



# The Exonian

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Phillips Exeter Academy, Exeter, New Hampshire



Seniors Harrison Murray and Ella Parsons enjoy the warm weather outside.

Angelina Zhang/The Exonian

## Escaped Inmate Trespasses on PEA Campus

By ANNE BRANDES, MAI HOANG  
and JACK ZHANG  
Staff Writers

Four guides strolled backwards pointing at buildings, students buried themselves in library research and senior Harrison Murray was half asleep in his hammock on the quad when Exeter Police officers bolted across South Side campus and caught an escaped inmate.

Although the campus was on lockdown, students did not receive an alert until the lockdown was over.

"I popped my head out of the top of the hammock to see what was up. There were two police cars driving full speed towards me across the grass. One went around me and continued towards Cilley while the other one went towards [the dining hall]," Murray recalled. Despite the sirens and the police cars, he did not realize that there was any immediate danger and so remained on the quad until friends broke lockdown protocol and let him into McConnell Hall.

Exeter Police caught the escaped inmate on October 9 at 2:01 p.m.—three minutes after police arrived on campus. The arrested inmate, 34-year-old Julio Nieves, was originally jailed in September 2016 on a judge's order to arrest for burglary, criminal mischief and theft. Nieves ran from the Rockingham County House of Corrections (RCHOC) to Exeter's campus, where he was caught by the Exeter Police Department (EPD). After his arrest, Nieves was transported back to the RCHOC. According to RCHOC's press release, charges are pending further investigation.

Although campus was on lockdown, Campus Safety did not send out a message until after the lockdown was over, raising concerns about student safety on campus.

Director of Campus Safety Services and Risk  
**ARREST, 2**

## Workers Open Up on DHall Conditions

By ANNE BRANDES, ERIN CHOI,  
YUNSEO CHOI, MAI HOANG  
and SAM WEIL  
Staff Writers

Exeter's dining halls have experienced a string of vacancies in their dishwashing positions, compelling dining staff from both Elm Street and Wetherell to join forces for dinner service. This shortage has raised questions on whether dining hall staff are sufficiently compensated for their labor.

According to multiple staff members, Exeter's dining hall wages range from \$12.25 per hour to \$15.00. The minimum wage in New Hampshire is the same as the federal minimum wage: currently \$7.25 per hour. Recently, national corporations such as Amazon, Costco and Walmart have announced their intentions to raise their workers' wages above the minimum. These recent developments have prompted members of the Exeter community to rethink what adequate compensation for dining hall workers should look like.

History Instructor Bill Jordan wondered if Exeter should raise the wages it pays workers. "It seems like the right thing to do, especially with the cost of housing in the area," he said. Jordan added, "Even with \$15.00 an hour, it's hard for people to pay the rent."

Tina\*, who has worked at Elm Street for the past six years, said that with the income she makes as a full-time worker, it is difficult to live near campus because of high housing costs in the town of Exeter. She instead lives with her two children in Epping, New Hampshire, which is about 30 minutes away by car. "Exeter housing is very expensive," she said. "It's hard for us to live in this area with this money. I checked before, and [the prices] are way too high."

For the same reason, full-time staff member Angela\* lives in Epping with two roommates. "Financially, I wouldn't be able to live alone," she said.

Other dining hall staff live in Exeter's trailer parks. George\*, who has worked as a part-time dishwasher at both dining halls for 12 years, currently lives in Hayes trailer park. He considers his wage to be fair to his workload; he earns \$13.53 per hour.

Part-time staff member Marie Robicheau currently works full-time at McDonald's from four in the morning until two in  
**WAGES, 2**

## Kavanaugh Case Sparks Controversy

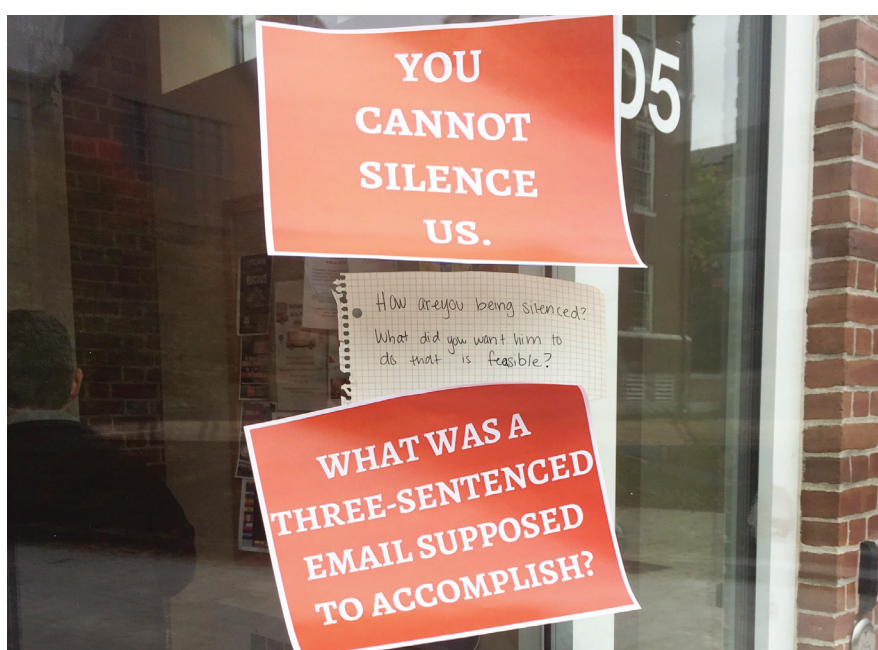
By BONA HONG,  
SHIVANI TRIPATHI  
and ANGELE YANG  
Staff Writers

Exonians taped posters around campus that sparked a debate on the Academy's response to sexual misconduct and the dialogue surrounding it.

The red posters bore slogans including "What was a three-sentenced email supposed to accomplish?" and "You cannot silence us," and were taped on prominent buildings around campus. The posters generated an anonymous debate, as underneath the posters another student wrote, "How are you being silenced? What did you want [Rawson] to do that is feasible?" In response, another student wrote, "Well, I don't know... maybe act in a way that shows sexual assault is more serious than a few sentences and don't let those accused of sexual assault back on campus."

Since the discourse began on Monday, Oct. 8, Campus Safety directed Grill staff members to take down some of the posters due to safety concerns about their bright colors, while others were taken down for more personal reasons. However, the episode has prompted questions on how Exeter deals with difficult discussions and how the administration should best facilitate such talks.

In an email sent to the entire school, Rawson reiterated Exeter's values and stance concerning sexual misconduct. "The recent Senate hearings on Supreme Court nominee Kavanaugh provide an appropriate context for reaffirming



Posters hung outside of Grill.

Shivani Tripathi/The Exonian

unequivocally that at Exeter we do not tolerate sexual misconduct or harassment in any form," he wrote. "This is a statement about values, basic decency and respect—for ourselves and each other—every day, all the time."

Rawson mentioned the Senate hearings in his email "so no one would wonder if the email was sent in response to an incident on campus," he said.

Some students were not satisfied with Rawson's response. Upper Janalie Cobb found the email abrupt and of little substance. "I think the email wasn't as thought out as it could have been. I think something like it is necessary, but it needed further steps or a list of further steps that are going to or have been taken or ask questions to the community," she said. "Something other than somebody stating a fact that has been stated time and time again."

Though some were disappointed by the brevity of Rawson's email, Rawson explained that in the past, several students suggested shortening his messages in order to make reading easier.

Rawson emphasized how the email was not intended to be a political statement. "Given the national conversation that was occurring, I thought it was an appropriate time to speak with clarity about our values as a school," he said. "We need to be clear about our values. I think the hearings sparked conversations about school culture at many schools around the country."

The students who created the original posters declined to comment and to be named. Some students, like upper Destiny Rogers, felt the students who created the posters were justified. "I thought the posters were a little harsh, but I can understand if people feel like there is not enough being done and... want to draw attention to that," she said.

On the other hand, some believed Rawson's email was satisfactory. "Rawson did not have to send an email; the fact that he did, to me, demonstrated that he cares," History Instructor Alexa Caldwell said. "He was clear, and he reit-

**KAVANAUGH, 2**

## PATH Demands Frank Response to Misconduct

By ERIN CHOI, SUAN LEE  
and ANGELE YANG  
Staff Writers

Phillips Exeter Alumni for Truth and Healing (PATH) released a petition on Sept. 20 calling for the Academy to re-administer investigations of campus sexual misconduct. Since then, PATH has been in contact with the administration in hopes of a more forthright acknowledgment of PEA's history of sexual misconduct.

PATH, an organization comprised of sexual abuse survivors and their supporters in the alumni community, requested in its petition that the Academy report "all relevant allegations and evidence concerning abuse of PEA students by adults at PEA, without restriction or qualification" to an independent investigator mutually agreed upon by PEA and PATH. It also urged the Academy to "waive attorney-client privilege to the extent that it was used to shield important information from [Holland & Knight] H&K or law enforcement" and release the resulting report to the entire Exeter community with identifying information redacted as necessary.

To date, the petition has 401 signatures from alumni, an increase of 107 signees within the past two weeks.

According to Director of Institutional Advancement (IA) Morgan Dudley, alumni donations have been on the decline since 2016, the same year that Rick Schubart's string of sexual misconduct allegations became known to the public. Donations reached a low point in 2017, when 32 percent of alumni participated. Dudley did not attribute this trend to the misconduct cases, however. She pointed out similar trends at secondary schools and colleges nationwide. She noted that the efforts of volunteers and the entire team in IA have brought participation up to 34 percent in 2018. "Our goal is to continue the upward trend," she said.

Given how the Academy has "harmed many students over the years," Katherine Parker '18—who is not a PATH member—stated that she does not anticipate donating to the institution in the

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# Nobel Laureate John Mather Enlightens PEA

By **SADIE GRIFFITH, LINA HUANG**  
and **CHARLOTTE LISA**  
*Staff Writers*

The Academy welcomed Dr. John Mather, a Nobel Prize Laureate, to meet and converse with students last Wednesday and Thursday before giving an assembly on Friday, Oct. 5.

According to his NASA profile, Mather is a Senior Astrophysicist in the Observation Cosmology Laboratory at the National Aeronautics and Space Administration's (NASA) Goddard Space Flight Center and was awarded the Nobel Prize in Physics in 2006 for his extensive work on measurements of the cosmic microwave background radiation using the Cosmic Background Explorer (COBE) satellite. Mather worked to determine an afterglow of radiation left over from the Big Bang, and, as Interim Principal Bill Rawson put it, "Mather was touching on the very foundations of our universe."

Religion Instructor Peter Vorkink first met Mather on a Spring Break trip last year and invited him to visit and speak at the Academy. During his time on campus, Mather was able to share his extensive knowledge of astrophysics and cosmology with students, as well as a take a glimpse into his career and current projects. Over the course of his stay, Mather visited both

an epistemology and astronomy class and attended a dinner alongside a few students and faculty hosted by Rawson before speaking at Friday's assembly.

Mather shared his story of what inspired him to pursue science. "I don't know what got me started, but I was already interested in science and math when I was six." As he described his many accomplishments and what has kept him so passionate about and invested in his study of the same subject, Mather emphasized "that feeling of discovering something on your own, figuring out something that nobody before has, that's an amazing feeling."

Currently, Mather is working with NASA, alongside the European Space Agency (ESA) and the Canadian Space Agency (CSA), to construct the James Webb Space Telescope, which will be launched in 2021 and enable astronomers worldwide to observe the past and present of our universe. When facilitating students' conceptualization of this telescope's power, Mather mentioned "the telescope is so sensitive that if you were a bumble bee hovering at the distance of the moon, we would be able to see you."

