsteps struck the pavement, first hard and fast, for Northside was enemy territory, the most dangerous grounds of capture by teacher for those brazenindependent students fancying respite above lecture or seeking the adrenalinejoy of playing the outlaw for a brief time before continuing in their crusade of learning. They slowed as his footsteps found him on Southside passing the house of red brick and large windows commonly seen on the campuses of those schools heralded as elite in the Northeast, the house they called Dunbar even as the spelling upon its front named itself DVNBAR. But this was a mistake as the man called by students Cos in spite of his family name claiming the designation

Cosgrove caught the shock of the boy's blond hair standing out from the bleak graywinter-campus of the school, and so he called to the boy for he immediately divined his outlaw intentions.

So the footsteps were once again fast, faster yet with every calling, and when the dean named Cos began to run in pursuit of his quarry, they took the pace of an antelope fleeing for fear of life and pursuit of freedom while all the while suffering the pursuit of an inescapable cheetah. So with the cheetahdean not far behind the bubble, knowing it was not a haven as usual but a temporary gap between himself and capture, and ran to his room, hitting the wooden door before passing through its doorway, hurriedly slamming it and locking it as if it would offer an insurmountable barrier that would forever delay the inevitable dickey. As the knocks landed, heavy and measured, raining not quickly yet not slowly, the boy lay under his bed, shaking with the fear of having been caught and the jubilation of having achieved some type of escape even as capture stood not but feet away. Yet above this fear and jubilation reigned pride, pride for having completed a sacred ritual of the Bulls in legendary fashion. For where some might have turned back and others might have relied upon silver-laden tongues to escape punitive measures, the boy had remained brazenindependent, not fleeing from oppression but rather running towards freedom.

Quotes of the Week

"You ever have salty fingers?"

-Kyle Marshall '20

"John Snow is Gautam Ramesh, right? Like, it's so obvious."

-Anonymous, '22

"Erging is just hard sitting."

-Anonymous Crew Coach

Sam Weil: "How's happiness going?"

Mai Hoang: "Happiness is going terribly."

Fiona Madrid: "I'm really relying on Ryan right now..."

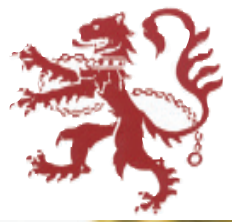
Ginny Little: *Laughs*

"I told you to get a large sized *Exonian* sweatshirt so you would look like Ariana Grande"

-Angele Yang '20



ExeterLife



Students travel to Cuba.

Courtesy of Kelly Mi

STUDENTS TRAVEL THE WORLD FOR SPRING BREAK

By **TINA HUANG and AMY LUM**
Staff Writers

Over spring, Exonians headed everywhere from Gettysburg, Pennsylvania to the international destinations of India, Cuba, England and Martinique on Exeter-led trips both to expand their understanding of the world and to participate in special activities with their on-campus organizations.

After months of preparation, Exonians in the Concert Choir and Chamber Orchestra traveled to London, England for a week to perform their pieces at some of the city's most prominent locations.

Many of the student musicians enjoyed the opportunity to play music outside of the Exeter community. Prep Olivia McCallum attended the trip because she knew it would be a special way to exchange her love of music with others. "[I wanted] to share our music [with] different people around the world, and I hoped that it would make us see how universal music is," she said.

Through excursions around the city to places such as Buckingham Palace, the London Eye and Westminster Abbey, students were able to observe British culture and learn about the nation's history during their time on the concert tour. The "peaceful and meditative" atmosphere of Westminster Abbey enabled lower Nina Weeldreyer to reflect on the importance of the building and the history attached to it. "I was so moved just walking around,

taking everything in, walking around the graves of such memorable people and then later being able to perform there," she said. "It's an experience I'll never forget."

Apart from the amazing sights, many of the students appreciated the opportunity to discover music styles from across the globe. Both Concert Choir and Chamber Orchestra were fortunate enough to both collaborate and participate in an exchange with Isaac Newton Academy (INA), a school located in Ilford, London. "I felt very lucky that I was able to meet people from the other side of the world and be able to connect with them through music," lower Annie Shin said.

Lower Evie Houston felt similarly about the joint project between Exonians and the British students. "It was so interesting to see two different schools with polar opposite music backgrounds come together," she said.

Exonians noted that they were able to connect with the London students—not only through music but also through their common experiences as high school students. "My favorite part of the trip was our meeting with Isaac Newton Academy," Shin said. "We got to actually interact with the students there, and I made new friends...The students we met were surprisingly similar to us."

When they weren't learning about music during the trip, Exonians took the time to enjoy London's local cuisine. Weeldreyer felt that the city's cuisine was a window into the demographics of England as a whole. "Every day during lunch, we would have

free time to walk around and explore little markets and street food stands in the city," she said. "There would be food from all over the world crammed into these little corners."

Overall, one of the most memorable parts of the trip was its ability to strengthen the bonds between the student-musicians and create new friendships. "I got to know a lot of people both in choir and orchestra [that] I didn't know before, which was awesome," Weeldreyer recalled.

Music Instructor Kristopher Johnson, who directs both the Concert Choir and Chamber Orchestra, pointed out that the improved relationships resulting from the trip make the students better musicians, travelers and students. "We had many unique experiences that would have been unavailable to us as individual travelers, and we grew as ensembles," he said.

Across the Atlantic Ocean, students studying French participated in a trip that visited the island of Martinique in the Caribbean. The ten-day trip included both tourist destinations and day-to-day local experiences.

For senior Ela Ferhangil, Martinique was her second chance at applying for a French-language program. "I really wanted to go to Grenoble in the fall, but it didn't work with all of the activities and academic things that I wanted to do at Exeter. When I found out that there would be another opportunity to go to a Francophone country, I was so excited," Ferhangil said.

Upper Tina Fernandez enjoyed the

cultural immersion that the trip provided. "We stayed with host families and spoke French as much as we could to try and improve our language speaking skills. Whenever we went on trips to local attractions and beaches, the tour guides would also speak in French, so that really challenged us to try and speak in French the whole time, too," Fernandez said.

In Martinique, the students also had the opportunity to visit a local school. "We visited a primary school one day and were able to interact with some of the students there," Ferhangil said. "They were very cute and fun to talk to."

Fernandez described Martinique's culture as one of a kind. "The island shows a lot of cultural syncretism in which both Caribbean/Native and French traditions are combined, and it gives Martinique a very distinctive culture," she said.

For Fernandez, the trip gave her confidence in the French language. "I wasn't as confident in my French as I am now," she recalled. "I think that living with actual French people and hearing how they speak—the specific pronunciation, dictation, and intonation—really gives you the best exposure to the language."

Ferhangil agreed with Fernandez, saying, "My French definitely improved. My host mom was so sweet and answered all of the questions I had very thoroughly. I really enjoyed my time in Martinique, and I definitely want to go abroad in the future again!"

TV REVIEW: PATRIOT ACT

By **ERIN CHOI**
Staff Writer

This past October, comedian Hasan Minhaj debuted his own late night-esque show titled "Patriot Act." Previously known for his work on "The Daily Show" and his Netflix standup special "Homecoming King," Minhaj showed himself to be an ambitious writer as well in the making of Patriot Act. "I wanted to make a show that was about culture, politics and the news, and I wanted to do it surrounded by iPads," Minhaj said. I, for one, don't think there's a more accurate way to describe his new show.

In his first episode, Minhaj uses his perspective as an Asian-American to discuss Affirmative Action and the Students for Fair Admissions' lawsuit against Harvard University. Cracking jokes about Asian cultural pressures that no other host on TV would dare to make, he pokes fun at the plights of the case and firmly advocates for Affirmative Action while still addressing the drawbacks of the college admission processes. It's very refreshing to see someone who is knowledgeable enough about Affirmative Action to recognize that the system is flawed and analyze the effects of the lawsuit.

In subsequent episodes, Minhaj talks about a variety of topics ranging from Amazon's business model and its betrayal of ethics to the corruption in Saudi Arabia and the US's complacency in the monarchy. In fact, after the Saudi government censored his episode about them, he decided to create an episode focused on the topic of censorship. Each half-hour-long episode is packed with historical context, current news and Minhaj's personal outlook on the future. Watching the show feels like one is taking part in a rapid-fire, socially conscious history lesson. Somehow, the show's educational

component is engaging because the hard-hitting facts are interspersed with jokes, relevant footage and gorgeous infographics. More impressively, Minhaj manages to make sharp observations on American politics and society in a way that isn't condescending by using self-depreciation. For example, after detailing the borderline-monopoly that Amazon is building, Minhaj says to the camera, "Despite knowing all of this, I'm not gonna lie, I'm still gonna use Amazon. It's an essential utility for me! I need water, heat and Prime Now. And if I had to choose between the three, Prime Now delivers water."

The popularity of "Patriot Act" can be attributed to the platform on which it is broadcasted and the regular weekly production of episodes. Since Netflix episodes can be viewed at any time, "Patriot Act" does not need to address daily breaking news events like nightly television shows. Rather, Minhaj can take the time in his show to discuss larger international and societal issues that need to be spoken about but are too complex and large-scale to be addressed in a daily show.

Previously, Netflix has had problems with talk shows; after all, people usually go on the platform to binge-watch seven episodes at a time. Viewers are more likely to turn to traditional TV stations to catch up on current events and hear timely jokes. Minhaj seems to get past this challenge by finding relevant, but not fleeting, topics to discuss in a funny yet intense manner.

I've found myself refreshing Netflix on Saturday nights and queuing up the newest episode of "Patriot Act." I watch it for the roasts and for the laughs, of course, but above all, I enjoy it for the insight.

LIFE ADVICE

By **MAEGAN PAUL and VIOLET GOLDSTONE**
Staff Writers

Hello! Our names are Maegan Paul and Violet Goldstone and we are both returning lowers in Dunbar Hall and Merrill Hall. It's halfway through the year, so you probably have a nice sense of how things are at Exeter. Now is a great time to get involved in clubs, especially if this is your first year at the school. We hope to provide some helpful answers for anyone that has asked us questions. We will be having life advice columns in the future, so contact us at mpaul@exeter.edu or vgoldstone@exeter.edu to ask some more!

I want to apply for leadership positions on campus, but I feel like I can't because I'm not one of the biggest members.

I feel like this is a struggle that many Exonians can relate to. One aspect of the issue is that you want to have a larger role in clubs on campus, but the other aspect is the slight concern about what people will think about you. Of course, other people's opinions can be important, but think about why you are concerned. Is it because you care about what others think of you or because this is how you would feel if someone else were to do the same thing? Reflect upon that and, if you're still confused, I would suggest searching for the root of your problem. If you are not truly an avid member of the club, I would dissuade you from applying. I know that college is on the mind of most Exonians, but do what makes you happy rather than doing something that makes you seem impressive.

-Maegan

How do I get involved in political activism on campus?

Well, we have a ton of clubs on campus relating to activism. We have Fem Club, Exonians Against Sexual Assault (EASA), Pub Club, Dem Club and so many more. The best way to start is to find like-minded peers on campus. I know that Dem Club has campaigned for local and national elections

in the past, so you can definitely do something similar for whatever group resonates with you the most. People tend to think that Exeter is a liberal school where conservatives are unwelcome, but that's simply false. Admittedly, 44% of those who responded to the Eight Schools Association survey claim to be liberal, but a fair number of other political affiliations exist on campus as well. Just dive into whatever interests you, and you shouldn't have to worry too much about facing backlash.