Regarding current plans for the James Webb Space Telescope, Mather explained that because the telescope will be sent a billion miles away, they would have to get it right. He added that this pressure is

indeed "one of the scariest things about space business...it makes you think differently."

When senior Miles Mikofsky, who attended the dinner with Mather, was asked about the prestige of a Nobel Prize Laureate speaking, he said "I don't think that prizes necessarily should be what is super significant. I think we might, just in general, do well to focus on really interesting people from all walks of life."

Regarding his Nobel Prize, Mather emphasized that "science is a team sport." "I always remind people that when somebody gets a prize, it's not the work of that person alone, it's the work of many people, and in our case 1,500 people, to build that satellite [COBE], and of course many of the people who came before and made it possible," he said.

Many appreciated this aspect of Mather's message, including Religion Instructor Hannah Hofheinz, who particularly liked Mather's comments on the importance of "a team [that] includes various types of people—different personality types, different specialties, engineers, scientists, writers, thinkers—everybody working together on the big questions."

Upper Beez Dentzer felt that Mather's down-to-earth nature was reflected in his assembly. "The way he presented his accomplishments and even himself made

it seem a little less scary, a little more approachable, just because he was such a likeable person," Dentzer said. Additionally, Dentzer believed that Mather's assembly "[helped] put into context a lot of the things that are happening as far as developments these days." "I feel like we don't always know what's going on at NASA...so I thought it was really cool to hear first hand," she said.

Vorkink affirmed that Mather is "a self-effacing man, a person with a great sense of humor, one who was quick to admit his humility in what he didn't know and one who possessed a genuine and infectious curiosity to learn new things. What more could you ask in a scientist, in a person or in an Exeter student?"

Science Instructor James DiCarlo noted one of the important messages from Mather's speech. "He told me that the most important thing in science education isn't learning specific facts, but rather instilling curiosity and the desire to ask questions that no one knows to the answer to," he said.

Science Instructor John Blackwell also felt that Mather's assembly was inspiring. "To see somebody like that, who knows about humanity and our past and our future in such depth, that there are people in this world with such vision, is really empowering for students," he said.

# Phishing Emails Attack Confidential Information

By **JACK ARCHER, SAM WEIL**  
and **RACHEL WON**  
*Staff Writers*

Late one night, upper Leah Cohen opened her email to find a seemingly innocuous Dropbox request from an instructor unfamiliar to her. In a rush to open the rest of her emails, she clicked on the link. Minutes later, Cohen realized that she had fallen victim to a phishing scam.

Emails such as the one Cohen received have plagued the school since last spring. Known as phishing scams, they threaten the Exeter community's confidential information—from personal details concerning students to financial information that the hackers can profit off of. Much to the dismay of Exeter's Information Technology (IT) Department, these ploys continuously deceive Exonians into revealing personal information.

Computer Science Instructor Sean Campbell explained that the scams trick recipients "into clicking a link and entering their username and password into what you think is a secure website when it is actually people stealing your credentials...in order to gain access to your account."

Once someone clicks a link, the hackers "might install malware that looks for security weaknesses in hopes of gath-

ering sensitive information," according to Interim Director of Technology Services Lisa Jennings.

The hackers can exploit the compromised email addresses to send additional phishing emails, exponentially increasing the number of hacked accounts. "The idea is to recruit more accounts to send out more emails, with the goal of eventually getting the credentials of an administrative account with access to very sensitive information," Campbell said.

Cody Nunn '18, one of the first noted victims of a phishing scam on Exeter's network, was targeted by a phishing scam disguised as a college he applied to. According to Nunn, this technique of phishing frequently occurs during the college application season, when hackers convince applicants that their application may not go through unless they input their information.

After Nunn entered his username and password, an email was sent school-wide from his account. Nunn said about students' subsequent reactions, "Some people would come up to me and [say,] 'I almost got scammed,' and I would say, 'Oh, I'm sorry.' But others would come up to me and say, 'You ruined my computer.'...It took people a while to understand that I wasn't the one scamming. I was the one that got scammed."

Immediately after his email was hacked, the IT office reset Nunn's creden-

tials. By this time, however, other Exonians had already entered their personal information into the email sent from his account.

Music Instructor Lodowick Crofoot III recalled not being able to schedule music lessons after falling for a phishing scam. "My email got shut down at a very crucial time...when I needed it to re-schedule many of my students who would have missed their piano lessons on account of Academy Life Day's disruption of the normal schedule," Crofoot said.

Lower Haruka Masamura, who fell victim to a phishing scam before she arrived at Exeter, worried that other students' first impressions of her would be dictated by the phishing emails subsequently sent from her account. "I was really embarrassed because people could look up my picture on Exeter Connect, and the picture is really bad. That was my main concern," Masamura said.

Nunn also experienced embarrassment associated with his phishing incident. "I just had to get used to the [jokes], and there were a lot. I'd be waiting in line for class, and people would hit me with the fishing reel or something like that," he said. "I feel terrible to be the one that kind of started this phishing email trend."

In order to prevent further phishing, upper and co-head of Cybersecurity Club Khine Win wants the Exeter community to increase its vigilance in reacting to

possible phishing emails. "If we're on our phone and we just mindlessly look at all our emails, it's very easy to quickly click on something," Win said. "This poses a threat not just to you, but to the rest of the school."

The IT Department also plans to fend off phishing attacks by training the community. The department, along with its cybersecurity partner KnowBe4, has begun to train the faculty to increase awareness of the hacking. This training is mandatory and will continue.

The department is also working with Dean of Students Melissa Mischke to develop a program for students to protect themselves from phishing emails. "This training is to help people know what the latest problems are with phishing and how to combat them," Mischke said. The training will teach students that if they "don't recognize [the email], consider it suspicious and delete it or quarantine it."

Cohen believes that Exeter's fast-paced environment factors into why such a large number of students click on a phishing link. "They want to get ahead and do their homework efficiently. The faster they answer these emails or click on the links, then the faster their homework gets done or the faster they go to bed," she said. "This relates back to the stressful culture at Exeter. Sometimes we just need to slow down and think of the repercussions of our actions."



## The Exonian

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## The Future of Football

### Cooper Wolff '19

Guest Contributor

Football is violent and players risk their long-term health each time they step onto the field. The National Football League (NFL) is under siege from fans, doctors and media regarding safety concerns, specifically physical injuries and the correlation between head contact and chronic traumatic encephalopathy (CTE). To mitigate these injuries, the NFL has come up with new safety rules, including a helmet contact rule to limit head trauma and a body weight rule to protect physical safety. While measures taken by the NFL to prevent injuries such as CTE are necessary, the league has gone too far with the new body weight rule.

Amid growing concern about NFL players suffering head trauma, the league has implemented a new rule for the 2018 season that appropriately attempts to curb such injuries. Any tackle in which a player lowers his head to make contact with his helmet against an opponent will now result in a flag. The penalty results in the loss of 15 yards, and if the defense commits the foul, it is an automatic first down. Furthermore, if an official concludes that a player is targeting another's head, that player may be ejected from the game and face a fine. Essentially, it is now illegal to use the helmet as an offensive or defensive weapon.

Not only does this rule protect players' safety, it also attempts to preserve their mental health beyond their time on the gridiron. Even though it might change the nature of the game, making it less dangerous, it is also a smart business move by the NFL. The rule change is

meant to ensure the future of the league amidst vehement criticism. Indeed, outside of offensive pass interference, 15 yards is the furthest possible distance for a penalty, showing the seriousness with which the NFL is taking helmet contact.

Furthermore, since helmet contact is a major infraction, an automatic first down penalty for the defense is also appropriate. While opponents of the helmet

surrounding physical injuries. The body weight rule aims to protect quarterbacks by penalizing any hit in which a defensive player uses his weight to tackle and land on top of the quarterback.

Already, this rule has faced significant backlash. In an early matchup between the Minnesota Vikings and the Green Bay Packers, Clay Matthews, an outside linebacker, rushed Vikings



rule would argue that this rule changes the nature of the game too much, the penalty is necessary to prioritize player safety over dangerous traditions, thereby ensuring football's future.

Unlike the helmet rule, however, the new body weight rule is going too far. Heading into the 2018 season, the NFL is attempting to curb the negative stigma

quarterback Kirk Cousins and delivered what initially looked like a clean hit in the final minutes of a close game. However, since he used body contact to bring the passer down, the official threw a flag. The Packers likely would have won the game, as they were leading at that time and the flag extended the drive. Instead, the game ended in a tie, with players from

both sides protesting the penalty.

Cousins later admitted that the flag was "probably a generous call," and that "two or three years ago, [the hit] probably doesn't get flagged."

Some question whether the rule actually makes the game safer. Williams Hayes, a Defensive End for the Miami Dolphins, tore his ACL in an attempted tackle when he tried to take an awkward side step during impact to avoid a flag. The rule therefore not only disrupts the flow of the game but also potentially compromises its own intention of making the game safer. Therefore, the body weight rule should be removed after its pilot run in 2018.

Mirroring the NFL, safety in high school football has been a hotly contested topic over the last few years. Even PEA's starting linebacker, senior Isaac Choate, agrees. "I don't think the NFL is safe, and I am glad they have started to put rules into place to curb late hits and head contact."

He went on to say, "Football is a pretty demanding sport, and just getting through the season without injury is probably not going to happen."

While the NFL includes the hardest hits by the strongest and fastest athletes in the world, high school football can be safe and enjoyable. In addition to Choate's assertion that PEA's league rules help keep players safe, he explained that "coaches go over tackling everyday and really help ensure that tackling is done properly. That way we avoid a lot of injuries."

With proper technique and implementation of rules, the game should continue to be an American favorite. As we grow more aware of the negative effects of football, however, the sport will have to adapt to survive.

## Let's Listen to Women

### Isabella Ahmad '20

Staff Writer

Over the last week, Exonians, like so many people across the country, have engaged in conversation over the sexual assault allegations against newly-confirmed Supreme Court Justice Brett Kavanaugh. As a prep school graduate himself, Kavanaugh's narrative is something the Exeter community is familiar with, not only through the list of Exeter's own sexual misconduct cases, but through sexual misconduct cases throughout the New England boarding school community. In fact, just less than a month ago, Owen Labrie, the perpetrator in the prominent 2015 St. Paul's assault case, asked the New Hampshire Supreme Court to repeal his felony sentence.

In so many of these instances, the divisive question seems to be whether the accused committed the crime or not, and for the most part, the opinions seem to be partisan. For example, if you Google search "Juanita Broaddrick," the first page mostly consists of articles covered by *Fox News*, with only one *New York Times Opinion* in support of her. Conversely, "Anita Hill" yields several *Washington Post* articles praising her bravery and drawing parallels to Dr. Ford's testimony against the Republican-backed Supreme Court nominee.

So, where does this leave women? Why is the exploitation of female bodies a 'my-guy-your-guy' issue? Here are five reasons why we should believe the women speaking out on sexual assault, whether their perpetrators are Democrats or Republicans:

First, of the 40 percent of rapes ever reported, only about two percent are ultimately determined to be false. According to the FBI, other felonies have

the same percentage of false charges, yet people claim they are false far less often. As Men Against Abuse Now, an organization at Stanford University, put it, "We are much more likely to disbelieve a woman if she says she was raped than if she says she was robbed, but for no good reason."