-Maegan

Why do all of my teachers hate me?

I'm sure your teachers don't hate you! Most teachers at Exeter are very open to conferences outside of class. If you want to work on your relationship with them, try scheduling a time to meet and talk about your concerns. Talking to them is always a good start.

-Violet

What are some things to do during spring term?

I love spring term. It's warm, everyone's in a good mood and there are so many fun things to do around campus! I recommend going to the rope swing by the river, playing spike-ball and exploring the town more if you're new to Exeter. One of my favorite memories from last year is buying a water gun from the toy store and using it all spring term. Or, if you want something relaxing to do, you can always get ice cream and walk down Swasey. If you're looking for things to do off campus, it's always fun to go to the beach or to Portsmouth.

-Violet

How can I make new friends around campus?

People are more willing to make friends than you think! It can be as easy as saying hi to new people on the path or sitting with different people during lunch.

-Violet

SENIORS RETURN FROM WINTER TERM ABROAD

By MOKSHA AKIL
Staff Writer

Exonians traveled across the ocean to spend winter term outside of Exeter, New Hampshire, learning languages alongside native speakers. After a competitive application process, these students earned the opportunity to represent Exeter abroad and study various languages in their respective countries of origin. Engaged in a different environment, students enjoyed their time indulging in the culture, language and food of their respective countries beyond the limitation of the classroom.

Spain

Seniors who have studied Spanish for over two years had the opportunity to attend high school at Colegio Santa Maria La Blanca. The program was held in a rural part of Spain outside of Madrid, and students lived with host families. On their way to school, the students enjoyed the countryside's natural scenes right outside of their windows. "There were sheep grazing less than a mile from my house," senior Alexandra van Dijkum said. However, the town where the students lived, Montecarmelo, was only five miles away from the city of Madrid and gave the students an opportunity to take part in activities in both rural and urban Spain.

Exonians also traveled to other cities outside of the Madrid region, such as Barcelona, to experience the different cultures within Spain. "Our excursions to Barcelona were also really interesting, as our hotel was right in front of the Catalunan protest," said senior Alexandra van Dijkum. The trip showed the students day-to-day life in Spain, giving them deeper insight into the country than just a regular tour would have.

While studying abroad in Spain, the students had the opportunity to learn about a wide range of everyday topics while improving their Spanish conversational skills. After constantly using the language throughout the term, students noticed a significant improvement in their reading,



Courtesy of Maya Basak

writing and speaking abilities. "My Spanish definitely improved and it was really cool to learn different subjects such as anatomy and immunology in Spanish," she said. "I definitely learned many new vocabulary words."

van Dijkum expressed her appreciation for the opportunity that Exeter gave her to explore her passions off-campus. "It was great to meet so many people [and] be able to explore so many different cities and settings outside the classroom."

Italy

The Rome, Italy study abroad program had an entirely different set of goals. Instead of aiming for an increased fluency in the language, the program teaches students more about ancient texts in the context of the writer's surroundings. To accomplish this, the Exonians studied two classical languages, Latin and Greek.

Additionally, they took topography classes so that they could learn about the natural setting that is often featured in Latin prose and poetry.

Senior Gillian Quinto recalled that a highlight of her term was the group's trip to Naples, a city in southern Italy. "We spent the entire week engaging with sites around Naples, such as Pompeii, Herculaneum and Cuma," Quinto said. "We didn't have to worry about homework. It was a really pure learning experience where no one was motivated by anything other than interest in the subject."

Besides learning about the geographical makeup of modern Italy, the students studied the impact of their chosen foreign language in the context of Italy's and the wider world's history. "The most important thing I learned [this past term] was the scope and importance classics has had on the world," Quinto said.

Although classical languages are rarely spoken in the modern day world, students were able to see the lasting effects of these languages through their term abroad.

Germany

Elsewhere in Europe, students studying German stayed in Göttingen, Germany, and attended a local school. The language immersion introduced the students to more modern German terms which would be hard to understand if one had never visited the country. "I learned a bunch of new words and phrases, and I got to observe how Germans speak and the slang they use in their speech," senior Lizzie Madamidola said.

The students supplemented their in-class learning with tours of cities across the country such as Berlin and Hamburg. The students were able to examine Germany's fractured history at the sites of important events. For example, students learned how the government of Germany worked when they visited the Bundestag (federal parliament) of Germany when the group toured Berlin. In addition to excursions to modern sites, there were also many other visits to historic monuments and culturally important landmarks of Germany. "Going to the Berlin Wall and the Holocaust Memorial was one of the highlights of my trip," Madamidola said.

The tour included a few recreational trips as well. Students took advantage of the proximity of Germany to world-class skiing opportunities and went on a ski trip to Austria. "It was a great experience because I never skied before," Madamidola said.

Overall, the students enjoyed their time in Germany and the bonds they created with each other. "Winter term in Germany was absolutely the best time of my life. I had some really great experiences and I am counting down the days until I can go back," senior Jeremy Xu said. "I recommend the Germany program for anyone remotely interested in it. Anyone would come back deeply in love with the country, its people and the language."

SeniorSpotlight

GRACE CARROLL

By ANNE BRANDES
Staff Writer

Senior Grace Carroll is a product of many different places, languages and passions: Hong Kong and San Francisco, English and Chinese, writing and activism. Yet despite her many talents, she spends plenty of time ensuring that those around her discover their own passions.

After bouncing between Hong Kong and San Francisco, Carroll spent her first year in high school at a Californian day school. In only a few months, Carroll decided to apply to Exeter. "I realized how small my world had become in freshman year," she said. "Before, I had a very international, very 'big' experience. However, at my old high school, my grade had only eighty students, and it was composed largely of white and privileged students. I realized that I wanted something different from my high school experience."