Second, the accusations that are false typically all follow the same trends. Two of the common examples are teenagers who report false accusations in order to avoid getting in trouble with their guardians and people who feel they need some form of psychiatric or

of second degree murder. Obviously, not all false accusers follow Mangum's exact narrative, but there is still almost always some commonality, even if it is not to the same degree.

Third, if a case goes to trial, defense attorneys ask victims the most ridiculous questions. For example, here are some of the questions Brock Turner's lawyer asked Jane Doe: "What were you wearing? Why were you going to this party? Did you party at frats? Were you wearing your cardigan? What color was your cardigan?" She was also asked about the events that transpired, even though she was assaulted when she was intoxicated and unconscious. This is what Doe had to say about her questioning: "I was pummeled by narrow, pointed questions that dissected my personal life, love life, past life, family life, innate questions... After physical assault, I was assaulted with questions designed to attack me, to say 'see, her facts don't line up, she's out of her mind, she's practically an alcoholic, she probably wanted to hook up.'"

Fourth, not only does questioning to find holes in a victim's story make a victim uncomfortable, but it also does not prove anything; the law does not accurately represent science. According to Harvard Medical School teaching assistant James Hopper, when the defense circuitry in the brain is activated in a traumatic experience, the information being recorded by the prefrontal cortex can be mixed up. This means that victims will remember certain details and senses, but not necessarily the order of events. However, it is exactly that natural, brain mix-up in victims' stories that are used to discredit them.

In addition, many states, such as Alabama, still require victims to "earnestly" fight back during an assault in order for it to constitute as an assault. However, the well known fight-or-flight instinct has actually been redubbed the fight, flight or freeze response by stress

experts, as freezing is a natural response in the body to trauma. No one blames victims of bear attacks for freezing instead of mauling the bear back.

Finally, after the victims come forward, their lives are never the same. *The Washington Post* just published an article titled "Dear dads: Your daughters told me about their assaults. This is why they never told you," about how it is difficult for victims to share experiences with sexual assault with people close to them.

Chessy Prout, the victim in the St. Paul's most recent sexual misconduct case, returned to school after Labrie's transfer only to find a "toxic" and "divided" place where several community members went on to raise \$100,000 for her perpetrator's defense fund.

Just this week, Christine Blasey Ford received numerous death threats in response to her testimony against Kavanaugh. She and her family cannot even live in their home anymore. The trajectory of her career in psychology will undoubtedly change permanently. The President of the United States has mocked her publicly for the entire country to see. A boy who assaulted her grew up to be a man sitting on the highest court in America, never to face any consequences for his actions.

Neither Broaddrick, nor Hill, nor Ford have any reason to lie. They received no money, and they compromised their physical safety, all on behalf of civic duty. They did not even want or receive good fame. In fact, upon hearing about Kavanaugh's nomination, Ford wrote to her representative with her story in hopes of quietly reversing his nomination. When a victim comes forward, she does so with the knowledge that with the system that exists today, she is likely relinquishing her way of life for eternity, even more so when the man she is accusing has far more power than her. That is not an easy sacrifice. Let's believe women.

**When a victim comes forward, she does so with the knowledge that with the system that exists today, she is likely relinquishing her way of life for eternity, even more so when the man she is accusing has far more power than her; that is not an easy sacrifice.**

medical attention for matters unrelated to assault and falsely report as a sort of cry for help. According to studies done by the University of Minnesota Duluth, close to half of these false accusations are not reported by the alleged victim, but by someone the victims knows, typically a parent. Another clear trend in false accusations is that the accusers rarely pursue any of the original charges after the accusation has served their goal, and the few that do usually have histories of previous lies, criminal activity or mental health issues. An example of this is Crystal Mangum, who in 2006 falsely accused Duke University's lacrosse team of sexual assault; she led an extremely chaotic life with previous reports and even went on to be indicted

## The Exonian

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## The Benefits of Trump: Economic Policies

Jack Puchalski '21

Guest Contributor

Since his induction into the White House in 2016, President Donald Trump has faced backlash for his extreme decisions in economic foreign policy. His administration has been relentlessly criticized for its protectionist actions, demanding payment from countries under our military protection and initiation of trade wars. Clearly, his actions have sparked enormous controversy—but maybe they're not so bad.

Although his isolationist economic policy is unconventional, it may be just what we need. Since his inauguration, Trump has initiated tactics to boost the United States' economy, fueling our consumer-driven market with

**Clearly, [Trump's] actions have sparked enormous controversy—but maybe they're not so bad. Although his isolationist economic policy is unconventional, it may be just what we need.**

corporate tax breaks and the creation of four million new jobs through tariffs. His actions have pushed the stock market to its highest point in history; in just the 1.5 years since his

election, the S&P 500 Index has risen an astounding 22 percent, and nearly \$10 trillion have been added to the nation in wealth. This in itself has been quite a feat amid a resurgence in high federal interest rates, but Trump has gone a step further—using this surging economy as a powerful negotiation tool.

With the US economy at one of its highest points in history, there is a widespread international demand to have access to our consumers. Instead of neglecting this heavy demand for trade deals with the United States like many past presidents, Trump has intensified this demand by sparking this economic boom and begun to use it as a leveraging tool against our top competitors.

The most prominent competitor that he has decided to challenge with this tool is China, who has long cheated the United States with currency manipulation and labor laws to boost its own economy to a dangerously high point. China's economic prosperity has heavily relied on US consumers to reach its current point. It exports \$505 billion worth of goods to our nation every year, while it only imports \$129 billion worth of goods from the US. This means that it has been gaining much more economically from its trade deal with the US than the US has, and it has done so while employing unethical trade practices that have been detrimental to our own economy.

Trump has finally decided to put an end to this cheating and

trade disparity by placing economic sanctions and tariffs on China. These ultimately reduce the amount of goods China exports to the United States significantly, which has aided in diminishing their threatening economic boom and in punishing them for unethical practices that have

**His actions have pushed the stock market to its highest point in history; in just the 1.5 years since his election, the S&P 500 Index has risen an astounding 22 percent, and nearly \$10 trillion have been added to the nation in wealth.**

gone on far too long. At the same time, it has encouraged increased productivity in our local economy, creating new jobs and promoting goods manufactured in the United States.

Although China has responded with its own sanctions and tariffs on the US, they have not nearly had as much of an impact on our nation because of the trade deficit. Therefore, the benefits of Trump's economic foreign policy with regards to China have clearly outweighed the cons. This is just one example of how Donald Trump's economic foreign policy of leveraging our in-demand consumer base has progressed our nation and its economic position in the world.

## America on Retreat

Stephen McNulty '21

Guest Contributor

Before a United Nations General Assembly Session on Sept. 25, Donald Trump repeated one of his more asinine talking points—that his Administration “has accomplished more than almost any administration in the history of our country.” The response? Laughter. Yes, the Assembly of the United Nations quite literally laughed at the President of the United States.

For many of our allies, however, that laugh must have been a rather nervous one, because beneath the ridiculousness of Trump's Twitter outbursts and blatant lies rests a much more dangerous geopolitical reality. In Trump's desire to pursue his “America First” policy, he seems to have abandoned

tory, failing to reaffirm Article V, which establishes the principle of collective defense, the notion that if one member is attacked, all are, and must respond in kind. That one article is by every measure the

**Simply put, America is vital to a secure, safe and just world order and has long been the defender of human liberty in foreign policy. Without that leadership, who's left to take the leading role in the world?**

most important in the charter, in that it provides the framework for NATO's very existence, based upon the notion that NATO democracies stick together through any crisis.

us make clear that in the pursuit of a vague treaty, Trump effectively legitimized Pyongyang's government before the entire world, even saluting a North Korean general (a clip repeatedly played on DPRK state television), and Trump cancelled joint military operations with South Korea before consulting them. These “war games,” as some have called them, ensure that the United States and its South Korean allies remain able to respond to military threats to Korean sovereignty quickly and effectively. So, yes, Trump, in a meeting with an enemy of the United States, agreed to cancel vital preparedness exercises without consulting the involved allies, all in pursuit of a vague promise of “denuclearization.”

America's allies should be taking a serious look right now at the happenings in the United States,



a fundamental principle of American foreign policy: that the United States must never shrink from the defense of its allies or its principles. Instead, he appears to be pursuing a “moneyball” policy of seeking to negotiate the “best deal” for the US, often at the cost of the very values that our country has spilled its own blood to defend.

Case in point: NATO. Trump is seemingly fixated on securing a “better deal” for the United States. This, of course, means that he believes our NATO allies should spend more on defense, more than what they had previously pledged. There is nothing wrong with such a desire; pretty much every American President has said as much. But in trying to obtain that goal, he threatened the very foundation of the North Atlantic Treaty by, for the first time in NATO his-

In his failure to do what every US president in the NATO-era has done, Trump called into question whether the United States would defend the countries under its own nuclear and military umbrella, a deeply unsettling reality for countries like Estonia, Latvia and Lithuania, who live under the near constant threat of Russian invasion.

The matter, of course, hardly ends there. Trump has a long history of admiring the world's worst human rights abusers, dictators and strongmen. He's publicly praised Muammar Gaddafi, Xi Jinping and Vladimir Putin, and has even retweeted a Mussolini quote. He saves the most praise of all, of course, for Kim Jong-Un, publicly thanking the North Korean autocrat in his UN Speech, despite no real signs of progress being made towards denuclearization. And let

because all signs seem to indicate that the US is willing to abandon its traditional obligations to the security of such countries as Estonia or South Korea. Simply put, America is vital to a secure, safe and just world order and has long been the defender of human liberty in foreign policy. Without that leadership, who's left to take the leading role in the world? China, a serial abuser of human rights, jailer of dissidents and destroyer of churches? Russia, a nation who literally poisoned British diplomats?

Trump doesn't seem to wrap his head around that very fundamental concept—that the United States can't just look out for itself, but must also fight for the higher principles on which it was founded, lest the free world falls into disarray.

## On an Apolitical Administration

Jordan Davidson '19

Senior Columnist

This past Monday morning, Principal William Rawson ignited campus discussion with a three-sentence-long email regarding sexual misconduct and Brett Kavanaugh:

“The recent Senate hearings on Supreme Court nominee Kavanaugh provide an appropriate context for reaffirming unequivocally that at Exeter we do not tolerate sexual misconduct or harassment in any form. This is a statement about values, basic decency, and respect – for ourselves and each other – every day, all the time. This is a statement of concern for every member of this community.”

The email prompted some students to put up posters protesting the Academy's response to sexual misconduct. Other Exonians criticized this statement for being apolitical. It is a valid point to say that the principal did not take a hard stance on the Kavanaugh case, but, this

fact should be a cause for relief, not concern. As an academic institution, the administration is obligated to withhold political beliefs; it will only alienate students who have different perspectives and thus, harm their education. We students cannot attempt to lobby the administration into delivering a stronger message.

This is not to say that we cannot discuss the issues brought up by current events, including sexual misconduct, as a campus. We need

to talk about issues together as a community, but, education professionals should abstain from voicing their opinions regarding the event that started the conversation. Setting an example of that, Principal Rawson expressed in his email that we condemn sexual misconduct and did the right thing by not elaborating on Kavanaugh. Although the Principal did not talk about initiatives for more discussions on sexual misconduct in that specific email, he rightly reaffirmed the Academy's zero-tolerance policy.

What we should be most concerned with is creating well-publicized platforms for students to speak their minds and talk as a collective group. Though there was a group discussion about the Kavanaugh situation, it was not well-attended or well-publicized. In addition, neither Principal Rawson nor the people who put posters around campus talked about plans for how to deal with current events that clearly affect our student body. It is not required of anyone to provide opportunities for expressing political opinions or talking about sexual misconduct, but it should be expected of an institution of higher learning.

In summary, the principal should not speak on behalf of the Academy and himself in terms of stating a political opinion in an email to the school. For the sake of providing a proper education, the administration should never express a unified political position. But we should still talk about the issues underlying the political drama and stop polarizing each other over an email.

Got Opinions?  
Write for *The Exonian*  
Opinions Section!

Come to our  
Writers' Meeting on  
Sunday at 7:00 p.m. in the  
Forum!

## Back in Black: The Hyped-Up Let Down

Anna Tran '22

Guest Contributor

Flashing lights ricocheted about Grainger Auditorium's walls as sweaty bodies pressed close to mine. Taking a deep breath, I grasped the hands of my fellow preps as I plunged deep into the unknown—also known as the mosh pit.

As a prep, attending Back in Black, my first Exeter dance, was both traumatic and exhilarating. I thought the dance was very well put together, but in my opinion, it was over-hyped and a bit of a letdown. Prior to attending, I heard from various students around campus that it was the best dance of the year, an absolute must. Unfortunately, I do not share the same opinion. Perhaps it was the poor choice of music, or maybe it was the thrashing mosh pit that dominated the dance floor, but even though I haven't attended any other dances here at Exeter, I doubt that Back in Black will

be known as this year's best dance.

For the first hour of Back in Black, I saw a couple of students wandering around the back of Grainger Auditorium rather than actually dancing in the front. This was not only because of the overplayed songs from 2016 that the DJ lightly remixed, but also because

**Prior to attending, I heard from various students around campus that it was the best dance of the year, an absolute must. Unfortunately, I do not share the same opinion.**

of the invasive and sweat-filled crowd. Jammed together near the front of the stage, Exonians made mosh pit entries feats of courage. Even though it is possible to have fun on the outskirts of the main group, it often felt that those who

were on the outside were ostracized and left out. At some points, I did enter the mosh pit, but I was sorely disappointed by what I encountered.

There was barely any dancing inside the crowd, unless you consider the jumping and shoving dancing. The relatively quiet music encouraged standing around rather than true dancing. All that I was left with after exiting the auditorium was a shirt soaked in sweat and a dull ringing in my ears. Back in Black was definitely not a dance to attend alone; without friends, it is difficult to weave into the crowd.

Even with its flaws, Back in Black was a great way to start of the year. For many, including myself, it was a fantastic opportunity to solidify friendships and make new friends. Surprisingly, moshing was both the most stressful and most invigorating part of the dance. Initially, being your typical prep, I cowered in fear, as I was surrounded by seniors and PGs. In other words, I was merely trying to skirt the mosh pit without being

trampled.

But as the dance continued, I realized that having friends came in quite handy. I locked hands with two of my friends, and we were swept into the tangle of thrashing sweaty bodies. The music got better, and this is when the mosh pit accumulated more students. With more bodies pressed together, I lost my friends at some points. Here I would dance with new groups and get Instagram accounts and Snapchat usernames while still getting hype to the music. With my heart pounding and a smile on my face, I knew that this was why so many people recommended that I attend Back in Black.

With my newly acquired friendships and memories, I will remember this year's Back in Black as a mediocre dance. The intense mosh pit and friendship bonding made up for the poor choice in music and the sweat-slick room. But with a smile on my face, I applaud Dunbar for the good effort and can't wait to see if the other Exeter dances can top it.

## The Ineffectiveness of the Posters in Grill

Jack Zhang '20

Guest Contributor

How do you fight politically against sexual assault and rape? How do you call attention to the countless injustices around the world? And then, how do you bring that message to Exeter? These are all important considerations for us—unfortunately, it seems that some crusading Exonians didn't consider these questions and much less, the answers. In fighting for social justice, we must remember to do three things: keep it true, keep it clear and keep it useful. We must not cower away from radicalism and struggle against authority, but, we must also not confuse angry outbursts for radicalism.

Although it is still unclear, here is what we know so far: someone, likely an Exonian, put up posters with messages including, "You Cannot Silence Us" and "What Was a Three-Sentenced Email Supposed to Accomplish?" referring to

Principal Rawson's short email about combating sexual misconduct. Other messages, perhaps posted in response, read, "How are you being silenced?" and "Welcome to the Supreme Court, Justice Brett Kavanaugh."

Sexual assault, in particular, is a very linear offense: it is obviously a reprehensible act. For something so agreed-upon, why was Monday's poster war so controversial?

The issue is with the tactics exhibited by the original posters. The choice of a more abstract target detracts from the posters' sincerity. The posters attack neither sexual misconduct in general (especially as relevant to Kavanaugh) nor sexual misconduct at Exeter. Instead, they respond to the administration's handling of the situation. They claim a lack of respect and care for a sensitive topic that deserves extra discussion beyond just a "Three-Sentenced Email."

It should be duly noted, however, that Director of Student Well-Being Christina Palmer facilitated an hour-

long discussion on Kavanaugh and sexual misconduct in general. Rumor has it that only four faculty members and two students showed up. It's not as if the school is stopping students from speaking up about touchy topics; in fact, the administration clearly encourages it. Exonians should not complain about the administration's insensitivity towards sexual misconduct if only a limited number of Exonians show up to a discussion dedicated to it. Although the administration is by no means faultless, discussing sexual misconduct is one area in which Exeter has not slipped up too much in recent years.

No one disputes that last week's Community Time and Principal Rawson's email could have been better, but approaching the topic requires more tact than posters screaming "You Cannot Silence Us." Who is silencing you? Would it be the administration who, again, hosted a Kavanaugh discussion session that hardly anyone attended? Or would it be the senators that confirmed Kavanaugh? In either case, display-

ing angry posters that immediately get torn down is not the way to go. There are plenty of other ways to approach the situation: posters railing against the Republican cronies who confirmed Kavanaugh, posters calling for organic and transparent discussion of sexual misconduct or even just talking about the subject with friends. All of these methods do more good than confrontational posters against some vague enemy.

Beyond all the logistical and ideological failings of these posters, there's the final question of execution: were they useful in uniting Exonians against sexual misconduct?

In short: no.

At least among students, there seems to be more ridicule than fruitful discussion over these posters. It's hard to imagine that the administration would be any more receptive to them. What should have been something serious—rallying people against sexual misconduct both nationally and at Exeter—has turned into more of a spectacle than a respectable movement.

## Dr. Ford Deserves Our Respect

Andrea So '20

Columnist

On Tuesday, Judge Brett Kavanaugh was officially appointed to the Supreme Court. His appointment marked the conclusion of a long, arduous battle not just between Democrats and Republicans, but also between people who held different beliefs about Dr. Christine Blasey Ford's testimony.

The selection of Kavanaugh to the Supreme Court is certainly disappointing, but it is not at all surprising. If our country can elect a man who "grabs women by the pussy" and has been accused of sexual misconduct to the highest office of presidency, then nothing is stopping a possible perpetrator of sexual assault from assuming a position on the Supreme Court. When America elected Donald Trump as

president, it proved that as a country, we are still grossly incompetent when it comes to believing victims of sexual harassment or assault and ensuring that the accused face the appropriate consequences. It is sad to see that nothing has really changed.

Kavanaugh's case wielded so much power in the media and in people's minds because of what it represents: if he can make it to the Supreme Court, what does it mean for other alleged perpetrators of sexual assault when it comes to attaining influential positions in the workplace? This does not apply only to officials of the US government, but also to men and women who hold considerable amounts of power in their everyday job positions, such as bosses or senior managers. If Christine Blasey Ford is telling the truth, which I believe she is, I commend her for standing for truth and justice even as she is faced with a barrage of personal attacks and

physical threats. She has nothing to gain and everything to lose from this situation—Ford had to testify in front of her accused abuser, replaying her trauma in front of a panel consisting largely of men as they attempted to discredit her experience.

Imagine how hard it is to go to work every day and continue to see your abuser, or even someone who has once been justly accused of sexual harassment or assault. That would make for a workplace filled with tension and anxiety. As for working with the person that had previously abused you, I can't even fathom the pain that it would cause, knowing that they still have influence over you and are not being held liable for their illegal actions. Social movements such as #MeToo have done a good job of ensuring more accountability for proven sexual abusers, but we still have a long way to go.

It seems like people debate them-

selves further in a despicable attempt to shame the victims and their supporters. Recently, the conservative nonprofit Catholic Vote, as part of their Moms for Kavanaugh movement, broadcasted a TV commercial that portrayed Kavanaugh as an innocent, hardworking and talented man. The end of the commercial read, "this could happen to our sons, fathers, brothers—it could happen to you." People are entitled to innocence until their guilt is proven, but this is taking it too far. Catholic Vote pandered to fear, purposely smearing Ford in order to invalidate her pain and support a partisan cause.

Although the battle is technically over, the Kavanaugh case has highlighted and exacerbated an ugly partisan divide that is stripping us of our most basic human morals. Our collective reaction is not affording Ford the basic human dignity that she deserves, and that says something sinister about our society as a whole.

## Don't Trust Your History Textbook

Mai Hoang '20

Columnist

It was not until this term that I realized the depth of my distrust in history textbooks. The moment I was again confronted with the evenly-divided columns, the shiny illustrations, the neat headers, I felt like drawing into myself, my capabilities as a thinking individual undermined. What are textbooks but the product of deception from a source of authority intent upon bending public understanding of complex issues?

Before Exeter, I would not have been able to conceptualize a framework of education that did not involve them; the public school system in my home country utilized one standard textbook per subject for every classroom in the whole country. Exams tested students on their ability to rotely memorize boxed summaries of entire chapters, themselves summaries of nuanced events and phenomena. After having been exposed to two years worth of courses—anthropology, genetics, epistemology, among others—that substitute textbooks for texts and books that engage the learners' critical thinking capabilities, I am

horrified at the thought of students going through the school system learning from textbooks alone.

"The hand that holds the pen writes history," declared the revolutionary novelist Colette, the eponym of Keira Knightley's latest bio-drama set in Belle Époque France. Indeed, history is a collection of stories: stories created for and embraced by a group to subsume the individual experience and provide the lenses through which all life is viewed, instigating dissent, revolution, change. It can never be objective.

One does not become an "ethical" historian, therefore, by "telling the truth;" one becomes an ethical historian by saying outright that one is a subjective and potentially misleading storyteller with an agenda.

The great danger in textbooks lies in how they masquerade biased interpretations, popular opinions, theories tested or untested, as unadulterated facts. The Vietnamese history textbook, created by the victorious Communist North, negates our civil war as nothing more than the Resistance War Against America. Yes, I am referring to what you learnt in your history textbooks as the Vietnam War, or the second "Indochina" war. This is not dissimilar to the Ameri-

can Civil War, also known as the War of Northern Aggression, also known as the Great Rebellion, also known as the Freedom War. Or World War II, also known as The Great Patriotic War.

Yet unless we all agree to include half a dozen asterisks for every entry, how many of these names make it into history textbooks? Indeed, I count myself as a very fortunate individual for having the perspective of PEAs U.S. History layered on top of eight years at a Communist public school, layered on top of my family history of allegiance to the Southern Ngô Đình Diệm regime—in my total confusion I do not lose sight of the fact that history absolutely depends on who is the victor.