Carroll came to Exeter as a new lower. Her confidence and diverse interests were apparent from the beginning, according to alumna Tricia Moriarty '18. "My first impression of Grace was definitely a great one," Moriarty said. "She spoke with such elegance and confidence and seemed to be thriving even as a new lower, despite how difficult coming in as a new lower can be."

After her first year at Exeter, Carroll quickly pursued one her chief passions—writing. "She had an internship the summer after her lower year where she was actively contributing to a publication," Moriarty said. "That is something that amazes me; her ability to craft written pieces is astonishing."

English Instructor Mercedes Carbonell praised Carroll's unique mastery of words. "With poetic, lyrical, beautifully woven imagery, depth of relationship, contrasts, she creates a powerful mood of desire [in her pieces]: to know more deeply, intimately, to understand another with compassion," Carbonell said.

Carroll has also spent time serving on the 140th Board of *The Exonian* as a Life Editor. Senior and fellow former Life Editor Hillary Davis appreciated Carroll's dedication to the newspaper during their tenure. "I missed the publication of the first issue because I was away at The Mountain School, and Grace was super helpful in January in teaching me how to use InDesign to lay out the articles," she said.

Carroll added that *The Exonian*



Helena Chen/*The Exonian*

served as both an outlet to utilize her love of writing and meet her new school community. "*The Exonian* was incredible because it opened up Exeter in a new way to me," she said. "I had never written for a paper before, but I discovered that I loved journalistic writing. I've always had an affinity for writing, but I've never really known how to use it."

Outside of the newsroom, Carroll uses her sharp thinking and phrasing skills to contribute to her classes at the Harkness table. Senior Reina Matsumoto claimed that Carroll is "one of the brightest people [she] knows... Grace and I first met in my lower spring Art and the State class," Matsumoto said. "She'd always back up my points in a much more succinct language and eventually we got close from sitting next to each other every day in class."

Carbonell noted a similar trend, describing how Carroll shined in her English class. "A consummate facilitator, engaged and inquisitive in authentic and sophisticated ways, Grace is a gift to have in an English class, to linger into a conversation with, to witness with her peers," Carbonell said. "She is alert to staying true to what is on her mind and what she can use the Harkness seminar table to unravel with her colleagues."

As a student who participates in all different aspects of student life at Exeter, Carroll has learned how to balance many positions of leadership gracefully. Davis described how Carroll transitioned from her term abroad in Stratford, England, to her role as a cohead of Exonians Against Sexual Assault (EASA). "It has been really inspiring watching how easily Grace took up her position as a co-head of EASA," Davis said. "She knows how to take charge and lead people in a powerful manner without stepping on others' toes. Having worked with her and having watched her work with others, I can confidently say that Grace is both a leader and a team player."

Senior and fellow EASA cohead Jane Collins admires how enthusiastic Carroll is about the club's mission and her commitment to leading the club. "As an EASA cohead, Grace is a strong voice in every discussion and it's so helpful to have her back from England," Collins said. "She's incredibly passionate and it shows in her work ethic. She's always enthusiastic about new ideas for the club and quick to work on implementing them."

Carroll believes that the powerful message of EASA, which she gravitated to the start of her Exeter career, has taught

her about the importance of educating others at Exeter and in the world beyond. "When I came to Exeter and EASA showed up in my dorm common room and began a dialogue, I felt like they were finally talking about dynamics I had observed for so long," she said. "We, as EASA, want to understand why these things happen and we want to get people aware of the smaller, less obvious things that you see in your everyday life. We want people to understand that these unhealthy cultures that we live in aren't really normal."

As a proctor in Dunbar Hall, Carroll has been able to help shape the dorm's culture firsthand. "I have so much gratitude for the community that Dunbar is," she said. "This group of girls is incredibly supportive of each other, who perhaps don't know their neighbors but have this love for each other and respect for each other."

Throughout the ups and downs of Exeter life, Carroll is not afraid to keep on making friends, according to Moriarty. "Grace was always so kind to me and knew how to brighten my day by giving heartwarming compliments, which helped so much on the hardest days at Exeter," Moriarty said. "Overall, she is willing to sit down and chat at anytime and seems to foster mature yet fun loving friendships."

Masumoto added that Carroll displays exceptional emotional intelligence that allows her to make each one of her friends feel appreciated. "Not only is she smart in class but she's smart with people, always able to understand how they're feeling and the best way to cheer them up," Masumoto said. "She's outgoing and always puts other people before herself, encouraging the entire Exeter community to be a little bit more like her."

Collins also noted that Carroll is a great person to reach out to when one needs support. "Grace is always my first call when I'm stressed with work," Collins said. "She cares about everyone so much and is a great friend."

All in all, Moriarty concluded that Carroll has a palpable positive effect on the Exeter campus. "Grace knows how to effectively communicate about serious and sensitive topics and she is one hundred percent willing to hear out the perspectives of arguments," Moriarty said. "She's so incredibly warm-hearted, and I know she is a role model for many Exonians. Grace definitely makes Exeter a better place."

Letter to the Editor: Response to the AIPAC Editorial

Eve Southworth
Aykut Kilinc
Jennifer Marx Asch

Guest Contributors

We believe that *The Exonian's* recent editorial coverage of U.S. policy regarding Israel and Palestine lacks historical context and unintentionally invokes anti-Semitic tropes.

We support *The Exonian's* right to free speech, students' interest in discussing U.S. foreign policy and questioning the role of lobbyists in American politics. With an issue as complex as Israeli, Palestinian and U.S. relations, however, avoiding oversimplification and stereotypical language on all sides is vital to a productive conversation.