Or who is granted the largest platform in accordance with contemporary social values, as is the case with Howard Zinn's revisionist *A People's History of the United States*. Zinn had a specific agenda, and he acknowledged it, too. In the very first chapter of this best-selling non-fiction, he wrote, "I am supposing, or perhaps only hoping, that our future may be found in the past's fugitive moments of compassion rather than in its solid centuries of warfare [...]" That, being as blunt as I can, is my approach to the history of the United States. The

reader may as well know that before going on."

Indeed, the reader may as well know that Zinn can and will manipulate facts, put some voices in the spotlight and dismiss some others, to accomplish the radical purpose of telling "a people's" story. He challenged the bias of patriotic narratives by substituting it with a bias of his own.

Again, there is nothing inherently wrong in historians siding with whoever they feel the strongest allegiance to: this is their job. The search for objectivity is one of the most futile searches in the history of humankind. A "nuanced" argument is still just that: an argument.

Telling historians to stop being opinionated is like telling them to write without a thesis. Ultimately, we all have a side; the key issue here is to make sure we pick it with our eyes open, after having considered the topic from a multiplicity of lenses rather than being cajoled into one by one source of tainted facts. It is the job of educators, then—not historians—to help students make informed choices by exposing them to the widest variety of texts possible, from regional, national and international voices. The textbook can rest on the shelf.



# ExonianHumor



## Rare Dining Hall Occurrences

By RYAN XIE  
*Professional Food Critic*

1. A yellow banana
2. A panini press
3. A short line at Elm during lunch
4. Plates at the front of the line
5. Teachers in Elm
6. Nutella
7. A stir-fry line less than 30 minutes
8. People patiently waiting in line (everyone cuts haha)
9. A clean ice cream scoop
10. Juice that doesn't look like water
11. Forks on the right side of Elm
12. Good food

## Milk And Honey: A Poem

By LIZZIE MADAMIDOLA  
*Future Lamont Poet*

I thank Exeter  
for taking away  
everything it has taken  
and giving to me  
everything it is giving

When I was young, I found something scary

I didn't have time to process it

But when I came to Exeter

It was taken away

## A Haiku

By CHANDLER JEAN-JAQUES  
*A Tired Senior*

Must stay awake  
In you I find energy  
Only add (water!)

## TFW People Start Clapping at EP



WRITE FOR HUMOR.

Submit to [exonianhumor@gmail.com](mailto:exonianhumor@gmail.com).

## Comic Strip of the Week: Hope Destroyed

By EUGENE HU  
*Sad!*



## A Thank You Letter to Exeter

By FI MADRID  
*A "Future Leader of the World"*

I've recently found it increasingly difficult to read.

I know this is problematic given that I am an Exonian, and that we're supposed to read 150-200 minutes a night. However, while I was doing some homework in The Grill with Kerick John Walker, I heard him whisper, "Wow. I just read that sentence and understood it. Pretty rare."

This got me to thinking, I don't ever get anything on the first read anymore. You may respond to that by saying, "But, Fi, you're taking Existentialism, the class which studies some of the most confusing pieces to ever be written on this flat Earth." To this, I would probably say, "Hey, you're right. Existentialism stories are hard, but I'm also reading Gatsby. And I can't even understand ol' Fitz's simple words on the the first try."

Upon coming to Exeter, my reading skills have actually gotten worse. This will probably lead to my inevitably disgusting PSAT scores.

Thank you Exeter, you have made me illiterate.

That is all I wanted from coming to the second best prep school in the country.

## Quotes of the Week

"Sleep is for the weak. We are weak."

-An Exeter Alum '18 to a current senior

"I finally understand why the Humor page is so funny. It's not that the content is original or good; it's just that the entire page itself is a huge joke. It's hilarious."

-Thomas Wang '20

"Do you want to drop off our papers together? Like condemning ourselves to Hell but at the same time."

-An Anonymous Senior History Student

"Dab me up, bro!"

-Fi Madrid '20



# ExeterLife



Students on the quad enjoy the warm weather while they do homework.

Angelina Zhang/The Exonian

## BIG RED GOES GREEN

By SAMANTHA WEIL  
Staff Writer

Almost overnight, plastic straws became uncool. Stainless steel straws, whether sitting on the counter of D Squared Java or dangling in the cups of smoothies purchased at Grill, have become the new trend. Even I succumbed to this allure, buying both a metal straw and a cleaner for it for two dollars. This sudden disappearance of plastic straws is definitely a positive thing, according to the market research firm Freedonia Group, Americans use around 390 million plastic straws every day. And since plastic waste decomposes in 200 years, that is a whole lot of waste we could avoid.

Stainless steel straws are a great starting point to ameliorating a much larger problem. If the only things Americans disposed of every day was plastic straws, the Earth would be in much better shape. However the truth is, the average

American throws away around 4.4 pounds of trash per day (according to a study done by the Environmental Protection Agency). If the only thing we are doing to prevent our waste output is halting our use of plastic straws, we're only addressing a minute aspect of our waste problem.

I do understand how busy we are as Exonians. Because we live on a campus that removes our dishes on a conveyor belt to where we cannot see and the trash outside of our rooms is taken out for us, it is incredibly difficult to see that every single one of us is putting an unsustainable strain on our Earth. ATTN, a media platform that educates on a wide range of issues including the environment, stated that the inhabitants of the earth are using 70 percent more resources than the Earth can generate. If every person on this campus could become just a little more mindful, we could impact our waste output in a small but meaningful way.

Even though getting rid of plastic straws

is not the sole solution to this problem, we shouldn't go out and throw out our shiny new metal ones. Now that our metal straws are now fastened securely into our cups, we can focus on other small actions that can impact our waste output. Hopefully this trend is the genesis of society's increased awareness around sustainability.

For example, if Exonians spent three more seconds looking at the bottom of their plastic cups to see whether they are recyclable, or waited to throw their banana peels until they arrived at Grill where there is a compost bin, we could make a bigger impact on decreasing our waste output.

We can also lessen our food waste by taking less food from the dining hall line than we think we need. If we need to take a second trip to satiate our hunger, so be it, as long as our plates are empty when we place them in the rack. Although Exeter is lucky enough to have

a composting system, this can still make an impact on lessening the energy needed to compost our food waste.

In New Hampshire, materials such as plastic bags and styrofoam are not recyclable. This means that even if we take the time to sort out our waste we must still place those items in the trash, which eventually makes its way to the landfill. Whether we increase our mindfulness by remembering to bring a bag to Walgreens instead of accepting one of its plastic ones or refraining from buying that one thing from Amazon because we know it will be packed with styrofoam, each act can add to our decrease in waste.

Not only this, if we share knowledge on how to recycle with our community or follow social media accounts, such as social justice media platform ATTN, society's use of plastic will not be the final straw in the destruction of our environment.

## ALBUM REVIEW: "MALIBU NIGHTS"

By ERIN CHOI  
Staff Writer

With powerful drums and an ambient synthesizer chord, "Thick and Thin" kicks off LANY's album, *Malibu Nights*, which was fully released on Oct. 5. In their sophomore album, the three-person band, while holding onto their unique sound, delivers even more mature, personal music than in their first album.

Paul Klein, the band's frontman, has explained in interviews and Instagram captions that he wrote these nine songs throughout his breakup in January, which people have understood was with Dua Lipa. Klein said on his Instagram back in July that in creating this album, "We've pushed ourselves to the absolute limit, dug deeper than ever before, and come out with something so pure and honest and powerful. I'm proud of us."

Each and every song delivers on this statement with greater impact than the last. The first four tracks of the album sound like the LANY I've been familiar with: simple chords and melodies perfectly enriched by gorgeous synthesizers from Charlie Leslie "Les" Priest, rhythmic drum fills from Jake Goss and smooth, emotional vocals from Klein himself.

The combination of these elements somehow makes every song sound uniquely LANY without being repetitive. As my dear friend who introduced me to their music put it, "All their songs sound the same but also very different. In the best way possible. Pretty remarkable."

But as I continued to listen to the album, I realized that while every song still sounded like LANY, the band has truly evolved since their last release.

As you start to listen to "Let Me Know," the fifth track—soft guitar strumming and warm, pulsing chords—both previously unheard of in a LANY song, instantly melt your heart. The simplicity and directness of the lyrics only add to how heartbreaking the music is; he sings, "I can't promise you that I'll be waiting. But for you, I'll leave anything behind." The track ends with echoes of "I still love you."

In stark contrast, the following song, "Run," is a frightening look into the anger and betrayal that Klein felt after he learned that Dua Lipa had gotten back together with her ex-boyfriend very soon after breaking up with Klein. "So go ahead and run, run, run, back to who you were running from. Just make sure you don't run back to me when you're done," Klein coldly sings above an intense bass drum and ominous guitar riff. "You can't keep running and running [...] cause you'll be running

forever." The conflict between his words in "Run" and "Let Me Know" shook me to the core; the ingenious juxtaposition highlights the intensity and volatility of his emotions throughout his healing process.

Next, in "Valentine's Day," Klein returns to his more vulnerable, loving self. The soundscape fittingly reverts to soothing, warm piano and twinkling synthesizers. In lyrics addressed directly to Dua Lipa, Klein describes how he is seeing someone else but despite his denial, understands that "she's not as good as you." Although he tries to tell himself that he is ready to love someone new, he expresses how much he misses Dua Lipa and prays that "you're not the best that I will ever get."

The final and title track is the perfect, dark ending to an emotional album. Opening solely with a piano riff, "Malibu Nights" is the only track in the album that contains raw, unstacked vocals. "I got way too much time to be this hurt," Klein begs in the chorus. "Somebody help, it's getting worse." He even mentions how he nearly lost himself in the process of his breakup: "Way too much whiskey in my blood, I feel my body giving up. Can I hold on for another night?" The fact that only the piano and vocals open the first verse of the song adds perfectly to the emptiness that Klein sings of.

The track peaks near the end with an all-consuming yet mellow sound, filled with drums, piano, guitar, synthesizers and vocals that repeat "I drive, chasing Malibu nights. Nothing seems to heal my mind. I can't forget." The loop cuts off as the piano riff echoes the beginning of the song, and a distant, siren-like drone concludes the album.

Through the 33 minutes of gorgeous music, I couldn't decide whether to sing along, dance, or cry. So, I pressed repeat to feel it all again.

*Malibu Nights* is so much more than a collection of breakup songs – its beauty lies in how as each song unveils the pain of Klein's breakup, the album as a whole sheds light on how deeply he had loved. The stunningly genuine lyrics and lush, detailed soundscape of the album come together to take us through Klein's heart, inviting us to examine, understand and connect with his most intimate emotions.

And somehow, even after hearing Klein sing "I'm done, I don't believe in love," rather than fearing the end of a relationship, I found myself craving to experience love as intensely and purely as he had.

## MOVIE REVIEW: "ANT MAN AND THE WASP"

By NIKITA THUMMALA  
Staff Writer

Marvel's newest movie, "Ant-Man and the Wasp," arrived in theaters on July 6, 2018. Immediately, fans across the world flocked to theaters, anxious to see Marvel's newest release after the tantalizing ending of "Avengers: Infinity War." The trailer for "Ant-Man and the Wasp" teased the answer to the question of why Scott Lang, the alter-ego of Ant-Man, was not a part of the army of superheroes fighting against the powerful titan, Thanos, in "Avengers: Infinity War."

The movie provided comedic relief for the audience to appease the minds disheartened from the tragic ending of Marvel's last movie—at least until the mid-credits scene. Paul Rudd's performance as Scott Lang coupled with Evangeline Lilly's acting as Hope Pym gave the film a well-deserved box office result of 610.4 million USD.

After the events of "Captain America: Civil War," Scott Lang was caught by the government and placed under house arrest for more than two years. The movie opens with Scott demonstrating his special antics designed to spend quality time with his daughter, such as learning magic tricks or creating obstacle courses in the house. Hope van Dyne and her father, Hank Pym, have been on the run since they were exposed to the government due to Scott's actions of aligning himself with Captain America. They have been working on creating a tunnel to the Quantum Tunnel to retrieve Hope's mother, Janet van Dyne.

Previously, they thought the mission would be impossible, but in "Ant-Man and the Wasp," Scott shrinks down to the Quantum Realm and returns safely. A few days be-

fore the end of Scott's house arrest, Hope and Hank manage to briefly open the passage to the realm, causing Scott to receive an apparent message from Janet. His brief visit to the Quantum Realm allowed him and Janet to be linked. One day before Scott's release from house arrest, Hope kidnaps him in response to the message he left her about the vision he had involving Janet. Even though he could risk going to jail again, Scott decides to help Hope and Hank as payment for the trouble he caused the family.

Later, a supposed friend of Hank kidnaps the three of them, introducing them to a girl, Ava Starr (Ghost), whom he has taken care of since her parents died. Ava explains that Hank's work caused the accidental explosion of his lab, killing her parents and leaving her in a state of quantum instability. She plans to extract Janet from the Quantum Realm and suck all the energy out of Hope's mother, curing herself and killing Janet. Throughout the movie, the trio works to extract Janet from the Quantum Realm while simultaneously fighting off Ghost.

After the major success of "Ant-Man and the Wasp," Marvel creators sought to have the sequel filled with just as much humor and action. "Ant-Man and the Wasp" occurred at the same time as "Avengers: Infinity War," answering the question of where Scott Lang was during the war that killed half of the universe. In the movie, we get to see Scott Lang's relationship with his daughter grow as he now gets partial custody of her. These tender moments, coupled with the natural humor embedded into the dialogue, provide a family-fun movie still filled with the graphics and action Marvel is best known for.








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## FacultySpotlight

## DR. HANNAH HOFHEINZ

By ANNE BRANDES, HANSI ZHU and MOKSHA AKIL  
Staff Writers

"I first met Hannah in 2011. It was an early November evening, one of those fall days where the rain just can't make up its mind about coming down or not," Derin Korman, partner of Religion Instructor Hannah Hofheinz said as he described a protest that he had attended where he caught sight of someone in a long, green trench-coat climb a picnic table and speak to five hundred protesters gathered in Harvard Square.

Although that was the first time Korman had seen Hofheinz, they were not introduced until a month later. "We were probably organizing together in parallel streams and larger meetings for a whole month before we finally met during another—much smaller—decision making assembly."

Since then, Hofheinz and Korman have been partners living around the world until Hofheinz got their job at Exeter. Upon further reflection of Hofheinz's character, Korman listed some of their greatest qualities. "She has an amazing presence, and a knack for truly listening to a group and picking up resonances, nuances and all," Korman said. "I suppose that is what a teacher does and perhaps is not unique, but she carries it outside the classroom just as well."

Hofheinz's interest in religion, however, began before they met Korman. Their interest in religion stems from a question that Hofheinz has been asking since graduating college. "The question that had been keeping me awake at night was really how is it that people are people, and what in society helps allow them to be all they want to be, can be or [are] born to be? How can I help society?" Hofheinz said.

Originally, they intended to tackle this question by going to law school and performing public policy work, but they soon reconsidered. "I had my application done, I had taken my LSAT and I had all my references, I had everything. Two years in a row, I never mailed it in by the deadline," Hofheinz said. "The second year I did that, I thought maybe I'm telling myself something. It's not like me to miss deadlines that way. I must not really want to go to law school."

With help from a friend from college, they cultivated the idea to go to the Union Theological Seminary in New York, where they received an education in Christian tradition and broader topics of religion. "The first week, I realized I never wanted to leave," Hofheinz said. "And I went into a beautiful reading room of Union's library, one of the largest theological libraries in the Western Hemisphere. I sat and looked down over the quad and thought, 'oh my gosh, these are my people.'"



Helena Chen/The Exonian

Hofheinz elaborated on their epiphany, remembering finally finding people who were asking the same questions about what being human is. "All of these voices, they just came to life, and it was as if we would have a party in that little room together," Hofheinz said. "I finished my masters and went on to my doctorate and found new glorious reading rooms at Harvard."

Their passion in teaching became apparent earlier in their life, while working at the Homeless Service Agency. They specifically remembered one project arranging dance and writing classes for families living in transitional apartments. "That was my first experience teaching when I was trying to intentionally create spaces where curiosity can come to life and where people can become part of that chorus of thinkers across time," Hofheinz said. "We should be having a dialogue and it should be alive in some sense, that's what I love about teaching."

Hofheinz's love of teaching is evident in the classroom, according to lower Cooper Walshe who remarked on the open and warm environment that they fostered. "Considering that Dr. Hofheinz had only been teaching at Exeter for a half a year, it was remarkable how fast she learned to teach Harkness in a productive way," he said. "She knew when to add in a comment and when to let us explore on our own." Walshe added that even though the class they had together was a few terms ago, they still greet each other on the path.

Hofheinz remarked on the unique opportunity found in the classroom. "Exeter is very special to me because there are very few high schools that would give someone like me, who is so interested in the big ideas, the ability

to work on that level with teenagers," Hofheinz said. "That's a gift."

Instructor of Religion Thomas Simpson spoke about how much of an impact Hofheinz has made since arriving at the Academy. "She adds depth and wisdom to every conversation she's in, especially the most sensitive and difficult ones that we often desperately need to have here on campus," he said.

Simpson elaborated on Hofheinz's contributions to the religion department. "She's taking the lead in helping our department take stock of its current offerings and course materials, with an eye toward helping us envision how we can be the best department we can be in the decades to come," he said. "She is such a gift to our community."

Outside of the classroom, Hofheinz is a co-chair of the Martin Luther King Committee. Fellow co-chair, English Instructor Mercedes Carbonell explained that Hofheinz has been critical to the MLK Committee. "She has dynamic presence, a wonderful balance of deep commitment and creative energy and crucial skepticism, one rooted in all that is possible," Carbonell said.

As dorm faculty in Langdell Hall, Hofheinz has had a significant influence on Hofheinz's students and colleagues. Upper Meili Gupta, a resident of the dorm, commented that she always enjoys the nights when Hofheinz is on duty. "She nearly always makes a fantastic chocolate cake," Gupta said. "She is just so warm to everybody in the dorm; I genuinely enjoy sharing everything about my day with her."

Senior Tina Wang remembered her first time meeting Hofheinz in the dorm. "One of her first nights on duty instead of saying

hello, how are you? She said welcome home." Wang expressed the importance of Hofheinz's presence in the dorm, especially as a Shanghai resident. "I'm an international student so I live super far away from home," she said. "But every time I hang out with her, whether that's in her apartment or when she's not on duty, I feel like I'm right at home."

As a proctor in Langdell, Gabby Brown expressed her admiration of Hofheinz when they check-in students together. "When I'm on duty with her and people are coming to check-in, she's always concerned," Brown said. "She asks you about your homework load, how you're managing and checking in with her is like a study break in itself—she even has snacks sometimes."

English Instructor and Langdell Hall dorm faculty Patricia Burke-Hickey described her experience working with Dr. Hofheinz in Langdell. "Dr. Hofheinz cares passionately about students and with a concern that is genuine and empathetic," Burke-Hickey said. "Dr. Hofheinz is present, popping into the common room throughout the day, helping with inflatables at our recent pool party, on the beach at Academy Life Day, making sure we have vegan and vegetarian options for snacks and events."

Burke-Hickey went on to explain Hofheinz's thought process and motivation. "Community is important to Dr. Hofheinz, not just that we live together, but how we live together with respect, inclusion and compassion," Burke-Hickey said. "As we think about policies or activities, Dr. Hofheinz encourages us to ask, 'What will this add to the the community, to the lives and the students and adults who live here together?'"

Carbonell noted Hofheinz and Korman's impact on Exeter. "Our community is lucky to have Hannah and Derin in our midst," She said. "They contribute and give and listen and lean in. Our students in her classes are in good hands."

"When I think of Hannah, I am reminded of a quote I love by Julia Kristeva: 'To think is to revolt. To be in the movement of meaning.' She wants to know how others live their lives and what conditions allow them freedom and what they need to be free," Carbonell said.

Korman agreed with Carbonell, describing Hofheinz's passion in helping others. "She is utterly devoted to helping students foster sustained, meaningful engagements with often difficult questions that lie close to our hearts as people living in this community, and as humans living together in this world," Korman said.

A motto Hofheinz lives by is: "Do good and love people," Hofheinz said. "Those are really one in the same thing in my mind [...] If you can look at anyone and feel love for them, then you will do right by them, and you will do right by the things around them."

## SeniorSpotlight

## ELLIOT DIAZ

By NIKITA THUMMALA and AMY LUM  
Staff Writers

Whether he is defending the goal on the JV hockey team or learning lines for the upcoming fall Mainstage play, Elliot Diaz has left his mark on the Academy. His passion shines through in his daily life, especially when he is leading club meetings for the Gender and Sexuality Alliance, helping other students as a day student proctor or hanging out with residents of Kirtland House. Diaz's rational thinking and contagious energy has led several students to seek him out for advice and guidance.

After coming out as queer in his middle school, Diaz gravitated towards high schools that would provide an accepting learning community. "I felt really scared...I wasn't sure how I was going to make friends in high school, so that's what originally led me to apply to Exeter," he said.

He also wanted to be more academically challenged, ultimately leading to the decision to spend the next four years at Phillips Exeter Academy. Diaz felt that prep year was an adjustment after arriving from Cooperative Middle School, a public middle school in Stratham, New Hampshire. Though he made friends that he keeps to this day, academically, he didn't feel settled until his lower year. "I was struggling with math homework because I didn't know how to do word problems without a real textbook," Diaz said.

However, he soon found a love for history and pursued courses that eventually led to him winning a Negley Award. Diaz wrote his paper on the medicalization of homosexuality. "I wanted to know why society had been declassified from the Diagnostic and Statistics Manual in 1973 and kind of how our culture has seen homosexuality first as a moral failing, then as an illness and now just one of the diverse ways people can experience sexuality," he said.

When Negley winners were announced, Diaz felt surprised yet elated that he was seen as an example. He enjoyed writing a paper on a topic he has deep opinions on and could truly delve into research for



Numi Oyebo/The Exonian

He enrolled for a winter term history course which connects his love for the LGBTQ+ community and the history surrounding it.

Despite his later success, Diaz has overcome several obstacles throughout his time here. Upon arriving at Exeter, Diaz had some difficulty with time management. "I didn't really know what to prioritize and how I learned best, so I really learned how to study," he said.

Another challenge was finding his place in the daily lives of Exonians. As a day student, Diaz noted that he had some trouble making friends in his prep year. "There were day student advisors, but those groups were more loose, because we only met once a week," he said. Aside from clubs and classes throughout the day, Diaz "went through prep and lower year just being a day student and not really having a community on campus." The day student affiliation program greatly improved his social circle, and he soon met his second family.

Diaz is currently affiliated with and a proctor of Kirtland House, which houses seven students plus five faculty members.