In the Feb. 21, 2019 issue of *The Exonian*, an editorial portrayed a singular Zionist ideology that both oversees Israel and controls the entire Jewish political lobbying efforts in the United States. Zionists in the article are identified as "foreign political agents" who "bully elected congressmen and women." It charges that an "extremist" and "manipulative" Zionist regime controls the

American government. The article categorizes Israel and Zionism as one and the same by inciting "Zionist human rights abuses in the Middle East." It then remarks that "the Zionist lobby does pay, through a convoluted network of political donation, American Congressman and woman to remain silent over Zionist human rights abuses." It identifies AIPAC as "the kingpin Zionist organization" in the U.S. The article then concludes that the Zionists created an "illusion which they have worked hard to build," and invites every American to "wake up to this unfortunate reality."

We support *The Exonian's* right to free speech, students' interest in discussing U.S. foreign policy and questioning the role of lobbyists in American politics.

Sweeping generalizations about Jews and Zionists (supporters of a Jewish homeland) can be painful because they invoke ancient anti-Semitic tropes. Widespread

conspiracy theories about a Jewish plan for world domination caused state-sponsored violence such as pogroms in Eastern Europe in the late 19th and early 20th centuries. These theories were also partially responsible for the Holocaust, considering the Nazis gained support by claiming that the Jewish shadow government infiltrated the German Weimar Republic. Unfortunately, these anti-Semitic fictions still have an audience today. As a result, hate crimes against Jews are on the rise.

According to the FBI, in 2017, over 50 percent of religion-based hate crimes were against Jews. The recent attack on the Tree of Life Synagogue in 2018 is a painful reminder of how these conspiracy theories still thrive. We are concerned that sometimes anti-Semitic language unintentionally seeps into criticism of Israel, highlighting the need for nuance and accuracy.

Multiple perspectives on Israel exist within the American Jewish community. According to an American Jewish Committee (AJC) 2018 poll, 34 percent of American Jews support President Donald Trump's policy towards Israel, while many others don't.

The American Israel Public

Affairs Committee (AIPAC) does generally support Israel's policies regarding Palestinians. On the other hand, there are several predominantly Jewish organizations which offer alternative solutions to the Israeli-Palestinian conflict. For example, the advocacy group JStreet supports a two-state solution and restoring US aid to Palestine. Another predominantly Jewish organization, IfNotNow, works to end Israel's occupation of Palestine. It is inaccurate to suggest that AIPAC represents all Jews or all Zionists. It is also erroneous to suggest that one group has sole control over US foreign policy, which has been shaped by a variety of historical factors and political considerations.

We, the undersigned, promote efforts to avoid perpetuating stereotypes of all kinds on campus by avoiding generalizations and oversimplification. History teaches us that a fair assessment of all factors is the only way to come closer to the truth and civility.

Eve Southworth, History Department
Aykut Kilinc, PhD., History Department
Rabbi Jennifer Marx Asch, Instructor,
Religion Department and Adviser, Exeter
Jewish Community

Why Is Exeter Extraordinary?

Cameron Frary '20

Guest Contributor

Our Academy is extraordinary. Perhaps not exceptional, but at least not ordinary. But why is Exeter extraordinary? If asked, most students would reference the Harkness plan. Yes, Harkness is critical, but perhaps less fundamental than the focus on character that pervades the words, philosophy and vision on which this school was founded.

"But above all, the attention of the instructors to dispositions of the minds and morals of the youth under their charge should exceed every other care," John Phillips wrote in the Deed of Gift. One wonders why the founder would immortalize such a forceful demand in the words of our constitution. Clearly, he believed that the instructors should emphasize and unite goodness and knowledge to "form the noblest character and lay the surest foundation of usefulness to mankind."

"But above all, the attention of the instructors to dispositions of the minds and morals of the youth under their charge should exceed every other care," John Phillips wrote in the Deed of Gift.

We all know Abbot, Soule, Hoyt, Wentworth and Amen—as buildings. A brief glance at the leadership of Benjamin Abbot, Gideon Lane Soule, Joseph Hoyt, George A. Wentworth, Harlan P. Amen and other venerated administrators and faculty shows us that these leaders sanctified their responsibility to shape young scholars' character and held it as the sole end of their task. I suppose it had to be;

the school could not rely on Harkness alone to impart to its graduates the collaborative nature which they so proudly carry today. The goal, to unite goodness and knowledge and form the noblest character, is conveniently vague and may adapt to the times. And while it has (no longer must a high-caliber Exonian be a pious man), Professor Wentworth's illustration at his 1903 reunion still holds strong: "cheerful devotion to work, a supreme regard for high moral standards and careful obedience to the recognized rules of gentlemanly conduct," he said, "have always been the factors in the formation of that peculiar type of character which has stamped Exeter with a mark of its own and made it one of the great schools of America." I acknowledge the male-centric language and the antiquated phrasing, but I dearly hope that the meaning of these words is not lost because of their age. Five-star Exonians, as one might call them, ought to have a zeal for work, be principled and ethical and abide by the (hopefully obvious) customs of courtesy and respect. I also acknowledge that this is an ideal and that it would be foolish to expect such perfection out of a group of high schoolers.

I acknowledge the male-centric language and the antiquated phrasing, but I dearly hope that the meaning of these words is not lost because of their age. Five-star Exonians, as one might call them, ought to have a zeal for work, be principled and ethical and abide by the (hopefully obvious) customs of courtesy and respect.

Principal Amen realized that he was a leader of boys, not men.

So, in his 1895 essay "The Spirit of the Place," he noted his lower standards, more reasonable for adolescents. To him (an Exonian himself) a student of Phillips Exeter Academy was expected "to be honest ... and high-minded ... to show decent and courteous behavior ... He is, in brief, without the proclamation of numerous rules, expected to be merely the good citizen." I, if appropriately equipped with these words, would have published them following the thefts from Grill. But this message is appropriate at any time; the theft from Grill is a symptom of a larger dysfunction—the same dysfunction that gives rise to poor conduct at Abbot Casino or other events and to the badmouthing, tearing and crumpling of Mr. Rawson's recent letter to the student body. I know these actions are not at all representative of the character of the vast majority of our school, but I implore everyone to ask: "would I have done that if my Exeter interviewer was watching?"