"It's definitely different, because it's a much smaller community, but I found that we're a lot closer because of that," he said. "My friends have really made Exeter such a special experience for me...They [helped] make me who I am."

One of his friends and Kirtland House senior Sarah Hardcastle noted that Diaz has had a major impact on several students at the school. She said, "Elliot Diaz is the light of my day. And he doesn't even have to be smiling or laughing. Just being in his presence is reassuring and rejuvenating."

Senior Emmy Goyette agreed, "Being friends with him has made my time here at Exeter so much better. He has always been there for me, and he's just someone I'm glad I've gotten to know."

A friend since seventh grade, senior Ingrid Bergill felt similarly. "Elliot and I stayed close friends, and he is still one of the best people I know," she said. Another senior, Malobika Syed, met Diaz during Prep Program in the spring term. Since then, "He [has] made my Exeter experience infinitely better, and I'm lucky to have him as one

of my best friends. He's so supportive and kind," Syed said.

Diaz will also play the role of Snout the Joiner in the upcoming Mainstage play, "A Midsummer's Night Dream." "I kind of grew up doing theater, and although some of that has stayed with me at Exeter doing things like DRAMAT and doing tech and mainstage, I've kind of been exploring other interests too, like ice hockey or bagpipes or GSA," Diaz, who has been acting since he was eight years old, said.

Ice hockey, something Diaz has been doing since lower year, is a big part of his winter term., where Diaz serves as the co-captain and goalie of the girls' junior varsity team. Diaz has also been playing the bagpipes since his lower year. He said, "I was looking through the list of instruments that I could take lessons, and I saw bagpipes and thought, 'I can't not take bagpipes.'" This opportunity was the first step towards his idea to start a bagpipes club called the Exeter Pipe Band.

Diaz is also invested in the Gender Sexuality Alliance (GSA) on campus. "I'm really passionate about sexuality and gender diversity, so being a leader, in the first couple years of the all-gender dorms, is close to my heart...it's a big part of my time," he said.

Diaz holds another leadership role as the co-head of the Exeter Culinary Association, nicknamed Cooking Club. Because he's a day student, Diaz can head to the grocery store and buy ingredients every Sunday. "We would all cook together and do homework. [It's] just a really fun, chill time."

From prep to senior year, Diaz feels that his confidence has grown. In the beginning, he said "I was very afraid to show people who I was." Since coming out as transgender during his lower year, he has become much more confident in himself and his identity. "Now, I feel just comfortable and confident...if people like me, that's wonderful, and if people don't like me, that's okay too. I'm just here to live an authentic life," he said.

# Football Falls Short to Loomis Chaffee

By CHARLIE VENCI  
Staff Writer

Exeter football challenged Loomis Chaffee last Saturday in a matchup at Phelps Stadium that ended in a 24-40 loss against the Loomis Pelicans.

Going into the game, both Exeter and Loomis had not yet won a game this season; each team held a record of 0-3. The losing record did not put a damper on any spirit or energy from the home team or the home crowd.

Both teams blew open the first half, with Exeter scoring two touchdowns and kicking a field goal alongside Loomis, who brought two touchdowns to the house, as well. At half, the score was Big Red, 16, to Loomis, 14.

On the opening drive of the second half, Loomis scored a third touchdown and a two-point conversion to take the lead 22-16. Off an Exeter fumble, Loomis scored a fourth touchdown and converted for two a second time to lengthen their lead to 30-16 at the end of the third quarter. At the start of the fourth quarter, both teams came out of the locker rooms looking as strong as they did at the beginning of the game. Each team scored a touchdown, and Loomis topped off their win with a field goal to keep the Pelicans ahead.

The game marked a fourth straight loss for Big Red, but morale on the squad reached an all-time high this season. Senior Will Stokes discussed the team's mentality going into Saturday. "We expected to win this game just like we expect to win every game, especially after a good week against Choate."

Upper Ethan Rosenthal shared similar remarks. "The team was expecting a winnable but challenging game." Senior and co-captain Jake Blaisdell noted that the team may have been overconfident going in. "Going in, we felt we were the better team, and I think even after the loss we still believe we are the better team."



Upper Josh Riddick hands the ball off to senior Joe Gooley.

Numi Oyebo/The Exonian

We had high expectations which may have hurt us later in the game."

In lieu of a tough loss, there were quite a few standout performances from the sea of red jerseys. Specifically, Stokes highlighted the offensive line. "I think everyone played well and contributed, whether they were on the field for one play or 100. However, I do think our offensive line did a very good job of setting the tone and giving our backs a lot of open lanes."

Blaisdell agreed with Stokes, commending the hustle from the team's post-graduates. "Some highlights were from Cole Glennon who made some outstanding hustle plays. Post-graduates Jude Rorke and Joe Gooley also had solid games offensively."

He also honored senior and fellow co-captain Isaac Choate's valiant effort before he suffered a painful injury. "Isaac Choate played the toughest three plays of the game before

coming out with a separated shoulder."

Moving forward, the team will travel to Suffield Academy this weekend. Stokes highlighted some goals for the team's practice sessions this week. "This week, we'll be focusing on having everyone healthy and practicing."

Blaisdell echoed his teammate's sentiments and sternly laid out the plan for the week. "We are going to be more disciplined all the way through practice."

# Students Assess Concussion Process

By SHIVANI TRIPATHI  
Staff Writer

Lower and girls' varsity soccer player Jordyn Koche was running toward the ball when an opponent accidentally tripped her, giving Koche an "instant headache." An evaluation revealed that Koche had a concussion, which has significantly impacted her involvement in academics and sports.

According to Director of Athletic Training and Services Adam Hernandez, approximately 45 students are diagnosed with concussions per school year. He described concussions as "generally a series of sort of neurochemical processes" which take place after someone has sustained a direct hit to the head or another part of the body or after a sudden deceleration.

All new students take a concussion assessment before arriving at the Academy. Hernandez characterized it as a "baseline computer assessment" which evaluates "various parts of your brain in terms of understanding, memory recall, and reaction time." If a student gets injured or if they are suspected of having a concussion, they are referred to the trainer's office or health center where they may retake the test as a part of diagnosis.

After a student has been diagnosed, they immediately begin treatment. "Because concussions are brain injuries, they are treated with cognitive and physical rest," Medical Director Katharina Lilly said. "This reduces the strain on the brain and allows for recovery."

As concussions cannot be visually identified, coaches must learn about the signs for their athletes' welfare. "I have done extensive reading on concussions and attended many lectures on them. We have a good process and have had one in place for a very long time, long before concussions were in the news," varsity football coach Robert Morris said.

Lilly noted that the treatment is flexible depending on the patient and the severity of the concussion. "The amount of rest one needs is determined by the medical team after a thorough history and physical exam," she said. "At times, ancillary medical resources like neuropsychology, vestibular rehabilitation and physical therapy may be helpful additions to the treatment program."

Koche teamed up with her coaches, teachers and nurses to take the recovery process in



Eva Carchidi/The Exonian

steps. "The first step is to be able to sit through all your classes and just listen," she said. "Then, making your way back up to classwork, eventually homework and lastly big papers and tests."

Koche, unable to do much academic work in her concussed state, noted that "no one wants to fall behind!" However, she kept a positive attitude, saying, "The soccer will take a little longer, but I am excited for the challenge and to get back into it."

It took lower and varsity soccer player Audrey Park some time to recognize her symptoms. "It was weird because I didn't feel concussion-related symptoms until a day after the game, when I headed the ball during practice and then had to look at a computer for homework afterwards," she said. Even once she returned to play, Park commented that her "touch was off when [she] played," and that this was "frustrating."

"It was challenging to stay completely honest with the trainer and the doctor because I wasn't completely honest with myself," Park continued. "When I had headaches, I would ignore them or tell myself that they weren't concussion-related because I just wanted to go back to sports."

The treatment program impressed Koche,

who viewed the program as a smooth transition back into everyday life. "I think the way that the Health Center has it set up is a good process because I'll have plenty of time to catch back up once I'm fully back in school," she said. "I can take the time that I was playing soccer and use that to catch up as well."

Park recently completed the "return to play progression and concussion program" at the health center. She consulted with Lilly for four days and discussed the severity of her symptoms. Once her symptoms abated, Park returned to the athletic trainers' and took the IMPACT concussion test. She also participated in low and high intensity biking for half an hour and returned to practice without contact. Park would tell the trainers each day if she was experiencing any symptoms and retake the concussion assessment.

Although many characterize the treatment process as effective, concussed students still face challenges. "Once a student receives these sorts of trauma, a series of processes happen in the brain that can affect a student's ability to... function in a daily life," Hernandez said. "There are several symptoms a student can have, ranging from headaches to nausea, dizziness or an inability to concentrate or focus."

Due to the severity of symptoms, the concussion treatment process is constantly evolving. "We rely on input from studies and recommendations from our medical societies to drive treatment protocols," Lilly said. "Medicine is an ever-evolving field, and it is important for clinicians to be up-to-date on the standard of care." Lilly is currently reviewing the treatment process with physicians of the Eight Schools Association and with information from major medical societies.

The trainer's office and the health center also strive to deal with misconceptions about concussions. "I think there is also a myth out there that the first time you are concussed, you are out [for] a week," Hernandez said. "But, our guideline is when a student starts to feel better, and if they can safely go through all of the steps of the protocol, then they can return to play." If a student returns to sports too soon, then they are "more susceptible to concussions later on."

This approach is especially important at an academically rigorous place like Exeter. "Working closely with athletics and athletic training gives us the ability to make sure the student has the support they need in the classroom as well," Hernandez said.

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# ATHLETES OF THE WEEK: SOPHIE FALIERO & JENNY YANG

By COOPER WALSH  
& MILO WALSH  
Staff Writers

After placing second in the NEPSAC league last year, the Exeter girls' varsity volleyball team is one of the strongest teams in the league. Four-year seniors Sophie Faliero and Jenny Yang led the talented group this fall as co-captains.

For Yang, her volleyball career began in sixth grade when she joined her middle school team. She quickly took a liking to the sport and continued to play through middle school and also joined a club team during her seventh and eighth-grade years. When she came to tryouts her prep year, she made varsity and has been an integral part of the team ever since.

What Yang loves most about the sport is how team orientated it is. "Volleyball is probably the ultimate team sport," she explained. "You need to rely on your teammates to keep the ball in play, and everyone has to come together to get better, and to lift each other up."

Yang is very close with her team, and since her prep year, she has been inspired by each year's co-captains. In turn, inspiring the younger members of the team is something she wishes to continue as co-captain this year. "I'm excited to be a role model and someone who my teammates can look up to," she said. "I remember always being inspired by my captains from prep to upper year, and I'm thrilled to how the opportunity to be in that position for someone else now."

Yang's goal as a captain is to foster a supportive team environment, especially when someone is having a bad day. "I try to encourage the team to lift each other up. When someone is having an off day, I hope teammates will swoop in and support her, so that she doesn't just shut down and stay quiet," she said.

Clearly, her and Faliero's efforts as co-captains have been effective, as senior Ela Ferhangil said. "I have had moments when I'm super frustrated or upset, and Jenny and Sophie get me back on my feet and confident again."

Lower Brody Faliero, Sophie's younger sister, also commented on Yang's work ethic and skill by saying, "She is insanely hard working and dumb-nice when it comes to setting. Her drive to focus and continuously improve her skills makes it obvious she deserves the position of captain. Soph and Jenny are some of the team's best role models, and we are fortunate to have them as our captains."