But this message is appropriate at any time; the theft from Grill is a symptom of a larger dysfunction—the same dysfunction that gives rise to poor conduct at Abbot Casino or other events and to the badmouthing, tearing and crumpling of Mr. Rawson's recent letter to the student body.

My point is that that we as a school should more actively focus and reflect on character and how we express it in our actions to unite goodness with knowledge. Let's recommit ourselves to the principal goal of this school. Today, as throughout Exeter's history, we struggle with what Dr. Amen

described in 1903 as "the difficult task to steer our way safely between a proper degree of modern progressiveness and the Academy's ancient traditions." We are not alone in this task—we have our history and the leadership of great, thoughtful educators to guide us.

My point is that that we as a school should more actively focus and reflect on character and how we express it in our actions to unite goodness with knowledge. Let's recommit ourselves to the principal goal of this school. Today, as throughout Exeter's history, we struggle with what Dr. Amen described in 1903 as "the difficult task to steer our way safely between a proper degree of modern progressiveness and the Academy's ancient traditions."

The whole Exeter community—administrators, instructors, parents, trustees and students—can learn much in leadership and character from our rich history. Don't dismiss the lessons of our past because of the skin color and gender of people that made this school. Respect the love and energy, and in Principal Amen's case, the life, that these men gave to build the school that we enjoy today. Be smart and brave enough to look to our past with an open mind. Educate yourselves. The history of this institution deserves to be known and the vast majority of it deserves to be respected. As Professor George L. Kitteridge of Harvard wrote in his 1903 article for the *North American Review*, "the past of the Phillips Exeter Academy is illustrious, and the future is bright with increasing promise."

The Exonian

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Student Council Inaugural Statement

Ayush Noori '20
Matthew Wabunoha '20
JaQ Lai '21
Charlotte Lisa '21

Student Council Executive Board 2019-2020

We are grateful to have the privilege to serve as your Executive Board this year. Student Council has the paramount duty of representing all student voices, and we pledge to uphold this mission. We believe our community must be a home for every Exonian and this belief will guide us throughout the upcoming year to serve your needs.

We begin our tenure with this open invitation to all community members to participate in the work of Student Council. Your opinion and experiences are invaluable and integral to our mis-

We hope that Student Council can serve as a platform to unite the work of student advocacy groups, promote the intersectional exchange of ideas and increase the availability of resources to help make your goals a reality.

sion. We will strive to foster diversity of thought across all facets of our work, bringing disparate viewpoints together to fulfill a unified vision. The most insightful brainstorming is often generated by organic, face-to-face conversations—therefore, we aim to engage as many student groups as possible in individual dialogue. If you would like

to join the discussion, reach out to us. We will listen.

Our board is equally committed to helping translate these values into tangible change. We will leverage the power of the StuCo Committee system to design compelling solutions to the problems you face. We hope that Student Council can serve as a platform to unite the work of student advocacy

Finally, thanks to the generosity of the Gupta and Newman Funds, Student Council is annually endowed with a budget which allows us to execute our mission. Previous Executive Boards have invested unused funds towards a project which can have a lasting impact in our community, and Student Council has now saved approximately \$10,000.

groups, promote the intersectional exchange of ideas and increase the availability of resources to help make your goals a reality.

To the adult members of our community: we always offer Student Council as a resource for student input on any projects or proposals being considered. We look forward to working with faculty and staff to further important initiatives on our campus.

Finally, thanks to the generosity of the Gupta and Newman Funds, Student Council is annually endowed with a budget which allows us to execute our

mission. Previous Executive Boards have invested unused funds towards a project which can have a lasting impact in our community, and Student Council has now saved approximately \$10,000. Our board is in the unique position to utilize these funds to create meaningful, positive change on our campus. Therefore, we are launching the \$10,000 Initiative, where we ask every Exonian to contribute their ideas for how these funds could be used. Think out of the box! Please use the QR code below to submit your ideas. The winning submission will be awarded a gift card. We look forward to receiving your vision for our community.

This year, we will strive to play a role in ensuring that every Exonian has a seat at the Harkness table. Our dedication to this ideal is un-



wavering. We invite you to join us, and together we can create the campus you want to see.

Sincerely,
 Student Council Executive Board
 2019-2020

Write Opinion Articles!

Cooper Wolff '19

Opinions Editor

We are living in a period of extreme polarization in our society. Productive discourse has come to an impasse. Today, respect is what we lack most. In politics, both Democrats and Republicans are guilty. Liberals are too quick to generalize all Republicans as racists and bigots. Conservatives too often jump to the conclusion that all Democrats intend to raise taxes and bankrupt the country. Moreover, public figures question the authenticity of news media, which undermines people's trust in information. Now, more than ever, we need to establish a civic forum to foster open debate that will repair a factionalized society.

While open debate provides a platform for people to communicate their ideas with one another, the general principle of respect is nec-

Liberals are too quick to generalize all Republicans as racists and bigots. Conservatives too often jump to the conclusion that all Democrats intend to raise taxes and bankrupt the country.

essary for engagement, particularly towards fellow citizens with whom one disagrees. By working together, our impact is far more profound.

One way to share views with each other is by writing opinion editorials, or op-eds. Op-eds—like this one—are pieces meant to promote critical thinking, influence public opinion and even encourage people to take action on an issue. Despite widespread availability of highly informative editorials, too often we are inclined to disregard thinking that does not support our own points of view. Yet, the first step towards achieving greater unity is listening to what our fellow citizens have to say. So I challenge you: take advantage of the free time we are given at Exeter and read an op-ed by someone who thinks differently from

One way to share views amongst each other is by writing opinion editorials, or op-eds. Op-eds—like this one—are pieces meant to promote critical thinking, influence public opinion and even encourage people to take action on an issue. Despite widespread availability of highly informative editorials, too often we are inclined to disregard thinking that does not support our own points of view.

you. President John F. Kennedy put it best: "Too often we enjoy the comfort of opinion without the discomfort of thought." It's important to consider opposing opinions but to respectfully disagree when appropriate.