Numi Oyeboide/The Exonian

Sophie Faliero's introduction to the sport was very similar to Yang's. She began playing in sixth grade, and also played for a club team before making varsity her prep year at Exeter. Sophie Faliero loves the camaraderie she shares with her teammates, attributing to her passion for the sport. Additionally, she also loves the fact that the whole team must chip in to win games. Apart from this, she likes the fast-paced action of the sport. "Aside from the team, there's just a great sense of satisfaction that comes from winning a game, or getting a kill, or great dig or something. Because it's a very fast-paced game, there are a lot of point-scoring opportunities and each point is proof of practice paying off which keeps you energized for the next," she said.

Although Sophie Faliero has been enjoying her role as captain, she does not think that being a captain is different from being a younger player on the team. She said, "Honestly, leading the team as a captain is not much different from being a younger player on the team. On the team, everyone leads each other in their own way."

When asked what she believes to be the core values of the team, Sophie Faliero answered, "Our team prides itself on enthusiasm. In the four years I've played with the team, there has never been a group of people unwilling to cheer as loud as possible and bring people up when they're down."

The captains' athleticism inspires the other girls and motivates them to get better. Senior Anna Shattuck said, "As athletes, they are consistent and reliable. The team can count on them to perform well."

Brody Faliero reflected on her sister's growth in the sport. "Since Sophie is my sister, obviously, I have been able to watch her develop her love for the sport and this team over so much time. She brings 100% of her energy and effort to every practice, and she is genuinely determined to make our team better. Her hits are also, nuclear."

Lower Dylan O'Day added, "They have always been excellent athletes that I looked up to as someone who just starting to play the game." Upper Mia Glinn agreed. "They are our

best players on the team, and they are always pushing us to be our best, and to work together."

Glenn shared a specific moment that reflected the captains' supportive nature. "At our recent game against Loomis, I was having a very rough game, and Sophie was there to remind me that I am a good player, and that I'm a beast," she explained. "I wouldn't have gone back in the game without my captains' loving support."

Regarding their specific positions, Yang explained how her and Sophie Faliero have a cooperative dynamic on and off the court. "We're such a duo on the court since she's a hitter and I'm a setter, so that means we often feed off each others' energy."

This duo has been playing together for four years, and now in their senior year, their chemistry is off the charts. Ferhangil elaborated on their chemistry by saying, "Sophie and Jenny are always in-sync with one another on the court. It's really fun to watch Sophie get a kill after a perfect set from Jenny."

Sophie Faliero further emphasized the importance of their connection, and the dedication of her fellow co-captain. "I literally would not be able to play without her. Her amazing sets are the only reason I even have the opportunity to hit a ball," she said. "She lays the foundation for every win the team has, doing all the hard work to make what everyone else does look easier."

Under the leadership of these two great captains, the team is very excited for the games to come. "This season, with Sophie and Jenny as our captains, I look forward to seeing our team make it to the championships and grow as a team," O'Day said.

Unfortunately, all good things have to come to an end. After four years, this will be Yang and Sophie Faliero's last season playing for Big Red. "I look forward to spending my senior season with them. They are great people to be around and great friends," Shattuck said. "I think I'm truly lucky to have met both of them."

After Yang moves on from Exeter, she still hopes to continue her passion for volleyball. Yang stated, "I definitely hope I can [continue to play volleyball], whether that's playing D3 [in college] or just for fun, volleyball has been such a big part of my life for the last several years, that it wouldn't feel right to just stop playing suddenly."

While Sophie Faliero has other plans for college, she insisted that her passion for the sport will live on. "I plan on rowing in college, but that won't kill my passion for volleyball," she said. "I'll be sure to get back on a court whenever I can."

## Girls' Soccer Drops Battle to Milton



Senior Ogechi Nwankwoala rushes down the field with the ball.

Helena Chen/The Exonian

By LEAH COHEN  
Staff Writer

With a swift pass from the defensive line up the side of the field, the girls' varsity soccer team gains momentum in the game against Milton. A cross ball flies through the air and finds lower Allison Hanlon's head. With a nudge, she sends it towards the net, but the goalie stops the ball in its tracks. Despite the team's efforts, the players fell short of Milton with a score of 0-2 on Exeter's home turf.

"We definitely struggled with consistency throughout the game," prep Kaylee Bennett commented. Following Milton's goal at the end of the first half of the game, the Exeter girls couldn't keep their control of the ball. The team was offered a plethora of scoring opportunities in the

past few games but hasn't been able to capitalize on them, even when close to the net. "We are a talented team," senior and co-captain Juliana Merullo said. "And we know that we can be successful against really good teams, but we also understand that you can't win unless you score."

"Off ball communication definitely needs some work. It's hard to know where to place the ball if the team isn't talking," Bennett said. Bennett elaborated, saying the team will be focusing more on spatial awareness as well. The ability to quickly move the ball from one side of the field to the other will make the team much stronger when facing talented teams like Northfield Mount Hermon.

Merullo expressed her belief that, with a more affirmative mindset, the team will be a more powerful unit on the field. "We need to start believing that we are a

good team and being more confident on the ball," she said.

"When [Milton] got their goal, we didn't react to it," Bennett said about the goal scored by Milton in the second half of the game. With their lack of enthusiasm and energy, Soxie paid the price with a tough loss. "We've been preparing for our upcoming games not only tactically, but [also] mentally as well," Merullo said.

The girls' struggle to stay composed throughout the game cost them multiple turnovers. "We got a little frantic in the last minutes of the game, trying to get the ball in the back of the net, but this just meant that we weren't patient enough with our possession," Merullo added. "So we ended up losing the ball and having to win it back."

In practice, the team has been working on getting shots quicker and more on

target. "What's holding us back the most is our shot to goal ratio. We are able to get down near the net, but we can't finish and capitalize," Bennett pointed out. "We're practicing finishing with pace at practice."

Lower Marymegan Wright shared similar sentiments in terms of things the team needs to work on. "We're looking to possess the ball more specifically in the middle and [attack] thirds of the field. We're also looking to get more shots off and capitalize more on offense," she said.

"We need to get back our winning streak and stay focused to stay on top of the league," Bennett continued. She also expressed her optimism that the girl's soccer team will be able to come out victorious against Northfield Mount Hermon on Saturday afternoon. "Every game is a learning experience, and we know what we need to do to improve and win."



# ExonianSports



## Boys' Soccer Wins Against New Hampton

*Finishes Match with a Score of 1-0*

By **BIANCA LEE**  
& **CHARLOTTE LISA**  
Staff Writers

This past Saturday, the boys' varsity soccer team walked away from a competitive game against the New Hampton School's Huskies with a 1-0 win.

At the end of the first half, Exeter was battling hard against New Hampton, though the players' competitive efforts had yet to be reflected by the score. Nevertheless, Exeter came out strong in the second half of the game, and senior Behaylu Barry scored within the first 10 minutes with an assist by upper Billy Menken.

During the second half, Exeter maintained control with both strong attacks against New Hampton and solid defensive presence. Additionally, Saturday's goalie, lower Matt Chen, was a strong force in Big Red's net, preventing New Hampton from scoring.

Upper Jake Gehron lauded senior and co-captain Jonah Johnson, as well as seniors Tyler Swanbeck and Colin Henderson because of their "consistency [throughout the game]."

Senior Jason Jin shared his respect for the younger players on the team and his gratitude for their roles on the field. "Both of our outside backs, Aiden Silvestri and John Jean Baptiste, played well, especially considering they are both preps," he said.

Senior Rajrishi Das described the team's progress throughout the game, mentioning that "although we definitely held the technical upper hand, we lost a number of 50-50 battles in the first half—but that changed after half-time." Das also emphasized that while it was "a well-fought win...the scoreline doesn't reflect how much better we played [in the second half]."

Senior Kojo Aduhene commended his team's ability to dominate the play during the game. "We came back from



Lower Griffin Walker runs down the field.

Arun Wongprommoon/The Exonian

the half and controlled the ball well, overall dominating the field. New Hampton had bigger bodies, but we were able to keep up, and Behaylu put one in off of a beautiful cross to the box."

Aside from successful plays from individual athletes, the team's positive and vibrant dynamic is another reason why Big Red came home with a win. "Everyone was positive and happy for each other. We all were yelling and cheering,"

prep Xavier Ross said.

Gehron expressed a similar sentiment. "Right now, we are all having a good time, and practice and games are the highlights of my day." Jin added that "everyone practices hard and pushes each other to do better." The players' progressive attitude and hard-working spirit, are leading them into a strong season.

The players are learning to better

work together as the season goes on. Ross recalled the team's cooperation throughout the game, saying "our communication was very efficient, and I can't wait to see that again."

With five consecutive wins after two losses at the beginning of the season, Ross expressed his optimism. He concluded, "We had a rough start, but now I feel as if we could easily compete with any of the top teams of the league."

## Fhockey Falls to Nobles on Home Turf

By **CAROLINE FLEMING**  
& **ABBY SMITH**  
Staff Writers

Exeter's girls' varsity field hockey team hosted Nobles and Greenough School this past Saturday on Hatch Field. The two teams battled for dominance over the ball, but in the end, Big Red fell to Nobles, resulting in the second loss of the season for the team. The game ended with a final score of 2-0.

The team went into this game knowing that it was going to be a battle, but the players felt that they were prepared. Upper Sophia Rosati explained that the loss stemmed from the speed of the Nobles players. "They moved the ball well and it took us a while to stop chasing the ball and start possessing it," she said. This put Exeter at a disadvantage early on in the game.

Upper Jill Cloonan agreed with Rosati. "We just couldn't keep up. We have been discussing how our fitness needs to be up to par with our competition, and hopefully as the season progresses we can get in better shape and stay in the games."

Prep Molly Longfield felt the team's loss was due to different reasons. "In terms of what went wrong, our team struggled to get the ball in the circle and execute on the opportunities that we had," she said. Many of these opportunities came from the seven corners the team had, none of which resulted in a goal. Cloonan regarded this situation

as "frustrating" and said, "I hope that we can continue to work on these in practice and later corners will be better used to our advantage."

Despite the loss, the team developed its dynamic throughout the game, which can hopefully grow in the team's upcoming games. Longfield said, "As the game went on I think we got a little better at communicating with each other and trusting our teammates."

Looking ahead, Rosati added, "We need more offensive movement to help us secure some goals and keep us in the game."

In preparation for its next game on Saturday, the team is grinding through this week's practices, perfecting the offensive strategies to secure another win. Some of its drills will focus on ball movement and increasing the speed of play. Upper Leah Cohen explained, "We need to work harder in practice, and be able to get the ball up the field more. We can work on sending the ball into space more, creating opportunities."

Despite this loss, the team holds a positive mindset and is hopeful for better performances in its future games. The season has a long way to go and the team is ready to work hard and improve as time goes on. The players will travel to Northfield Mount Hermon School on Saturday, determined to add another win to their record. Cloonan concluded, "Hopefully we can secure a win on Saturday and get our confidence back up after a tough past few games."



Upper Leah Cohen prepares to strike the ball.

Eva Carchidi/The Exonian

## Inside This Week's Sports Section

### Athletes of the Week



Numi Oyebo/The Exonian

Seniors Sophie Faliero and Jenny Yang look to lead the volleyball team to the top of the NEPSAC league. More on 11.

### Concussions



Eva Carchidi/The Exonian

A closer look at how the Academy treats athletic-related concussions. Find out more on 10.

### Football



Eva Carchidi/The Exonian

Despite putting up a valiant effort, Big Red football fell to Loomis 24-40. Read more on 10.