While op-eds may serve to enlighten and inform, an even greater function is to directly sway public opinion with an argument. Personally, I write and edit op-eds with the hope that my pieces will spark conversation. I do not intend to brainwash anyone. However, by sharing my own views, perhaps someone out there will be influenced by what I have to say and engage with their own perspectives. Unfortunately, since

However, by sharing my own views, perhaps someone out there will be influenced by what I have to say and engage with their own perspectives. Unfortunately, since most adults are more close-minded than children, it's likely that the writers of publications such as the *New York Times* or *Wall Street Journal* will only attract an audience of like-minded adults.

most adults are more close-minded than children, it's likely that the writers of publications such as the *New York Times* or *Wall Street Journal* will only attract an audience of like-minded adults.

While many *New York Times* readers find themselves confirming their beliefs with pieces preaching similar ideology, editorials have encouraged people to take action. Indeed, powerful movements such as #MeToo and


Black Lives Matter have been fueled by countless writers lending their pen to common opinion. Voter turnout for the recent midterm election hit a 50-year high last week. Such a high turnout can

While many *New York Times* readers find themselves confirming their beliefs with pieces preaching similar ideology, editorials have encouraged people to take action. Indeed, powerful movements such as #MeToo and Black Lives Matter have been fueled by countless writers lending their pen to common opinion.

be attributed to public figures from all walks of life persuading citizens to get out and vote.

As previously mentioned, news sources at all levels can influence public opinion. Indeed, even at the high school level, our articles carry importance. One might even argue that high school and college newspapers have the most significant impact on public opinion, as readers are likely to be young people in their formative years.

That's why *The Exonian's* Opinions section is so powerful: writers have a chance to make an impact on the developing opinions of students before we become too set in our ways.



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GIRLS' VARSITY LACROSSE TRAINS IN ORLANDO

Week of Training Kickstarts Season



Senior Chandler Jean-Jacques prepares to strike the ball.

Angelina Zhang/The Exonian

By COOPER WALSH
Staff Writer

Girls' Varsity Lacrosse spent an exciting week of training and team bonding in Florida this break to develop a cohesive group and up their play. With tough competition in the 2018 season, the team finished last year with a 7-10-1 record. The players are back and ready for more action this season.

The Florida pre-season trip not only allowed Girls' Varsity Lacrosse to sharpen and showcase their talents, but it allowed the team to form valuable bonds on and off the field. Senior co-captain Chandler Jean-Jacques hoped

that team bonding off the field would lead to stronger performances on the field—especially because the team is filled with new faces. "It's important that our new players feel comfortable approaching returners, and vice versa," Jean-Jacques added. There's no mistaking it, the concept of bonding was the core focus of the trip to Universal Park in Orlando.

This year, the team welcomed nine new members in order to fill empty spots; at least half of the team is new, according to lower Marymegan Wright. Wright explained that the team used the preseason trip to their advantage by learning how to play with each other.

Strong leadership from the team's captains helped foster team chemistry. Together with Jean-Jacques, senior co-captains Bella Hillman and Cammie Lavoie strived to create a sisterhood among their teammates. According to Jean-Jacques, "As captains, we need to make sure that we foster a welcoming environment and encourage not only new players, but everyone, to ask questions and seek help from anyone on the team," she said.

The varsity team had the opportunity to share the fields with members from the JV team as well. Lower and JV lacrosse player Bea West recognized the importance of this. "Both teams got to

know each other better. As a JV player, it was also really nice to work with the varsity players because I definitely learned a lot from them," West said. The girls' JV team finished last season with a solid 9-3 record. The JV athletes look to take what they've learned in Florida and apply it to their upcoming 16-game season.

Now back at the Academy, the varsity team is gearing up to compete in a Jamboree on March 24th at Lincoln Sudbury. The JV team will host Governor's Academy on April 3rd. Both events will surely be a battle, but thanks to pre-season in Florida, Big Red will hit the ground running.

Boys' Swimming Ends Season With a Splash

By SAVI KEIDEL
Contributing Writer

Before Spring break, Exeter's varsity swim squad competed in the New England Interscholastic Swimming Championships. After an extremely successful season, the team was "excited about kicking butt, breaking records and just having a great time," according to lower Andrew Sun. Nine of the eleven possible school records were set by members of this 2019 team.

Two weeks before New England Championships, the team swam around 6,000 yards each day for almost a week. However, as the meet drew closer, the team's total yardage dropped to allow for the swimmers to rest. The dropping of yardage is a process known as a "taper" to swimmers. Tapering for a championship meet allows the team to swim faster than regular swim meets. The team also cut all sugars, fried foods, and carbs from their diets in the week leading up to the meet.

"We had a few sprint sets where we could race each other throughout our last training week, and that hyped us up for the competition," lower Adam Tuchler recalled. While their teammates were

racing in practice, the team would smack the boards against the gutter of the pool to make a large echoing noise to accompany their screaming and cheering. "We hyped each other up by setting goal times for each other and cheering for every single teammate at the end of the pool," lower Aren Mizuno added.

There were many outstanding swimmers at interschols. Uppers Andrew Benson and Charlie Venci both claimed first place in the 100 meter Breaststroke and 100 meter Backstroke, respectively. Benson also won the 100 meter Freestyle, setting New England records in both the Freestyle and the Breaststroke.

Tuchler said that Venci "did a great job by out touching his opponent by one 100th of a second to take first place in the 100 backstroke." Another swimmer highlighted by his teammates was Mizuno. "Aren worked super hard every day in practice. At meets, [he] showed incredible sportsmanship and was a great teammate," prep Georgie Venci said. Senior and Co-Captain Jared Zhang also stood out and was seen by his teammates as one of the fastest swimmers at the meet.

"This season went incredibly well. For the most part we improved our swim-



Senior James Wang surfaces for a breath.

Paula Perez-Glassner/The Exonian

ming, performed well at championship meets, and had fun!" G. Venci added. Upper Andrew Sun agreed, stating that "the amount of support we have on the team is awesome. There was a lot of cheering throughout the races." Although it was sad to see the seniors swim in their last

meet in an Exeter cap, there are not many of them graduating, "which shows the potential we have for next year," Mizuno explained, "[The season] was awesome. We were able to go to Easterns for the first time and had a very good season finishing 7-1."

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BOYS' CREW TRIP IN FLORIDA

First Preseason Training in Exeter Rowing History



Boys' Crew rests while approaching the starting line.

JaQ Lai/The Exonian

By MEREDITH THOMAS
Staff Writer

While many people spend spring break enjoying the beach and sun, the Exeter boys' crew team spent their vacation in the heat of Deland, Florida, training to be the best high school crew team in New England. With double sessions on the water last week, the team is ready for a successful season.

The opportunity of a spring break preseason trip is new for the crew team this year. With the bitter New England winters in Exeter, every year the team loses valuable time at the beginning of spring when the river is too frozen to row. "This puts us at a disadvantage because other crews we race have rivers that allow them to train the moment spring term starts," lower Alex Ranganathan said.

The team's time in Florida has prepared it well for when it is finally able

to get out on the water in a few weeks, and it has allowed them for an escape from typical New England weather and wildlife. "It has been really hot during practice and there are lots of alligators and manatees in the water which was crazy...One alligator got too close to our boat and our coxswain Nathan Lee freaked out," lower Aren Mizuno said. After facing alligators, the team will surely be ready to face any one of their opponents.

The preseason trip has provided valuable time for team bonding. "The overall team dynamic has been really happy and upbeat. I already feel closer to everyone and I feel like that bond will hold throughout the season and make us a better team," lower Nathan Lee said. Mizuno added, "we seem to be all getting along and already have a friendly competition between the two top boats."

The head crew coach Albert Leger

along with the rest of his coaching staff wasted no time and immediately became very hands-on in making the most out of the valuable time in Florida. Ranganathan said that the coaches "took videos of each boat every workout so that during any downtime in the hotel, the rowers could take a look at their form on the tape and always be thinking of ways to improve during the next session." Mizuno also appreciated the coaches' efforts and added, "[They] are constantly giving us advice on the launch and tips of what to work on in each practice. Their presence and dedication is consistently motivating me to row harder."

The senior team captains, Adar Tulloch and Will Kalikman, also played a crucial role in propelling the team forward. "[Kalikman and Tulloch] are very vocal and have given me many tips when rowing in front of them. They are extremely friendly

and easy to approach," Mizuno said. The captains play a major role on the team by helping their fellow rowers grow, and they are currently planning specific workouts to help the whole team improve.

Both Lee and Mizuno highlighted their teammate Stearns Weil for his devotion to the sport in the offseason. "Stearns did a very intense rowing program over the summer and this has shown with his impressive rowing strength and impeccable technique," Mizuno said.

The Exeter boys' crew team is still able to taste their sweet victory from last season and they are eager to defend their title of team champions at the 2018 New England Interscholastic Rowing Association Regatta. They have built up a solid foundation during their preseason trip in Florida and they will stop at nothing to outrow all of their competition this season.

BOYS' BASKETBALL CLAIMS CLASS A TITLE



PG Pearson Parker drives towards the basket.

Helena Chen/The Exonian

By COOPER WALSHE
Staff Writer

Williston fans were already filing out of their seats before the buzzer sounded as Exeter Boys' Varsity Basketball rushed the court to celebrate their championship. While most Exonians were on their way home for Spring Break, the boys' basketball team traveled to the Williston Northampton School to battle for the Class A Title. With victory in close reach, Big Red showed no mercy. The team drained bucket after bucket until the Wildcats were forced into submission.

Senior Jake Blaisdell commended his teammate, senior Alex Swett, who didn't miss a shot in the game and was

"vocal and played tough defense that helped us get stops down the stretch."

Senior Pearson Parker similarly had a standout game and performed as a "leader on the floor...commanding the team as always," Blaisdell continued.

This was an emotional game for many of the players—especially for seniors on the team. "I was happy and sad and relieved and scared all at the same time," Blaisdell said.

While ecstatic about the team's victory, Blaisdell expressed regret that this was "the last game that I would ever play with that group of guys, and probably the last basketball game I would ever play."

Blaisdell continued that the game

was a chance to "reflect and look back on everything we had been through. It wasn't easy, but that's what made it special."

Upper Kerick Walker expressed similar sentiments, adding that the game was bittersweet. "Even though I'm going to play here again next year, it won't be the same without my seniors," Walker said.

For 111 days, the tall, athletic boys were singularly focused on this championship game. "From day one, our goal was to play basketball till the end of the season. We wanted to make it till day 111," Blaisdell said.

Blaisdell elaborated that the biggest challenge for the team in their first weeks was "to believe and trust

in each other to show up and compete every single day."

Walker agreed, explaining that "the team had diverse personalities and we definitely hit some rough spots." The team came together beautifully for the end of the season, however, and was able to successfully accomplish their shared goal: a championship victory.

"Sometimes we argued, yelled at each other and got into each other's faces, but we always knew when to reel it back in and love each other at the end of the day," Blaisdell said.

With this victory, the team capped off another successful season with a silver trophy, a 17-6 win-loss record and three months' memories to last a lifetime.